

7 TIPS FOR A HARMONIOUS LIFE



**PRIORITIZE
NUTRITION**



**STAY
HYDRATED**



**GET ADEQUATE
SLEEP**



**MANAGE
STRESS**



**STAY
ACTIVE**



**LIMIT
TOXINS**



**SEEK
PROFESSIONAL
HELP**

PRIORITIZE NUTRITION

A balanced diet rich in whole foods, healthy fats, lean proteins, and fiber is essential for supporting hormonal health. Include foods such as organic leafy greens, nuts, seeds, and wild-caught fatty fish, which are rich in essential nutrients like omega-3 fatty acids, vitamin D, and antioxidants that support hormone production and regulation.

⚡PAIRS well with *Food Sensitivity Support and Constant Cravings*

STAY HYDRATED

Chronic stress can disrupt hormone levels, leading to imbalances that affect mood, sleep, and metabolism. Incorporate stress-reducing practices such as meditation, yoga, deep breathing exercises, or spending time in nature to help lower stress levels and support hormonal balance.

⚡PAIRS well with *Relax Calm Focus and Anxiety Support*

GET ADEQUATE SLEEP

Sleep is crucial for hormone regulation, with disruptions in sleep patterns impacting hormones like cortisol, insulin, and growth hormones. Aim for 7-9 hours of quality sleep each night to support hormone production and balance.

⚡PAIRS well with *Theta Wave and Sleep 176*

STAY ACTIVE

Regular physical activity can help regulate hormones like insulin and cortisol, improve mood, and support overall well-being. Find activities you enjoy, whether it's yoga, running, dancing, or strength training, and aim for at least 30 minutes of exercise most days of the week.

⚡Pairs well with *Runner Edge and Ultimate Adrenal*

LIMIT TOXINS

Environmental toxins found in everyday products like plastics, pesticides, and personal care items can disrupt hormone balance. Opt for natural and organic products when possible, and try to minimize exposure to harmful chemicals to support hormonal health.

⚡PAIRS well with *Detox Whole Body and Lymph Cleanse*

MANAGE STRESS

Proper hydration is essential for hormone production and regulation. Drink plenty of clean water throughout the day to support optimal hormone function and overall health.

⚡PAIRS well with *Liver Support and Kidney Support*

SEEK PROFESSIONAL HELP

If you suspect hormonal imbalances or are experiencing persistent symptoms like fatigue, weight changes, mood swings, or irregular periods, consult with a healthcare provider or endocrinologist for proper evaluation and treatment.

⚡PAIRS well with *Hormone Balance and Female Support-PCOS*