

WOMEN'S HORMONE HEALTH

Balance-3 month program & my top recommended supplements and why they support hormone balancing



HORMONE IMBALANCE

Signs of a hormone Imbalance:

- *Heavy and/or irregular periods
- *pms headaches
- *bloating, weight gain, especially in mid section and/or hips
- *brain fog, memory problems
- *decreased sex drive
- *mood swings, depression, irritability

If you answered yes to any of these, I can help!

BALANCE

*Balance is a 3 Month Session & Products Package created just for you & your hormones with targeted DoTerra essential oils, supplements and, because I know how overwhelming it can feel to make the changes you need, this package also includes FOUR personalized meal plans, or recipe book designed to help make it easier as you focus on you.

*This package also includes unlimited email support between our appointments and access to our private online Community Facebook group where you can ask questions at any time. The bonus is that you will have the support of not just me as your Holistic Nutrition Consultant but also support from a community of women who are struggling with the same issues.



MEET KRYSTAL

Krystal has been a Certified Holistic Nutrition Consultant since 2017. She teaches Nutrition and Self-Care Workshops at both Corporate and Community levels. She also works one on one with clients to give customized and personalized service to help her clients obtain the health goals they set.

Women's Health and Hormone Balancing plus Stress, Sleep and Emotional Wellness are her two main areas of focus and expertise.

What is the science behind hormone imbalance?

It is true that hormonal imbalance can be the result of inadequate production, such as that of estrogen or progesterone. But, in today's world most of the things we associate with imbalanced sex-hormones are due to a relative excess of estrogenic activity known as "estrogen dominance".

In the body estrogen and progesterone oppose one another, and balance each other out. Yet, if excess estrogenic activity is present, even if your progesterone production is normal you can still experience symptoms of estrogen dominance. This is coming about partly because of pollutants in our environment called "xenoestrogens" [pronounced: "zenoestrogens"]. These are foreign molecules from sources like BPA, pesticides and plastics. They are close enough in structure to estrogen that they bind the same receptors, and accordingly elicit responses in your tissues.

Xenoestrogens have negative effects on both sexes, feminizing men and wiping out their sex drive, and in women adding to a long list of hormonal dysfunctions.

Ways to address hormone imbalance naturally

Estrogen is one of the primary female sex hormones and is normally in balance with the other primary sex hormone, progesterone. When the body has too much estrogen, from overproduction of estrogen or lack of progesterone, it enters a state referred to as "estrogen dominance."

Estrogen dominance can result from excess estrogen production within the body, a drop in progesterone production or intake of excess estrogen from environmental sources, such as meat injected with hormones or man-made chemicals or xenoestrogens that the body confuses with estrogen (found in plastic containers, endocrine disruptors in our water, fluoride in toothpaste etc).

Minimize exposure to toxins in your daily life by using “clean” and natural beauty products (ie [Grounded Sage](#) beauty products, [DoTerra'](#) [home and beauty line](#)) and replace household cleaners and laundry detergents with natural, homemade or chemical free (like DoTerra's OnGuard home collection) to help keep hormones and adrenals balanced. ([DoTerra's essential oils](#) are great, and Norwex products). Investing in a chlorine filter for the shower head will also help reduce exposure.

Adding phytoestrogens and anti-oxidant rich foods can also help with hormone imbalance. Phytoestrogens are a natural compound found in plants and plant-based foods. When eaten, they may affect a person in the same way as estrogen produced by the body. These phytoestrogens connect like puzzle pics into the body's receptors; replacing the stronger body created estrogen with a milder version. The list of foods that contain phytoestrogens includes soy beans, tofu, tempeh, soy beverages, linseed (flax), sesame seeds, wheat, berries, oats, barley, dried beans, lentils, rice, alfalfa, mung beans, apples, carrots, wheat germ, rice bran, and soy linseed bread.. Also, foods like pomegranate fruit and grapes contain many beneficial antioxidant properties as well as anti-aromatase effects. Aromatase is an enzyme that converts steroids or fats in the body into estrogen. By blocking this enzyme, pomegranate and grapes help decrease high estrogen levels in the blood. Citrus fruits, including oranges, lemons, grapefruits and mandarins, are rich in vitamin C and other nutrients. These fruits also help inhibit the production of estrogen levels in the body, helping to balance hormone levels.

Getting a restful sleep will support all of your body systems. A relaxing sleep routine to practice is important to establish; good sleep hygiene is vital for health. Turn down the lights at dusk and remove light-emitting devices from your bedroom (including digital alarm clocks, smart phones and computers, etc.); a good bedtime routine that you can stick with with a reasonable bedtime to ensure you are getting enough quality sleep. (ie:Herbal tea, book, epsom salt bath, essential oils for relaxation, and no screen use an hour before bed).

I recommend the following books for learning more about how diet affects hormones:The Hormone Cure by Dr. Sarah Gottfried and Sexy By Nature by Stefani Rupert.

Working with me 1:1

Initial Consultation

Once we book your initial consultation, you will receive a link for my intake form that you will need to complete before we meet. During our meeting, we will go over the forms you have filled out and talk about your health concerns, current and past symptoms, and possible hormone imbalances.

I will begin to make recommendations based on your concerns, imbalances, and specific goals, and we create a plan individualized just for you. This meeting is where I spend a lot of time listening, getting to know you, and your health - and educating you on what imbalances your body is dealing with, and how we get you feeling better!
(1 hour 15 minutes) - {\$95}

Follow-up Sessions

These sessions are meant to keep you on track & moving in the direction you want to go. During this time we track your progress, make changes to your existing plan and discuss how you can keep moving forward. We create this plan together, based on your goals which may change as we go along.
(45 minutes) - {\$85}

Balance:Women's Health & Hormones Program:

3 month nutrition and lifestyle coaching, meal plans and online community support group.

In my coaching experience I have found that my clients who see the BEST results need regular check-ins and appointments for accountability and a set supplement routine and lifestyle changes. This is why I have created my favourite program, BALANCE.

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*This package also includes unlimited email support between our appointments and access to our private online Community Facebook group where you can ask questions at any time. The bonus is that you will have the support of not just me as your Holistic Nutrition Consultant but also support from a community of women who are struggling with the same issues.

For this package there are 3 pricing options:

- OPTION 1) You invest in the 3 month program which includes 12 sessions, including first introductory meeting and plan and then weekly support checkins online or via email or phone (15 min) and monthly check ins online or in person of 45 minutes to go over progress and goals. The price of Balance is \$1050/3months and there will be a list of required products to purchase (total cost of program with products is approx \$1905).
- OPTION 2) You pay simply for the recommended products at retail cost of \$840/3 months (plus tax) and I will include the coaching for free for that savings of \$1050!
- OPTION 3) You have the option of accessing wholesale pricing of \$658/3 months (plus tax) of the required products in addition to accessing my coaching for free for the 3 months, an additional savings of \$182 (and total savings of \$1232!!!!)

my fave 2 supplements for hormone balancing

Shine by Xyngular

A woman's life is a balancing act. Shine naturally helps promote healthy weight and hormone levels. This synergistic formula helps to improve your mood, promotes a healthy sex drive, and gives you the balance you need all month long. It contains key hormone balancing ingredients such as DIM, Calcium D-glucarate, chaste berry, Ashwaganda, red raspberry leaf and Maca root.

Ingredients list:

Vitamin B6, Folate, Vitamin B12, Calcium D-Glucarate, Magnesium Citrate, Zinc, Black Pepper Fruit Extract Bioperine®, Ashwagandha Root Extract KSM-66®, Chaste Tree Berry Extract, Maca Root Extract, Shilajit Extract PrimaVie®, White Willow Bark Extract, Red Raspberry Leaf, Dandelion Root Extract, Diindolylmethane, Epimedium Extract, Sulforaphane Glucosinolate

Ingredients explained:

DIM (Diindolylmethane) and D-glucarate

- Diindolylmethane or DIM is a compound that is created in the body when one consumes cruciferous vegetables, (ex: broccoli, Brussel sprouts, cabbage) and it can have far reaching, protective effects. The main diindolylmethane benefits are that it helps you produce more of the favourable, protective 2-OH metabolites, and less of the unfavourable, reactive, and inflammatory ones. As a result, overall estrogenic activity in the body is decreased, and along with it inflammation, and tendency for cells to divide. In doing so, DIM also works to offset estrogen dominance.
- While DIM enhances production of favourable estrogen metabolites, D-glucarate helps get xenoestrogens, and old estrogens out of your body. As an aside, the concentrations and activity of beta-glucuronidase are increased in a dysbiotic intestine full of unfriendly bacteria....so this is yet another reason to take your complete probiotics!

Chaste Berry (Vitex)

- Chasteberry tree (Vitex agnus-castus) is a flowering shrub native to Europe and Asia known for its long history in balancing hormones. Already back in ancient Egypt, Greece and Rome has the chaste tree berry been used to treat many gynecologic complaints.
- The German Commission approved the use of chasteberry for irregularities of the menstrual cycle, cyclical breast discomfort, and PMS.
- Health Canada approves its use in herbal medicine to help stabilize menstrual cycle irregularities and relieve premenstrual symptoms.
- Chaste tree is also approved to be used to help relieve menopausal symptoms, such as hot flashes.

Ashwaganda:

- Gives you stress relief and greater, sustained energy levels without stimulating your heart by supporting your adrenal glands for normal levels of the stress hormone cortisol. Promotes deeper levels of relaxation for occasional sleeplessness
- Ashwagandha translates to scent of a horse, alluding to the power and strength it bestows. It was considered chief among the rasayana or rejuvenative herbs now called adaptogens.
- Often referred to as Indian ginseng, Ashwagandha is noted for its ability to fortify adrenal function, energy and stress levels but differs from Ginseng as it is not a stimulant.

Red Raspberry Leaf:

- Raspberry leaves are a wonderful source of nutrition for women.
- They are rich in potassium, magnesium, B-vitamins, iron and calcium which make them extremely beneficial for the female reproductive system

Maca Root:

- Studies have shown that Maca can be beneficial for libido in both sexes
- Classified as an adaptogen to enhance stamina and combat levels of stress
- Promotes a balancing effect not only on sex hormones, but on all the endocrine glands and their production
- Maca is used both to enhance energy as well as sleep reflecting its highly adaptogenic qualities

Dandelion Root:

- Dandelion root is high in plant estrogens and plays a significant role in the detoxification of the body, which plays a crucial role in detoxifying excess hormones in the body. It benefits the reproductive system (male and female) by helping to regulate hormone production.
- Used in Herbal Medicine as a laxative which in this case will help eliminate excess old estrogens out of the body

Black Pepper Fruit Extract Bioperine®

- BioPerine is a patented extract of piperine that is easy for your body to absorb and found in many supplements. Studies show that piperine might help enhance nutrient absorption, stabilize blood sugar levels, combat cancer cell growth, decrease inflammation, and boost brain function.
- High level antioxidant , capable of eliminating free radicals within the body and help prevent the damage these free radicals may cause.

Shilajit Extract PrimaVie®,

- Shilajit contains fulvic acid and more than 84 minerals , so it offers numerous health benefits. It can function as an antioxidant to improve your body's immunity and memory, an anti-inflammatory, an energy booster, and a diuretic to remove excess fluid from your body.
- Shilajit cntains both fulvic acid and humic acid. These two compounds act as good antioxidants and anti-inflammatory agents, enhancing nutrient absorption and transportation.

Epimedium Extract,

- It is also known by its many botanical names, including Horny Goat Weed, and its Chinese name, yin yang huo
- used to increase libido

Sulforaphane glucosinolate

- Sulforaphane is a sulfur-rich compound found in cruciferous vegetables like broccoli, bok choy, and cabbage.
- Sulforaphane has been associated with various health benefits and may beneficially affect cancer, heart disease, diabetes, and digestion. More high-quality research is needed to understand the extent of these effects in humans.

White Willow Bark Extract

- The bark of white willow contains salicin, which is a chemical similar to aspirin (acetylsalicylic acid). In combination with the herb's powerful anti-inflammatory plant compounds (called flavonoids), salicin is thought to be responsible for the pain-relieving and anti-inflammatory effects of the herb.
- Willow bark is used to ease pain and reduce inflammation. Researchers believe that the chemical salicin, found in willow bark, is responsible for these effects. However, studies show several other components of willow bark, including plant chemicals called polyphenols and flavonoids, have antioxidant, fever-reducing, antiseptic, and immune-boosting properties. Can be helpful in reducing menstrual pain and discomfort.

Vitamin B6

- Vitamin B6 plays a significant role in keeping the balance of different hormones in our body; as a result deficiency of vitamin B6 will lead to hormonal imbalance, especially an imbalance of estrogen and progesterone – two hormones that are vital for fertility.
- Another problem with vitamin B6 deficiency is an irregular menstrual cycle owing to the imbalance of hormone.
- Medical studies have shown that people who have vitamin B6 deficiency are also likely to suffer from bloating due to excess retention of water in their bodies.
- Lack of vitamin B6 may also trigger psychological issues such as mood swings. This again is attributed to hormonal imbalance.
- Vitamin B6 deficiency also results in poor sperm and affects female egg quality, making the hormone essential for both men and women.

Vitamin B12

- Dubbed the “energy vitamin,” it promotes healthy nerve function, plays a major role in the production of DNA, and helps to keep your body filled with the red blood cells that carry oxygen throughout your body.
- plays a role in serotonin production
- B12 is essential—meaning we cannot produce it on our own. The only organisms that can produce this critical vitamin are bacteria. Animals become sources of B12 because of the bacteria in their intestinal system. Plant-based products on the other hand typically do not contain vitamin B12.

Folate

- Folate (vitamin B-9) is important in red blood cell formation and for healthy cell growth and function
- Folic acid works with vitamins B-6 and B-12 to control high levels of homocysteine in the blood. Elevated homocysteine levels might increase your risk of diseases of the heart and blood vessels (cardiovascular disease).
- Folic acid has a very important role in making cell reproduction possible and happen in an efficient manner

Phytoestrogen Essential Complex Supplements by DoTerra

Beginning as a young adult, almost every function of a woman's body is controlled by hormones. A balance of normal hormone levels will influence a woman's good health and emotional well-being from her early teens to her transition through menopause. doTERRA Women Phytoestrogen Essential Complex is a blend of standardized plant phytoestrogens that support hormone balance gently and naturally. It also includes concentrated flax seed lignans to promote healthy metabolism. Eating right, exercising, and balancing hormone levels can help reduce uncomfortable issues associated with PMS and the transition through menopause, and will provide additional support for healthy bones, heart, breast tissue, and other body structures and function as a woman ages.

Primary Benefits

- Provides supplemental dietary phytoestrogens that help balance and support normal hormone levels*
- Provides nutritional support for managing estrogen metabolism
- Can be used to complement a program of eating right, exercising, and hormone therapy to help minimize the uncomfortable symptoms of PMS and transition through menopause
- Supports healthy bones, heart, breast tissue and other body structures and functions as a women ages*
- Includes a potent soy extract standardized to 64 percent isoflavone content with a minimum of 50 percent genistein, scientifically substantiated to provide health benefits in women
- Contains a flax seed extract standardized to 40 percent lignans, which is helpful in managing estrogen metabolism*
- Formulated with a standardized pomegranate extract providing powerful antioxidant support
- All-natural formula made with sodium lauryl sulfate-free HPMC vegetable capsules

Ingredients list:

Flax seed extract (%40 lignans), pomegranate extract, soy extract

Ingredients explained:

- Flax Lignans
- Lignans are phytoestrogens. Phytoestrogens are plant-based compounds that mimic estrogen in the body. They have been found to be beneficial in combatting symptoms and conditions caused by estrogen deficiency. This may be of particular benefit to premenopausal and post-menopausal women. that relieve the symptoms of menopause and can balance the effects of estrogen in the body by connecting to their receptors, as they have a very similar chemical structure as to an estrogen molecule
- Pomegranate
- Pomegranates contain compounds called ellagitannins, which act as antioxidants and reduce inflammation in the body.
 - Pomegranate contains a natural agent that can inhibit the enzyme in women's bodies that convert estrone into estradiol and could play a role in the origin of hormone-dependent cancers. So, prevention of cancer might also be up for grab for you. The lignans found in the seeds destroy the cancer cells that are estrogen-dependent.
- Soy extract
- Soy is unique in that it contains a high concentration of isoflavones, a type of plant estrogen (phytoestrogen) that is similar in function to human estrogen but with much weaker effects. Soy isoflavones can bind to estrogen receptors in the body and cause either weak estrogenic or anti-estrogenic activity.



Hi I’m Krystal,

I am Certified in Holistic Nutrition Consulting; graduate of the Canadian School of Natural Nutrition in 2017. I am 44 years old, a single mom of two sweet girls, and a stage 3 colon cancer survivor. I teach Nutrition, Art and Wellness workshops in both the corporate world and in the community. And I also offer one on one programs for individuals who are desiring to bring doable and realistic health changes into their daily lifestyle and who want a more simplistic life full of meaningful self-care.

I was 37 years old and had just given birth to my second child when I heard the words “you have cancer”.

I was a busy mom juggling a billion things at once and my diagnosis was so unexpected that everything came crashing down.

It was during my cancer journey that I truly realized I needed to put myself first.

I beat the odds and beat my cancer in 2016 and I knew that did not want to go through this again. Putting into practice realistic self-care habits and routines , hormone balancing and essential oils to support my mood and mental wellness, and quality supplements and proper nutrition to support my physical body have been key in bouncing back and thriving.

You are not destined to be sick and tired, either. And, you certainly don't have to do this alone.

I use these experiences to work with people who are ready to make a change and desire to live a fulfilling life rich in balance and happiness.

With real food , supplements and healthy mindset strategies, I can help you create the space in your life for self-care; space to thrive, and space to nourish yourself at EVERY level.

A self-care plan that is unique to YOU and your (real) life is what is going to be effective, realistic and attainable. With one on one support with healthy food , customized self-care tools and habit building ; it is possible to do it in your own way to succeed.

It doesn’t have to be complicated.

I look forward to spending some time with you!

Warm regards and healthy vibes,
xo
Krystal

CHANGE YOUR LIFE
JOIN NOW

little bird holistics