

Creating Hormonal Wellbeing

Knowledge is POWER

- ✓ Start with YOU ... Empowered & Inspired
- ✓ EMPOWER yourself with KNOWLEDGE
- ✓ NURTURE your own hormonal balance “progress not perfection”
- ✓ KNOW what a HEALTHY cycle actually is for your OWN health and wellbeing (see reading list)
- ✓ “WALK your talk” & WEAR your oils daily.
- ✓ BE COMPLIANT | Perpetuate TRUTH, CLARITY & ACCURACY not mythology & misinformation
- ✓ FOLLOW the “3mth Rule”
- ✓ It’s within normal limits for your cycle to be out of sync once a year, BUT if something feels out of balance
- ✓ 1st Month observe with curiosity & take notes – it could be a “one off” episode
- ✓ 2nd month be present with what’s going on, observe & take more notes, consider seeking support, it could be something that needs care & attention.
- ✓ 3rd month if the issue is persisting it’s becoming a pattern, so act and seek support from a practitioner to make sure that everything is ok.
- ✓ SEEK the care of Health Practitioners, Aromatherapists & Naturopaths who have experience and expertise in Reproductive Health

Ground & Centre Daily

- ✓ Spend TIME connected to NATURE & the EARTH every single day
- ✓ Hand on your heart, hand on your womb, bare feet on the ground.
- ✓ BREATHE deep into your belly & “drop in” – sense & connect with the energy of your pelvic chalice, sacral centre & sacred womb space.
- ✓ Breathe into your heart space & FEEL
- ✓ SUPPORT with *Balance, Forgive & Geranium*

Create a Rhythmic Lifestyle

- ✓ Observe CYCLE and FLOW | moon, season, sunrise & sunset, weekly, monthly, yearly
- ✓ Create DAILY RHYTHMS | wake & sleep, nourish & hydrate, devotion & gratitude, pray & meditate, play, sing & dance
- ✓ Create festivals, CELEBRATIONS, holidays and SACRED DAYS
- ✓ NURTURE stable continuity, predictability & consistency.
- ✓ SUPPORT with *Balance & Clary Calm*

Nourish & Hydrate your Body

- ✓ Choose NUTRIENT DENSE, organic or biodynamic whole foods,
- ✓ Choose a HIGH PERCENTAGE of fruit & vegetable, nuts & seeds, rich in essential fats & adequate protein in your meals
- ✓ Choose CLEAN, FILTERED WATER.
- ✓ RELEASE social poisons (coffee, black tea, sugar, refined foods, alcohol etc)
- ✓ Give Gratitude for the blessing & gift of food – GRACE
- ✓ SUPPORT with *Digestzen & Zendocrine*

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Move Your Body Daily

- ✓ MOVE your body every day for PLEASURE & PLAY
- ✓ CHOOSE balance, stamina, strength & grace.
- ✓ Exercise in NATURE whenever possible
- ✓ Choose a BALANCE of feminine & masculine forms of movement
- ✓ Create your body as a TEMPLE
- ✓ SUPPORT with *Balance, Ice Blue, AromaTouch & Yoga Blends*

Nurture your Nervous System

- ✓ Digital DETOX weekly
- ✓ NURTURE sleep, be in bed for SLEEP by 9.30pm at the latest, aim for at least 8hrs+ of sleep a night, 10hrs is ideal. NAP on the weekends.
- ✓ AVOID Electronics in your bedroom
- ✓ Support circadian rhythm – moonlight & dawn light
- ✓ Create your Bedroom as a SANCTUARY – Beeswax Candles, Diffuser, Cleanliness & Order, Simplicity & Beauty
- ✓ SUPPORT with *Lavender Peace, Tree Oils, Root Oils & Emotions Kit*

Create Relaxation Time

- ✓ Prioritise extreme SELF CARE daily
- ✓ Cultivate spiritual devotion & gratitude daily according to your faith- meditate, pray.
- ✓ Choose deliberate inner stillness
- ✓ Cultivate creativity – draw, play music, paint, sew, knit, crochet, macramé.
- ✓ Mindful rituals – cacao, chai, or tea ceremony, bathing & self-care, journal work.
- ✓ Do NOTHING ... daydream
- ✓ Nurture your EMOTIONAL BODY every day – FEEL (womb & heart space) breathe, release & integrate
- ✓ SUPPORT with *Balance, Lavender Peace + Emotion, Yoga & Mood Blends*

Hormonal Wellbeing Oils

1. Balance | The Grounding Blend
 - ✓ Base Chakra Support
 - ✓ Applied over your hip joints, pubic bone and sacrum, behind knees, on soles of feet
 - ✓ Inhale through “palm cup” throughout the day or layer with Whisper & wear as perfume
2. Clary Calm | The Vulnerability Blend
 - ✓ Sacral Chakra Support
 - ✓ Applied on uterine & ovarian reflex points of the feet, 2 finger widths out from your belly button in a circle.
3. Motivate | The Encouraging Blend
 - ✓ Sacral Chakra support
 - ✓ Applied midline halfway between pubic bone and belly button, midline over your kidneys & adrenal glands
4. Passion | The Inspiring Blend
 - ✓ Base Chakra Support
 - ✓ Applied midline just above pubic bone and over the base of the sacrum

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5. Whisper | The Feminine Blend
 - ✓ Sacral Chakra Support
 - ✓ Applied on wrist, neck / behind ear pulse points, over heart / décolletage as perfume
 - ✓ Misted over hair and clothing as perfume
6. Zendocrine | The Detoxification Blend
 - ✓ Solar Plexus Chakra Support
 - ✓ Applied just below the lower R rib margin
7. Jasmine Touch | The Oil of Sexual Purity & Balance
 - ✓ Apply to the soft skin of the inner forearms and inner thighs & wear as perfume
8. Neroli Touch | The Oil of Shared Purpose & Partnership
 - ✓ Apply to the soft skin of the inner forearms and inner thighs & wear as perfume
9. Rose Touch | The Oil of Divine Love
 - ✓ Apply over the heart chakra / upper heart chakra, perfume pulse points and heart meridian line.

Books to Read ...

- ✓ Blood Magic | Alma Gottlieb & Thomas Buckley
- ✓ Goddesses Never Age | Christiane Northrup
- ✓ Hormone Cure | Sara Gottfried
- ✓ Hormones & Your Health | Winnifred Cuttler
- ✓ **Love Your Lady Landscape | Lisa Lister**
- ✓ **Natural Fertility | Francesca Naish**
- ✓ Pussy | Regena Thomashauer
- ✓ The Curse | Karen Houppert
- ✓ **The Natural Way to Better Babies | Francesca Naish & Janette Roberts**
- ✓ The Natural Way to Better Pregnancy | Francesca Naish & Janette Roberts
- ✓ The Natural Way to Better Birth & Bonding | Francesca Naish & Janette Roberts
- ✓ **The Pill | Jane Bennet & Alexandra Pope**
- ✓ The Wild Genie | Alexandra Pope
- ✓ The Wise Wound | Penelope Shuttle & Peter Redgrove
- ✓ Vagina | Naomi Wolf
- ✓ Women's Bodies, Women's Wisdom | Christiane Northrup
- ✓ Women's Wellness & Wisdom | Libby Weaver

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Naturopaths expert in Reproductive Endocrinology & Hormonal Health

1. Angela Hywood | Tonic Australia | <https://www.angelahywood.com> | WA - Perth & Australia Wide, USA & UK via Skype
2. Angela Smith | Melbourne Natural Medicine | <http://www.melbournenaturalmedicine.com.au> | VIC - Melbourne
3. Ann Vlass | Helping Nature Heal | enquiries@helpingnatureheal.com.au | VIC -Melbourne
4. Charmaine Dennis | Fertile Ground | <https://www.fertileground.com.au> | VIC – Melbourne
5. Dr Andrew Orr | Shen Therapies | <http://shentherapies.com.au/> | QLD - Brisbane
6. Francesca Naish | The Jocelyn Centre | <http://fertility.com.au> | NSW - Sydney
7. Leah Hechtman | Natural Health Fertility | <https://www.naturalhealthfertility.com> | NSW – Sydney