

Hormone Balance

A Practical Guide to Understanding Your Hormones & Restoring Balance Naturally

Evidence-Informed • Root Cause Focused • Whole-Person Care

Jamie Davis, DAOM, LAc.

Doctor of Acupuncture & Chinese Medicine

Certified Functional Medicine Practitioner

Lake Life Wellness Center

Sandpoint, Idaho

"Your body isn't working against you—it has been working for you all along. When you understand the messages it's sending, you can begin supporting it in the way it was designed to heal."



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Written by Jamie Davis, DAOM, LAc.
Lake Life Wellness Center
200 Main Street
Sandpoint, Idaho 83864
208-264-0644
www.lakelifeacu.com

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Every person is unique. Recommendations related to nutrition, exercise, supplements, herbal medicine, laboratory testing, and other therapies should be individualized based on your medical history, current health status, medications, and personal goals. Always consult your healthcare provider before beginning any new healthcare program or making changes to your medications or treatment plan.

While every effort has been made to ensure the accuracy of the information presented, healthcare is constantly evolving, and new research may influence future recommendations.



Welcome!

If you're reading this, you've probably experienced symptoms that have left you frustrated, confused, or wondering if what you're feeling is simply "part of getting older." Maybe you've been told your lab work is "normal," yet you still feel exhausted. Perhaps you're struggling with weight gain despite eating well, waking up at 3:00 in the morning, battling hot flashes, experiencing painful periods, or simply feeling like you don't recognize yourself anymore.

If so, you're not alone. One of the most common things I hear from patients is, **"I know something doesn't feel right, but I don't know where to start."**

The good news is that your body is constantly communicating with you. Fatigue, brain fog, anxiety, digestive issues, irregular cycles, poor sleep, weight changes, and hot flashes are not random—they are messages. Rather than viewing these symptoms as isolated problems, we can begin to understand them as clues that help us identify where your body needs support.

Hormones influence nearly every system in your body, including your metabolism, energy, mood, sleep, digestion, immune system, brain function, muscles, bones, and reproductive health. Because they are so interconnected, an imbalance in one area often creates symptoms in another. That's why improving hormone health requires looking at the whole person—not just one lab value or one symptom.

This handbook was created to help you better understand how your hormones work, why they become imbalanced, and the practical lifestyle habits that support lasting health. My hope is that these pages help you feel informed, encouraged, and empowered to take the next step in your health journey.

As you read, remember this: **Your body is incredibly intelligent. It isn't working against you—it has been working hard to protect you all along.** When we begin listening to the messages it is sending and provide the right support through nutrition, movement, sleep, stress management, acupuncture, and personalized functional medicine care, remarkable healing is often possible.

Thank you for allowing me to be part of your journey. It is truly an honor to care for this community, and I hope this guide becomes a resource you return to often.

To your health,

Jamie Davis, DAOM, LAc.
Doctor of Acupuncture & Chinese Medicine



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PART 1

Understanding Your Hormones

Your Body's Communication Network

"Hormones don't work in isolation—they work together in a beautifully connected system. Understanding how they communicate is the first step toward understanding your symptoms."

What Are Hormones?

Hormones are chemical messengers that allow different parts of your body to communicate with one another. They are produced by specialized glands known as the endocrine system and travel through your bloodstream, delivering instructions to tissues and organs throughout your body.

Think of hormones like text messages sent between different departments of a company. One department sends a message, another receives it, and a specific job gets done. These messages regulate nearly every function in your body, including:

- Energy production
- Sleep and wake cycles
- Appetite and metabolism
- Mood and emotional health
- Menstrual cycles and fertility
- Body temperature
- Blood sugar regulation
- Muscle growth and repair
- Bone health
- Digestion
- Stress response
- Libido and sexual health



Without hormones, these systems cannot communicate effectively. Even a small imbalance in one hormone can create symptoms in many different areas of the body.

Hormones Work Like an Orchestra

One of the biggest misconceptions about hormones is that each hormone works independently. In reality, hormones function much like an orchestra.

Imagine attending a symphony. There isn't just one musician playing; there are strings, woodwinds, brass, percussion, and a conductor coordinating every section. If the violin section suddenly plays too loudly or the percussion stops completely, the entire performance sounds off—even if every other musician is playing beautifully.

Your hormones work the same way.

Your brain serves as the conductor, constantly monitoring what your body needs and sending signals to the glands that produce hormones. The ovaries, thyroid, adrenal glands, pancreas, and other endocrine organs each play their own important part. When one section begins to struggle, the rest of the orchestra must compensate.

This is why chronic stress can affect your thyroid. It's why blood sugar influences fertility. It's why poor sleep can increase hunger the next day. Hormones are connected, and your symptoms are often connected for the same reason.

Functional medicine recognizes these relationships instead of looking at each hormone in isolation.

Key Takeaway: Hormones are designed to work together. When one hormone changes, others often change with it.

Why Do Hormones Become Imbalanced?

Many people assume hormones become imbalanced simply because of age. While aging does influence hormone production, it is rarely the whole story.

Our hormones respond to the environment we create for them every single day. Sleep, nutrition, stress, movement, gut health, inflammation, medications, and environmental exposures all send signals that either support or disrupt hormone function.



Some of the most common contributors to hormone imbalance include:

- Chronic stress
- Poor sleep
- Blood sugar instability
- Diets low in protein or healthy fats
- Chronic inflammation
- Nutrient deficiencies
- Digestive problems and poor gut health
- Lack of physical activity
- Excess body fat or loss of muscle mass
- Environmental toxins and endocrine-disrupting chemicals
- Natural hormonal transitions such as puberty, pregnancy, perimenopause, and menopause

The encouraging news is that many of these factors are within our ability to influence. Even small, consistent lifestyle changes can have a profound impact on hormone health over time.

PART 2

Meet Your Hormones

Cortisol

Your Stress & Energy Hormone

What is cortisol?

Cortisol is produced by your adrenal glands and is essential for life. While it's often called the "stress hormone," its job extends far beyond helping you respond to stressful situations. Cortisol helps regulate your blood pressure, blood sugar, immune system, inflammation, metabolism, and energy throughout the day. Healthy cortisol follows a natural rhythm—it should be highest in the morning to help you wake up and gradually decline so you can sleep at night.



When cortisol is out of balance...

Too much cortisol for too long can contribute to fatigue, anxiety, poor sleep, sugar cravings, belly weight gain, high blood pressure, brain fog, frequent illness, and difficulty losing weight. Low cortisol rhythms may leave you feeling exhausted, overwhelmed, or dependent on caffeine just to get through the day.

Did You Know?

Your body responds to emotional stress, poor sleep, skipped meals, overtraining, illness, and blood sugar crashes in remarkably similar ways. To your brain, they're all forms of stress.

Common Myth

"Stress is just part of life—I have to live with it."

While stress is unavoidable, chronic stress is not something your body is designed to tolerate indefinitely. Learning how to recover from stress is just as important as managing stress itself.

How You Can Support Cortisol Naturally

- Prioritize 7–9 hours of quality sleep.
- Eat a protein-rich breakfast within a couple of hours of waking.
- Spend time outside in natural morning light.
- Practice yoga, prayer, deep breathing, or another daily stress-reduction habit.
- Build recovery into your week instead of constantly pushing through.

Remember This

Healthy cortisol isn't about eliminating stress—it's about helping your body recover from it.

Insulin

Your Blood Sugar & Energy Hormone

What is insulin?

Insulin is produced by the pancreas and helps move glucose from your bloodstream into your cells, where it is used for energy. Every time you eat carbohydrates, insulin helps



keep your blood sugar within a healthy range. When insulin functions well, you have steady energy, stable moods, and fewer cravings.

When insulin is out of balance...

Over time, frequent spikes in blood sugar can make the body's cells less responsive to insulin. This is called insulin resistance. Your pancreas compensates by producing more insulin, which can contribute to fatigue, stubborn weight gain, increased hunger, inflammation, PCOS, and eventually type 2 diabetes.

Did You Know?

Insulin resistance can begin years before blood sugar becomes abnormal on routine laboratory testing.

Common Myth

"Sugar causes diabetes."

Diabetes is much more complex than eating sugar alone. Sleep, stress, muscle mass, physical activity, genetics, and overall nutrition all influence insulin function.

How You Can Support Insulin Naturally

- Eat balanced meals with protein, healthy fats, and fiber.
- Strength train several times each week.
- Walk for 10–15 minutes after meals when possible.
- Limit sugary drinks and highly processed foods.
- Prioritize good sleep.

Remember This

Stable blood sugar creates a stable environment for nearly every other hormone.

Thyroid

Your Metabolic Engine

What is the thyroid?

Your thyroid gland produces hormones that regulate how quickly your cells produce energy. It influences metabolism, body temperature, digestion, heart function, brain



health, menstrual cycles, and even cholesterol metabolism. Every cell in your body depends on healthy thyroid function.

When thyroid function is low...

Symptoms often include fatigue, feeling cold, constipation, dry skin, hair loss, weight gain, depression, brain fog, and slow recovery after illness or exercise.

Did You Know?

The thyroid doesn't work alone. Stress, nutrient deficiencies, inflammation, gut health, and other hormones all influence how well thyroid hormones are produced and activated.

Common Myth

"If my thyroid labs are normal, my thyroid can't be contributing to my symptoms." Routine thyroid testing provides valuable information but doesn't always tell the whole story. Looking at symptoms alongside a thoughtful evaluation can provide a more complete picture.

How You Can Support Thyroid Health Naturally

- Eat adequate protein.
- Include mineral-rich whole foods.
- Support gut health.
- Prioritize sleep and stress management.
- Stay physically active.

Remember This

Your thyroid doesn't simply control your metabolism—it helps regulate energy throughout your entire body.

Estrogen

More Than a Reproductive Hormone

What is estrogen?

Estrogen supports reproductive health, but it also plays an important role in brain function, bone strength, cardiovascular health, skin, muscles, joints, and blood vessels.



During perimenopause, estrogen often fluctuates before gradually declining after menopause.

When estrogen changes...

Some women experience hot flashes, night sweats, vaginal dryness, brain fog, mood changes, joint discomfort, poor sleep, or irregular menstrual cycles.

Did You Know?

Estrogen is important for both women and men—it simply exists in different amounts and serves different roles.

Common Myth

"All estrogen is bad."

Estrogen is essential for healthy bones, brain function, and heart health. The goal is healthy balance—not eliminating estrogen.

How You Can Support Estrogen Balance Naturally

- Eat a diet rich in colorful vegetables and fiber.
- Maintain a healthy body composition.
- Stay physically active.
- Support digestive health.
- Manage chronic stress.

Remember This

Healthy estrogen is about balance, not simply having more or less.

Progesterone

Your Calming Hormone

What is progesterone?

Progesterone is primarily produced after ovulation and helps prepare the body for pregnancy. It also supports restful sleep, emotional resilience, and helps balance estrogen throughout the menstrual cycle.

When progesterone is low...



Women often experience anxiety, irritability, PMS, difficulty sleeping, heavy periods, spotting, or worsening symptoms during perimenopause.

Did You Know?

Progesterone naturally declines before estrogen during the menopausal transition because ovulation becomes less consistent.

Common Myth

"Menopause starts when estrogen disappears."

For many women, progesterone is the first hormone to decline significantly.

How You Can Support Progesterone Naturally

- Prioritize quality sleep.
- Reduce chronic stress.
- Eat enough calories and protein.
- Maintain a healthy weight.
- Address irregular cycles early rather than waiting for symptoms to worsen.

Remember This

No ovulation = very little progesterone.

Testosterone & DHEA

Strength, Motivation & Vitality

What are they?

Although often considered "male hormones," women also produce testosterone and DHEA. These hormones help maintain muscle mass, bone density, energy, confidence, motivation, libido, and overall vitality.

When they're low...

Symptoms may include fatigue, decreased muscle strength, low libido, reduced motivation, slower recovery from exercise, and difficulty maintaining muscle.



Did You Know?

Muscle is one of the best investments you can make for healthy aging and hormone balance.

Common Myth

"Women don't need testosterone."

Women absolutely need testosterone—just in much smaller amounts than men.

How You Can Support Them Naturally

- Strength train consistently.
- Eat enough protein.
- Sleep well.
- Avoid chronic overtraining.
- Manage long-term stress.

Remember This

Building muscle helps support healthy hormones at every stage of life.

Melatonin

Your Sleep Hormone

What is melatonin?

Melatonin is produced by the brain in response to darkness and helps regulate your sleep-wake cycle. It works closely with cortisol to maintain your body's natural circadian rhythm.

When melatonin is disrupted...

You may have difficulty falling asleep, staying asleep, or waking feeling refreshed.

Did You Know?

Morning sunlight is one of the strongest signals that helps your brain produce melatonin later that evening.

Common Myth

"Taking melatonin fixes sleep."



Melatonin can be appropriate in certain situations, but healthy sleep depends on many factors, including stress, light exposure, consistent routines, and overall health.

How You Can Support Melatonin Naturally

- Get outside soon after waking.
- Reduce bright light in the evening.
- Maintain a consistent bedtime.
- Create a cool, dark sleep environment.

Remember This

Good mornings help create good nights.

Leptin & Ghrelin

Your Hunger Hormones

What are they?

Leptin tells your brain you've had enough to eat, while ghrelin signals that it's time to eat. Together, they help regulate appetite and energy balance.

When they're disrupted...

You may experience increased cravings, overeating, difficulty feeling satisfied, or constant hunger—especially after poor sleep.

Did You Know?

Just one night of poor sleep can increase hunger the following day.

Common Myth

"Weight management is only about willpower."

Appetite is influenced by biology as much as behavior. Sleep, stress, movement, and food quality all affect the hormones that regulate hunger.

How You Can Support Them Naturally

- Prioritize quality sleep.
- Eat enough protein and fiber.



- Avoid skipping meals if it leads to overeating later.
- Stay active throughout the day.

Remember This

Sometimes hunger is your body's way of asking for better sleep—not more food.

Closing Thought

One of the biggest takeaways from this chapter is that **your hormones are constantly communicating with one another**. Rarely does a symptom have a single cause, and rarely does one hormone act alone. By supporting the foundations of health—sleep, nutrition, movement, stress management, and recovery—you create an environment where your body is better able to regulate itself.

As you continue through this handbook, you'll learn practical strategies to build that foundation and discover how a personalized plan can help address your unique symptoms and goals.

PART 3

Looking Beyond the Symptoms: The Functional Medicine Approach

"Symptoms are not random. They are often your body's way of asking for help."

Imagine walking into your home and noticing the smoke alarm is blaring. You have two choices: remove the batteries so the alarm stops making noise, or find the source of the smoke.

Conventional medicine is incredibly effective at treating emergencies, infections, trauma, and many diseases. However, when it comes to chronic symptoms like fatigue, brain fog, weight gain, poor sleep, digestive problems, or hormone imbalance, simply quieting the "alarm" doesn't always solve the underlying issue.

Functional medicine asks a different question.



Instead of asking:

"What medication matches this symptom?"

we ask:

"Why is this symptom happening?"

The goal isn't simply to make you feel better for today—it's to understand *why* your body is struggling so we can create the conditions for lasting health.

Hormones Rarely Misbehave on Their Own

Hormones are incredibly responsive to the environment they live in. They are influenced every day by:

- The foods you eat
- The quality of your sleep
- Chronic stress
- Blood sugar balance
- Inflammation
- Gut health
- Nutrient deficiencies
- Environmental toxins
- Physical activity
- Muscle mass
- Relationships and emotional health

When we identify and address these contributors, hormones often begin to regulate more naturally.

Why Testing Matters

Laboratory testing is one tool—not the entire answer.

Sometimes standard laboratory tests identify a clear diagnosis. Other times, they may fall within a "normal" range even though you're experiencing significant symptoms. That's why we consider both your symptoms and your health history alongside appropriate testing.

Depending on your needs, your care may include evaluation of:



- Blood sugar regulation
- Thyroid function
- Iron and nutrient status
- Inflammatory markers
- Sex hormones
- Adrenal function
- Gut health
- Vitamin and mineral levels

Not everyone needs every test. The goal is to choose the right testing for the right person at the right time. Also—and just as important—these tests are giving us just a snapshot, a small window into that exact moment of your body. Even the best testing does not provide a full picture, so it is vital that we look at them as a puzzle piece, not the whole puzzle.

Health Is More Than the Absence of Disease

The World Health Organization defines health as **"a state of complete physical, mental and social well-being and not merely the absence of disease."**

You don't have to wait until a disease develops before taking your symptoms seriously.

If you're exhausted every day, sleeping poorly, struggling with weight gain, experiencing painful periods, or feeling unlike yourself—even if you've been told everything is "normal"—your experience deserves attention.

Key Takeaways

- Symptoms are valuable information, not inconveniences.
- Your body is designed to adapt and heal.
- Functional medicine looks for patterns rather than isolated problems.
- Small improvements across many systems often create big improvements in health.

PART 4



Why Acupuncture Works

"Acupuncture doesn't force your body to heal—it helps remove obstacles so your body can do what it was designed to do."

Acupuncture has been practiced for thousands of years and is now used around the world alongside conventional medical care. While traditional Chinese medicine describes acupuncture using concepts such as Qi and meridians, modern research has helped explain many of its effects through the nervous system, connective tissue, circulation, and the body's natural healing mechanisms.

Rather than adding hormones or acting like a medication, acupuncture encourages your body to regulate itself.

How Acupuncture Supports Hormone Health

It Calms the Stress Response

Modern life often keeps us in a constant "fight or flight" state. When this happens, cortisol remains elevated, digestion slows, sleep suffers, and reproductive hormones are often affected.

Acupuncture helps encourage a shift toward the parasympathetic ("rest and digest") nervous system, supporting relaxation and recovery.

It Improves Communication Throughout the Body

Hormones rely on constant communication between the brain and the endocrine glands. Healthy nervous system function supports this communication.

Acupuncture stimulates nerves and connective tissue, encouraging the release of natural signaling molecules that help regulate many body systems.

It Improves Circulation

Healthy blood flow delivers oxygen and nutrients throughout the body. Improved circulation supports tissue repair and healthy function of muscles, joints, reproductive organs, and other tissues.

It Helps Reduce Inflammation



Inflammation is a common contributor to chronic pain, metabolic dysfunction, digestive disorders, and hormone imbalance. Acupuncture has been shown to support the body's natural anti-inflammatory processes.

It Treats the Whole Person

One of the unique strengths of acupuncture is that it doesn't treat one symptom in isolation.

Patients often seek care for one concern and notice improvements in several others, including:

- Better sleep
- Improved digestion
- Reduced anxiety
- Less pain
- More energy
- Fewer headaches
- Better mood

This reflects the interconnected nature of the human body.

What to Expect

Healing takes time.

Some people notice improvement after one visit, while others experience gradual changes over several weeks. Lasting results often come from combining acupuncture with nutrition, movement, stress management, and other healthy lifestyle habits.

Key Takeaways

- Acupuncture supports your body's natural healing processes.
- It works best as part of a comprehensive wellness plan.
- Consistency is often more important than intensity.

PART 5



Your 30-Day Hormone Reset

"Hormone balance isn't created by one supplement or one treatment. It's built through consistent daily habits that tell your body it is safe, nourished, and supported."

Rather than trying to change everything overnight, spend the next 30 days focusing on a few foundational habits. Small changes practiced consistently can lead to meaningful improvements in energy, sleep, mood, and overall well-being.

Your Daily Foundations

Aim to practice these habits most days of the week:

Nourish Your Body

Your body can't make something from nothing. Hormones are built from the nutrients you eat. Every meal provides the protein, healthy fats, vitamins, and minerals your body needs to produce hormones, stabilize blood sugar, repair tissues, and support healthy metabolism. By nourishing your body with whole, nutrient-dense foods—especially adequate protein—you give it the building blocks it needs to restore balance and function at its best.

- Eat a source of protein at each meal, especially breakfast.
- Fill half your plate with colorful vegetables whenever possible.
- Include healthy fats such as olive oil, avocado, nuts, or seeds.
- Choose high-fiber foods to support blood sugar and gut health.
- Drink enough water throughout the day.

Move Your Body

Movement is one of the most powerful ways to support healthy hormones. Your muscles are an endocrine organ, meaning they produce hormone-like signaling molecules called **myokines** that are released during exercise. These powerful messengers reduce inflammation, improve insulin sensitivity, support metabolism, strengthen bones, and help regulate hormone balance. Aim for regular movement throughout the week, including strength training, walking, yoga, or Pilates, to keep your body strong and your hormones working optimally.

Aim for:

- Walking most days of the week.
- Strength training 2–3 times per week.



- Yoga 1–2 times per week to improve flexibility, reduce stress, and support recovery.
- Pilates or other resistance-based movement to build strength, balance, and core stability.

Choose activities you enjoy. Consistency matters more than perfection.

Hydrate Your Body

Water is essential for every cell in your body. Proper hydration supports circulation, digestion, nutrient delivery, detoxification, temperature regulation, and hormone signaling. Even mild dehydration can contribute to fatigue, headaches, brain fog, constipation, and poor energy. Make hydration a daily habit to help your body function at its best.

Prioritize Rest

Sleep is when your body repairs, restores, and resets. During deep sleep, hormones that regulate stress, metabolism, appetite, blood sugar, growth, and tissue repair are balanced. Aim for 7–9 hours of quality sleep each night by maintaining a consistent sleep schedule and creating a calming bedtime routine.

- Aim for 7–9 hours of sleep each night.
- Keep a consistent bedtime and wake time.
- Spend a few minutes outside in natural light each morning.
- Create an evening routine that helps your body unwind.

Calm Your Nervous System

Stress is a normal part of life, but chronic stress keeps your body in "survival mode," making it difficult to maintain healthy hormone balance. Over time, elevated stress hormones can affect sleep, blood sugar, digestion, thyroid function, reproductive hormones, and immune health. Simple practices like prayer, deep breathing, spending time in nature, meditation, journaling, acupuncture, and meaningful relationships help calm the nervous system and support healing.

Find a practice that helps you slow down, such as:

- Prayer or meditation
- Deep breathing
- Journaling
- Time outdoors



- Reading
- Gentle stretching

Even five to ten minutes each day can make a difference.

Reduce Your Toxic Load

Your body is remarkably equipped to detoxify through the liver, kidneys, digestive tract, lungs, skin, and lymphatic system. You can support these natural pathways by reducing exposure to endocrine-disrupting chemicals found in some plastics, pesticides, fragrances, and personal care products, while also eating a nutrient-rich diet, staying hydrated, moving your body, and having regular bowel movements. At Lake Life Wellness Center, services such as **Infrared Sauna with Halotherapy, Ionic Foot Detox, Acupuncture, and therapeutic movement classes** can complement your body's natural detoxification processes and support overall wellness.

Stage-Specific Priorities

During Your Fertile Years

Your body is preparing for ovulation and, potentially, pregnancy each month. Focus on creating a healthy foundation.

Prioritize:

- Stable blood sugar
- Adequate protein
- Healthy fats
- Regular movement
- Restorative sleep
- Stress management
- Healthy digestion

Regular acupuncture can be especially helpful for painful periods, irregular cycles, fertility support, and stress-related symptoms.

During Perimenopause



This transition is marked by fluctuating hormone levels. The goal shifts from supporting predictable cycles to improving resilience and preserving muscle and bone.

Focus on:

- Strength training
- Protein intake
- Quality sleep
- Stress reduction
- Regular movement
- Acupuncture for symptom support
- Consistent routines

Perimenopause is not simply something to "get through." It's an opportunity to build habits that will support healthy aging.

During Post-Menopause

Hormones continue to play an important role in your health long after your menstrual cycles have ended.

Your priorities become maintaining:

- Muscle mass
- Bone density
- Cardiovascular health
- Cognitive health
- Balance and mobility
- Independence

Continue regular physical activity, prioritize strength training, eat adequate protein, and work with your healthcare team to create a plan that supports long-term wellness.

Building Your Healthcare Team

The best results often come from a team approach. Depending on your needs, your care may include a primary care provider, gynecologist, functional medicine practitioner, acupuncturist, mental health professional, physical therapist, or fitness professional.



Each member brings a unique perspective, and together they can help support your overall health.

Your 30-Day Checklist

Use this as a guide rather than a scorecard. Progress matters more than perfection.

- ☐ Eat protein with every meal.
 - ☐ Include vegetables with lunch and dinner.
 - ☐ Drink water throughout the day.
 - ☐ Walk most days.
 - ☐ Strength train 2–3 times this week.
 - ☐ Attend a yoga or Pilates class.
 - ☐ Practice one stress-reducing activity each day.
 - ☐ Prioritize consistent sleep.
 - ☐ Schedule an acupuncture treatment if appropriate.
 - ☐ Reflect on one positive change you've noticed.
-

PART 6

Your Hormone Health Resource Guide

"Healthy hormones aren't built through perfection. They're built through thousands of small decisions made consistently over time."

This section is designed to be a practical reference that you can return to whenever you need a reminder or a fresh start.

Building a Hormone-Friendly Plate

One of the most powerful things you do every day is choose what goes on your plate. Food provides the building blocks your body uses to produce hormones, regulate blood sugar, support gut health, and reduce inflammation.

Rather than focusing on restriction, focus on adding foods that nourish your body.

Aim to include:

Protein (20–30 grams per meal)

- Eggs
- Greek yogurt



- Chicken
- Turkey
- Fish
- Lean beef
- Cottage cheese
- Tofu or tempeh
- Beans and lentils

Protein helps stabilize blood sugar, supports muscle maintenance, promotes fullness, and provides amino acids needed for hormone production and tissue repair.

Healthy Fats

- Avocados
- Olive oil
- Nuts
- Seeds
- Salmon
- Sardines

Healthy fats provide essential building blocks for many hormones and support brain health, cell membranes, and absorption of fat-soluble vitamins.

Fiber-Rich Foods

- Vegetables
- Fruits
- Beans
- Lentils
- Oats
- Chia seeds
- Flaxseed

Fiber supports healthy digestion, feeds beneficial gut bacteria, promotes healthy estrogen metabolism, and helps stabilize blood sugar.

Colorful Produce

Aim to "eat the rainbow."

Different colors provide different vitamins, minerals, antioxidants, and plant compounds that help reduce inflammation and support healthy aging.

Hydration Matters



Even mild dehydration can contribute to fatigue, headaches, constipation, and poor exercise recovery.

General goal:

- Drink water consistently throughout the day.
- Increase fluids during exercise, hot weather, or sauna use.
- If your healthcare provider recommends it, electrolyte replacement may also be helpful in certain situations.

Supporting Your Sleep

Sleep is one of the most powerful forms of hormone therapy available—and it's free. Healthy sleep supports cortisol, melatonin, insulin, appetite hormones, immune function, memory, and tissue repair.

Better Sleep Checklist

- ☐ Keep a consistent bedtime.
- ☐ Wake at approximately the same time daily.
- ☐ Get outside within an hour of waking.
- ☐ Dim lights during the evening.
- ☐ Limit screens before bed.
- ☐ Keep your bedroom cool, quiet, and dark.
- ☐ Avoid heavy meals and excessive alcohol close to bedtime.
- ☐ Develop a relaxing bedtime routine.

Movement Is Medicine

Exercise isn't just about burning calories.

Movement tells your body:

"Stay strong. Stay resilient. Keep building healthy tissue."

Walking

Walking improves blood sugar, cardiovascular health, digestion, mood, and recovery.

Strength Training

Strength training helps preserve:

- Muscle mass
- Bone density
- Insulin sensitivity
- Healthy aging
- Metabolic health

This becomes increasingly important after age 35–40 and remains one of the best investments you can make for healthy aging.



Yoga

Yoga combines movement, breathing, flexibility, and mindfulness.

Benefits may include:

- Reduced stress
- Improved mobility
- Better balance
- Better sleep
- Reduced pain
- Improved body awareness

Pilates

Pilates develops:

- Core strength
- Posture
- Balance
- Functional movement
- Joint stability

It complements strength training by improving movement quality and reducing injury risk.

Reducing Endocrine Disruptors

Hormones are chemical messengers. Some everyday chemicals can interfere with those messages by mimicking hormones or altering how they're produced, transported, or broken down.

The goal isn't perfection—it's reducing your overall exposure where practical.

Kitchen

Consider:

- Glass food storage containers
- Stainless steel water bottles
- Cast iron or stainless steel cookware
- Avoid heating food in plastic containers
- Reduce use of heavily scratched non-stick cookware

Bathroom

Choose products with fewer unnecessary ingredients whenever possible.

Watch for:

- Parabens
- Phthalates
- Artificial fragrance



- Triclosan
 - Formaldehyde-releasing preservatives
-

Laundry & Home

Reduce exposure to:

- Dryer sheets
- Fabric softeners
- Plug-in air fresheners
- Strongly scented candles
- Highly fragranced cleaning products

When practical, choose fragrance-free or naturally scented alternatives.

Food & Environment

Consider:

- Washing produce thoroughly
- Choosing organic versions of the "Dirty Dozen" when your budget allows
- Filtering drinking water if appropriate
- Limiting ultra-processed foods
- Avoiding smoking and minimizing alcohol

Remember: every small change reduces your body's overall chemical burden.

Tracking Your Progress

Healing is rarely linear.

Some weeks you'll feel amazing.

Some weeks you may feel discouraged.

That's normal.

Instead of focusing only on the scale, ask yourself:

- Am I sleeping better?
- Is my energy improving?
- Am I thinking more clearly?
- Are my moods more stable?
- Am I stronger than I was last month?
- Are my periods becoming healthier?
- Are my hot flashes less frequent?
- Do I feel more like myself?

These are meaningful signs that your body is moving toward better health.

When Should You Seek Additional Help?

While healthy lifestyle habits are foundational, they aren't always enough on their own.



Consider seeking further evaluation if you're experiencing:

- Persistent fatigue
- Irregular or absent menstrual cycles
- Severe PMS or painful periods
- Hot flashes or night sweats affecting quality of life
- Unexplained weight changes
- Hair loss
- Infertility
- Ongoing digestive symptoms
- Brain fog
- Persistent anxiety or depression
- Symptoms that continue despite healthy lifestyle changes

Remember, asking for help isn't a sign of failure—it's an important step toward understanding what's happening in your body.

Final Thoughts

Hormone health isn't about chasing perfection or finding a miracle supplement. It's about creating an environment where your body can do what it was designed to do: adapt, repair, and thrive.

Small, consistent choices matter. Every nourishing meal, every walk, every strength-training session, every good night's sleep, every moment spent reducing stress is an investment in your future health.

Progress may not happen overnight, but over weeks and months, these habits can lead to meaningful changes in how you feel.

Closing Chapter

Your Body Is Always Listening

"Your body isn't working against you—it has been working for you all along."

If there's one message I hope you take away from this handbook, it's this:
Your symptoms are not random.
Your body is constantly communicating with you.



Fatigue may be telling you that your body needs rest, nourishment, or support. Anxiety may reflect a nervous system that has been under stress for too long. Hot flashes, irregular cycles, digestive changes, or brain fog are not signs that your body is "broken." They are invitations to look deeper and understand what your body is asking for.

Healing doesn't come from doing everything perfectly. It comes from making small, intentional choices that support your health over time.

There will be seasons when life is busy and habits slip. That's okay. Every day is an opportunity to begin again.

My hope is that this guide has helped you understand that hormones are not isolated chemicals causing random symptoms—they are part of an incredible communication system that responds to how we eat, move, sleep, manage stress, and care for ourselves.

Most importantly, I hope you leave with confidence.

Confidence that your symptoms deserve to be heard.

Confidence that there are answers worth exploring.

Confidence that your body has an incredible capacity to heal when given the right support.

Thank you for allowing me to be part of your health journey.
I look forward to helping you continue writing the next chapter.

With gratitude,
Jamie Davis, DAOM, LAc
Lake Life Wellness Center



Where Do I Start?

Congratulations! You've already taken the first step by learning more about your hormones. Remember, hormone balance isn't about perfection—it's about consistently making choices that support your body's ability to heal.

Your First 30 Days

- ✓ Eat **25–30 grams of protein** at each meal, especially breakfast.
- ✓ Fill half your plate with **colorful vegetables** and include healthy fats and fiber to support hormone production and stable blood sugar.
- ✓ **Strength train 2–3 times per week**, and add **yoga or Pilates** to improve flexibility, reduce stress, and build a resilient body.
- ✓ **Walk 10–15 minutes after meals** whenever possible.
- ✓ Prioritize **7–9 hours of sleep** and get outside for **morning sunlight** each day.
- ✓ Practice one daily stress-reducing habit such as prayer, deep breathing, journaling, or quiet time.
- ✓ Reduce your exposure to endocrine disruptors by replacing one plastic, fragranced, or highly processed product each week with a healthier alternative.
- ✓ Consider regular **infrared sauna or ionic foot detox** sessions to support relaxation and your body's natural detoxification processes.

Don't Guess—Get a Personalized Plan

Every person's hormones are different. Two people can have the same symptoms but completely different root causes.

Before investing in supplements or following advice from social media, schedule a **Functional Medicine Consultation**. Together, we'll review your health history, determine whether advanced testing is appropriate, and create a personalized treatment plan based on what **your** body needs. Your plan may include nutrition, lifestyle changes, targeted supplements, herbal medicine, and additional therapies—all chosen specifically for you.

200 Main Street
Sandpoint, Idaho 83864



Lake Life Wellness Center
& YOGA STUDIO
Bringing Balance to Every Day Life

208-264-0644
info@lakelifeacu.com

Acupuncture is an excellent complement to functional medicine by helping regulate the nervous system, improve sleep, reduce stress and inflammation, and support your body's natural ability to restore balance.

Your Next Step

Schedule your Functional Medicine Consultation and/or Acupuncture appointment today. Whether you're in your reproductive years, navigating perimenopause, or thriving after menopause, we're here to help you stop guessing and start making meaningful progress with a plan designed specifically for **your** body.

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200 Main Street • Sandpoint, ID
208-264-0644
www.lakelifeacu.com