

# Balancing Your Hormones: A Guide to Targeted Support

## What is Targeted Support?

Sometimes, healthy eating and sleep are not enough to get your body back on track. "Targeted support" means using specific, high-quality natural supplements (called nutraceuticals) to help fix the root cause of your symptoms. Instead of just "guessing," we use these tools to help your stress system, your metabolism, and your hormones talk to each other more effectively.

## Why This Matters For You

- **Better Sleep and Calm:** Helps you stop feeling "tired but wired" so you can finally rest.
- **Smoother Cycles:** Helps your body clear out "used" hormones, which can reduce heavy periods, breast tenderness, and mood swings.
- **Steady Energy:** Helps your body turn food into fuel more efficiently, preventing that dreaded 3 PM energy crash.
- **Support for Your "Engine":** Gives your thyroid the specific minerals it needs to keep your metabolism running smoothly.

## What You Can Do Today

1. **Check Your Energy Timing:** Notice when you feel most tired. If you are anxious and "wired" at night, we might use herbs like **Ashwagandha**. If you are exhausted and "flat" in the morning, **Rhodiola** might be a better fit.
2. **Support Your "Cleaning Crew":** Your liver and gut are responsible for clearing out old hormones. You can help them by eating more broccoli and kale, or by using targeted support like **DIM** or **Sulforaphane** to make sure hormones don't "clog up" your system.
3. **Stabilize Your Blood Sugar:** Hormones can't balance if your blood sugar is a roller coaster. If you struggle with sugar cravings or PCOS, we may discuss **Berberine** or **Inositol** to help your cells "listen" to your insulin signal better.
4. **Be Patient with the Process:** We don't want to overwhelm your system. We will start with the most important "fire" first—usually your stress levels or blood sugar—before moving on to specific hormone supports.

## Questions to Discuss with Your Practitioner

- Based on my "energy rhythm," which herb is best for my stress levels?
  - Are my "detox pathways" ready to handle hormone support, or should we focus on my gut and liver first?
  - How will I know if these supplements are working (what signs should I look for)?
  - Is my thyroid getting the right "spark plugs" (like Zinc and Selenium) to work correctly?
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