

7 Specific Steps to Mastering Your Hormones



1. Choose to be in charge.

This is the most important step of all!

[Download my FREE Quick-Start Guide](#) to begin taking charge of your own wellbeing.

2. Get regular physical exercise.

Your goal: 30 minutes of moderate intensity physical activity 5 times each week.

Check out these [Heart-Healthy Exercise Ideas](#) especially for women.

3. Feed your body well.

Your goal: move from processed foods to more unprocessed fruits, vegetables, and lean protein.

Find out more about the [phytonutrient supplement I use and recommend here](#) – fruits and vegetables in a capsule!

4. Feed your mind well.

Your mind needs high quality mental food just as your body does.

Look for books, email subscriptions, podcasts, or experiences that fill your mind with:

- Encouragement
- Inspiration
- Challenge
- Perspective
- Refreshment
- Information
- Wisdom
- Spiritual insight

5. Choose supplements wisely.

Remember - No supplement is completely risk free.

- For PMS - calcium/magnesium supplement, or evening primrose oil 1500 mg/day.
- For postpartum depression - St John's wort (not while breastfeeding).
- For menopause brain – St John's wort if struggling with mood swings or depression, perhaps combined with black cohosh.

6. Use your support system.

Remember, you are in charge, but we were made to need each other.

Tell someone close to you how they can help. Say something like, “I’m sorry my mood changes are affecting you. I want to do better. When you see me acting out, here’s how you can help. . . . (Suggest a nap, give me a hug, tell me I’m beautiful, remind me that I’m in charge instead of my hormones, etc.)”

7. Nurture your spiritual health

God is not some heavenly vending machine. What He wants is a relationship with you!

Download the [FREE Bible app](#) on your smartphone or tablet, and sign up for a Bible reading plan today.

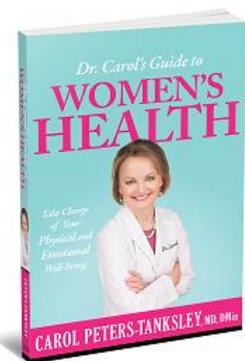
For more on women, their hormones, and their mental health – along with information on many other areas of women’s health – check out *Dr Carol’s Guide to Women’s Health: Taking Charge of Your Physical and Emotional Wellbeing*.

Find out more on  or on [our website](#).

Have other questions or comments?

[Send me a confidential message.](#)

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"May God richly bless you. No Go, and Live Well!"