

Supporting Women's Health Naturally: Hormonal Balance, PMS & Menopause

10 Tips & 8 Top Herbs for Hormonal Balance



Hormones affect mood, energy, sleep, and menstrual health. Even small imbalances can cause fatigue, PMS, or anxiety. Keeping them balanced is key to feeling well and thriving. Enjoy these free tips to learn how to balance your hormones naturally
Love, Apsara healthflow



1 Balance Blood Sugar

Eat regular meals with protein, healthy fats, and fiber to avoid insulin spikes, which can disrupt oestrogen and progesterone levels

2 Support Your Liver

Your liver breaks down and eliminates excess hormones. Include bitter greens (rocket, dandelion), cruciferous vegetables, lemon water daily, supplements & herbal remedies.

3 Sleep Like It Matters

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4 Manage Stress Effectively

Chronic stress depletes progesterone and disrupts ovulation. Practice mindfulness, breathwork, yoga, nature walks to support adrenal health. Herbal remedies, Homeopathy and Bach Remedies Bach Flowers

5 Exercise Gently (or not) but Consistently

Incorporate movement like walking, jogging, interval training, pilates, swimming, or yoga 3-5 times per week to regulate metabolism and reduce inflammation.



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6 Reduce Environmental Toxins

Avoid plastics, synthetic fragrances, and pesticides—many contain endocrine disruptors (xenoestrogens) that interfere with hormone function

7 Nourish Your Gut Microbiome

A healthy gut helps eliminate excess hormones and produces short-chain fatty acids that reduce inflammation. Eat fermented foods and prebiotics like oats, garlic, and leeks.

8 Cycle Sync Your Routine

Adjust exercise, diet, and rest according to your cycle phases to align with hormonal fluctuations and support your energy and mood.

9 Hydrate Wisely

Dehydration increases cortisol. Aim for at least 1.5–2 liters of water per day—infuse with herbs like mint, lemon balm, or hibiscus for added benefits.

10 Track Your Cycle

Use a journal or app to monitor changes in mood, sleep, and symptoms. It helps uncover patterns and empowers personalized support.



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Herbal Allies for Hormonal Balance

These herbs are traditionally used and supported by emerging science for their role in hormonal health



1. **Vitex (Chaste Tree Berry)** – Balances progesterone, supports ovulation, helpful for PMS and cycle irregularities.
2. **Shatavari** – A tonic for female reproductive health, especially during perimenopause and menopause.
3. **Maca Root** – Adaptogenic root that supports energy, libido, and hormonal resilience.
4. **Ashwagandha** – Adaptogen, calms the stress response, supports thyroid and adrenal function.
5. **Black Cohosh** – Traditionally used for menopausal hot flashes and night sweats.
6. **Dong Quai** – Known as “female ginseng,” used in Traditional Chinese Medicine to support menstrual harmony.
7. **Red Clover** – Rich in natural phytoestrogens, useful during menopause.
8. **Rhodiola** – Adaptogen that balances stress-related hormone imbalances and improves mental stamina.



Always consult a qualified practitioner before starting herbal supplements, especially if you are pregnant, breastfeeding, or on medication.



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