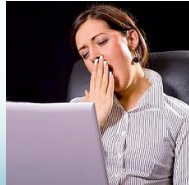


Are Your Hormones Hurting Your Business?

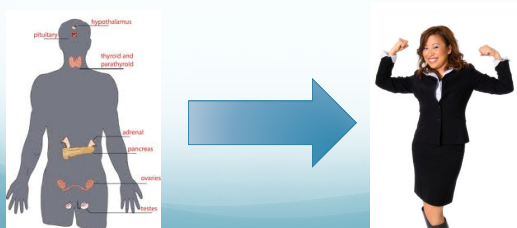
How to identify the signs and bring back balance and energy to your life.

By Alisun Bonville, ND



What are hormones and why should I care?

- Hormones: produced by glands
- Target: Brain and organs in the body
- GOAL: to keep the body going, going, going...

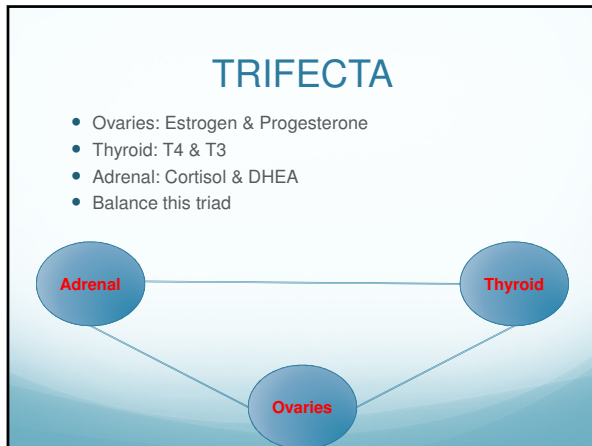


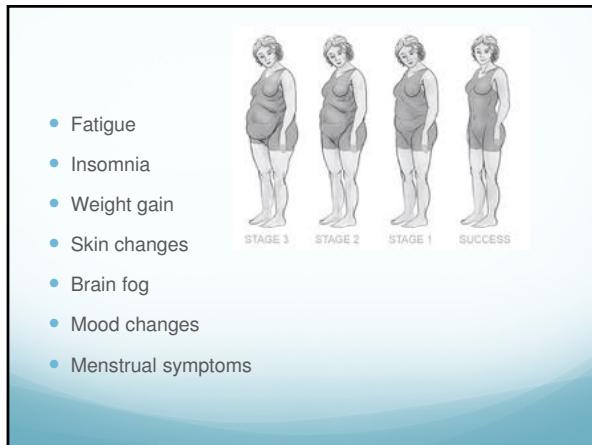
Lost your balance!! How?

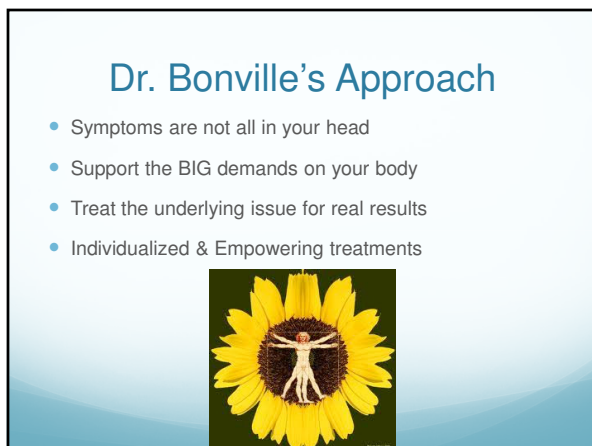
STRESS

- Emotional
- Physical
- Long term pharmaceutical drug use
- Vitamin and mineral deficiencies
- Poor diet
- Inherited tendencies
- Normal busy lives









Solutions




Thyroid

- Mineral rich foods
- Don't use electric blankets
- Avoid goitrogens
 - Brassica (cabbage) family
 - Soy
 - Gluten foods
- Know your family history
- Have thyroid checked during "life phase" changes

RESULT: healthy weight, high energy, beautiful skin

Solutions




Adrenal

- Routine, routine, routine
- Sleep in complete darkness
- Low sugar & simple carbohydrate diet
- Down Time
- Rest

RESULT: clear thinking, level mood, good sleep, calm mind

Solutions



Ovarian hormones

- Ground flax seeds
- Cabbage family vegetables
- Healthy fats
- Vitamin D
- Get tested!

RESULT: No PMS/hot flashes, good mood and libido, restful sleep

Start now...

My own prescription for health is less paperwork and more running barefoot through the grass. ~Terri Guillemets



Ask yourself...

- Do you have difficulty sleeping?
- Have you gained weight in the last year that won't come off?
- Have experienced a change in your menstrual cycle?
- Do you feel overwhelmed, stressed, or just not yourself?
- Do you have trouble getting out of bed, experience the afternoon "dip," or feel groggy?

Dr. Alisun Bonville

- Grain Integrative Health, LLC: (503) 445-8114
- Mention this webinar and receive 30% off your initial visit (cash pay) or a complementary 20 minute hormonal consultation
- Dr. Bonville also accepts most insurance
- Contact Dr Bonville: drbonville@grainintegrativehealth.com
- **Follow Dr. Bonville on Twitter!** at <http://twitter.com/DrBonville>
