

GO GREEN TO BETTER OPTIMIZE YOUR HEALTH & HORMONES

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WELLNESS

Hormones are fragile, essential, frustrating, and amazing all in one. They are often overlooked, but crucial to our health, and wellness plan. Signs and symptoms of hormonal imbalance include an inability to lose weight, weight gain, cravings, mood swings, brain fog, sleep troubles, excess fatigue, PMS, acne, low tolerance to stress, excess weight around the midsection and or hips, and thighs, and low sex drive, to name a few. This laundry list of symptoms is one that many consumers share, but starting now there are things we can do to improve the hormonal imbalance.

The first step in finding relief begins with lifestyle and removing the problem(s), beginning with hormone disruptors/toxins.



IN THE BATHROOM

Swap out toilet cleaners, plastic shower curtains, and all-purpose counter cleaners for cleaner, safer products. Scent. are often chemicals. See items that use essential oils. Thrive Market is a helpful resource.



BEAUTY

Eval what you are putting on your skin. I will use a lot of facial products that are coconut oil or argon oil based (sold from Thrive Market).

Sunscreen - Badgers and Kiss My Face are good brands, among many.

Deodorant - try out some of the various natural deodorant options.

Minimize the use of makeup and perfumes. Seek natural options.

Natural beauty is the best, right?



LAUNDRY ROOM

If something has a scent, it likely is harsh on the liver and thyroid. Opt for non-scented soaps and if you want a fragrance make use of essential oils.



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HOUSEHOLD

Trash bags - scent free is best.
Candles/room air fresheners? Check for natural scents/essential oils.
Floor cleaners - vinegar and water work great. Review DIY recipes and brands.
Bring the outdoors in - have house plants.
Swap out your non-stick pots and pans for cast iron and ceramic.



FOOD

Opt for organic when possible.
Eat wild, grass-fed, and pasture-raised meats and if that is not an option, choose a very lean source of protein.
Minimize microwave use - it can minimize the nutritional content of food.
Cook with a healthy oil (no man-made oils or vegetable oils)
Drink a large amount of water when you wake up to flush the toxins out of your body.
Avoid plastics and storing leftovers in plastic.
Avoid all GMOs - especially corn and soy.



BODY

Dry skin brush - to circulate your lymph/boost immunity and reduce cellulite, but also improve blood flow to specific areas, especially those that are often used for insulin injections.
Sweat weekly if not most days.
Do some rebound work like jumping jacks or jump on a trampoline most days for 3 minutes.
Know what grounds you, so you have a basis for stress management.
Make sure you are pooping everyday.
Make sure you are getting 7-9 hours of sleep



CLEANSE WITH KEL THIS SEASON

Kel has a 2-week program that focuses on a diet void of sugar, grains, and dairy, with an abundance of nutrition and targeted supplements.
This offering comes with a kit, easy solutions, a meal plan/grocery list, support and more.

