

SUJATA'S 7 KEY TIPS

for Supporting Hormonal Balance



ABOUT SUJATA DIN



Sujata Din is a wellness professional, who's a qualified Health Coach, Personal Trainer, and Meditation Teacher. She has a deep understanding of the challenges many women over 40 face with hormonal imbalances.

Having experienced her own struggles with hormonal issues, including irregular periods, the need for fertility treatment, and early onset of night sweats in her 30s, along with acne, bloating, fatigue, brain fog, and mood swings, Sujata intimately understands the hormone roller coaster many women ride.

During her own journey to wellness, she realised that understanding the body and connecting with its needs are the cornerstone of genuine well-being.

Sujata's guidance and teachings are based on the balance between a nourishing diet, mindful living, and a positive mindset. She has carefully included these three pillars into her transformative programs. These programs can be either one-to-one sessions or step-by-step online programs that resonate particularly with busy women.

Over 11 years Sujata has been guiding and coaching her clients to feeling healthier and happier; from improving blood sugar levels, better sleep, losing weight whilst eating real foods, to reducing bloating, increasing energy levels and feeling confident again.

7 KEY TIPS

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Balance Your Hormones To Feel Good



Weight Loss



Healthy skin



More energy



Thinking clearly



Improved moods



Better digestion



Healthy hair



Reduced aches/pain



Sleep better



Feel calmer

Disclaimer:

Please note that the information provided here is intended solely for your information and educational purposes. It is not meant to replace professional medical advice from your doctor or healthcare providers. If you suspect or know that you have a medical condition, it is imperative that you consult with your doctor immediately for an appropriate diagnosis and treatment. While this content is designed to support you, it should not be used as a substitute for medical advice.



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If you're struggling with the challenging symptoms that often come with hormonal imbalances, know that you're not alone.

Perhaps you're dealing with restless nights, unexplained changes in your weight, or those sudden, intense hot flashes that disrupt your day. Along with mood swings, fatigue, bloating, etc. I understand that these experiences can deeply affect your daily life and overall well-being.

Navigating the often complex and confusing world of menopause and hormonal imbalances can be an incredibly challenging experience. It's like trying to find your way through a thick fog, where every step feels uncertain.

There is far too much information, differing opinions, and the myriad of "quick fixes" that can be overwhelming. And it's completely understandable if you're feeling stuck, lost or frustrated on this journey to feel better and lose weight.

But please know, there is hope and you can feel better when you change some habits.

I'm sharing seven practical and effective tips that really make a difference. These may seem simple, but this is what works.

This approach has been life-changing for many, offering much-needed relief from the sleepless nights, helping lose weight, reduce bloating, improve moods and ease the intensity of hot flashes. This is what Olivia said:

"In the first week of the program I slept so well for the first time in a very long time. I wasn't waking up in the night hungry. I haven't had hot flashes in a month." Olivia

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1. Fibre:

- Fibre is particularly beneficial during menopause for several reasons as it helps with reducing sugar cravings, increases satiety and supports gut health.
- High-fibre foods like brown rice, wholewheat pasta or roti can help stabilise blood sugar levels, reducing cravings for sweets and processed snacks.
- Fibre-rich foods like a delicious bean curry are more filling, which can prevent overeating and support weight loss, a common concern during menopause.

2. Protein:

- Increasing protein intake during menopause is crucial for several reasons including helps to maintain and support muscle mass. A common issue during menopause is loss of muscle.
- Also, adequate protein intake with exercise can boost metabolism, which often slows down during menopause, aiding in weight management.
- You can incorporate a variety of protein sources, to ensure a balanced intake of essential amino acids and maximise these benefits during menopause.

3. Sleep:

- Adequate sleep is essential for hormonal balance, especially during menopause.
- Are you currently facing challenges that might be caused by poor sleep? It's important to understand that inadequate sleep can significantly intensify menopausal symptoms. Firstly, a lack of restful sleep can increase stress hormones; this means heightened cortisol levels, which can aggravate feelings of stress and anxiety. Additionally, poor sleep patterns may affect your blood sugar levels. Moreover, insufficient sleep tends to worsen mood swings, as it can increase emotional reactivity and contribute to mood disturbances. Understanding the connection between sleep and these symptoms is crucial in managing your overall well-being during menopause.
- Improving sleep will help to balance your hormones in many ways.
- Sleep helps regulate hormones like cortisol, the stress hormone, and insulin, which manages blood sugar levels. Good sleep can also improve our moods as we awaken feeling refreshed and energised. And of course, that one thing we worry about is our memory and adequate sleep supports cognitive health, reducing the risk of menopause-related brain fog.
- Prioritising quality sleep is crucial for managing menopausal symptoms and maintaining hormonal health.

4. Water:

- Many people often consume insufficient water while overindulging in tea or coffee, it's essential to increase water intake. Herbal teas are also beneficial, especially during winter months when you might prefer warm beverages. Drinking warm water, possibly infused with herbs for flavour, or enjoying a variety of herbal teas, can not only keep you hydrated but also provide additional health benefits.
- Do ensure you are drinking about 2 litres of water a day.

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5. Walking:

- Getting started with walking doesn't require committing to long or hour-long strolls; the key is simply to begin. Therefore, incorporating even short 10 minutes walks into your routine can be a significant step towards better hormonal health.
- Walking, brings many benefits for hormonal health. For a starter, it can significantly help in reducing stress, as regular walking has been shown to lower cortisol levels. Additionally, walking boosts your mood by increasing endorphin levels. It also plays a crucial role in improving insulin sensitivity, thereby helping in regulating blood sugar levels, which is beneficial for overall hormonal health. On the other hand, leading a sedentary lifestyle can lead to weight gain, which in turn impacts hormonal health.

6. Real foods:

- Eating more real foods instead of processed ones is important for hormonal health. Processed foods often contain additives, high levels of sugar, and unhealthy fats that can disrupt hormonal balance, leading to issues like insulin resistance and inflammation. On the other hand, real foods, such as fresh fruits, vegetables, whole grains, and lean proteins, provide essential nutrients that support hormonal functions. These foods contribute to a balanced diet, which is key in maintaining healthy levels of hormones in the body. By choosing real foods over processed options, you can significantly improve your hormonal health.
- I know there are so many temptations when you are at the supermarket. This is why I'm sharing with you one of my favourite recipes for homemade chocolate snickers balls.

7. Self care:

- The final, yet equally crucial tip I want to share towards hormonal balance is including self-care and self-love. This holistic approach goes beyond physical health, delving into the realms of mental and emotional well-being, which are intimately connected to our hormonal balance.
- Self-care and self-love are about dedicating time and effort to activities that nourish your body, mind, and soul.
- **Reading** a good book can be a form of stress relief.
- **Journaling** offers a way to process emotions and reduce anxiety, contributing to a more balanced emotional state.
- **Cooking**, beyond being a necessary daily task, can be a therapeutic and creative outlet. The act of preparing nourishing meals is a form of self-care that directly benefits your physical health and, by extension, your hormonal balance. It's a way to ensure you're fueling your body with what it needs to function optimally.
- **Meditation** and breathing exercises are powerful tools for calming the mind and reducing stress. Regular meditation has been shown to decrease cortisol levels, thus aiding in hormonal balance.
- Make a little time for activities that bring you joy and relaxation. Remember, the journey to hormonal balance is not just about the physical aspect, but also about nurturing your mental and emotional well-being through self-care and self-love.

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It's crucial to address a common pitfall in the journey towards hormonal balance: quick-fix diets. These diets, often promising rapid results, can actually cause more harm than good, especially when they lead to hunger, sleep deprivation, and increased stress. Such approaches might seem appealing in the short term, but they are rarely effective for long-term hormonal health. In fact, these drastic measures can further disrupt your hormonal balance, leaving you in a worse state than before.

Remember the importance of sustainable change. Real, lasting transformation in our health and well-being takes time and patience. Developing new habits is a journey, not a sprint; it should be a gradual process that aligns with your individual pace and lifestyle.

The path to hormonal balance is unique for each individual.

Approach this journey with patience and kindness towards yourself, and recognise that the small changes you make today are the building blocks for a healthier, happier tomorrow.



"You can't control what goes on outside, but you
CAN control what goes on inside." - Anonymous

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Tomato and lentil soup

½ cup red lentils, soaked in water for 2 hours
1 kilo tomatoes, diced
1 large onion, diced
3 cloves of garlic, diced
1 ½ inch ginger, diced
1 tbsp olive oil
1 tsp curry powder
1 tsp cumin powder
Sea salt to taste
Chili flakes to taste
500 ml of vegetable stock



Heat the olive oil in a deep pot and add in the onions, ginger and garlic and sauté for 2 minutes.

Then mix in the spices and cook for another 2-3 minutes until light brown in colour. Then, add in the diced tomatoes, soaked lentils and vegetable stock.

Cover with a lid, bring it to a boil and then simmer on low heat for 30 minutes.

Stir the soup half way through, and add in some water if required, depending on the consistency of the soup you like.

Then, blend using a hand-held blender until the soup is smooth. Serves 4.

Chickpea Chaat

Chaat ingredients:

1 cup boiled chickpeas
1 tomato, chopped finely
1 small potato, boiled and diced
¼ cup chopped coriander
½ small onion, chopped finely
½ cup pomegranate seeds
1 tbsp. roasted peanuts (optional)

Dressing:

1 tsp tamarind paste (or to taste)
¼ cup natural organic yogurt
1 green chili, chopped finely
Sea salt to taste
Mix the dressing in a bowl.



In a large bowl combine the chaat ingredients. Then spoon into two bowls and layer the dressing over. Serves 2

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Healthy snickers balls

1/4 cup peanuts
1/2 cup oats, ground
1/4 cup cacao nibs
2 tbsp cacao powder
1/2 cup peanut butter
3 tbsp honey



In a food processor, blend the peanuts for 20 to 30 seconds, so they are broken into smaller pieces, but should not be ground too much.

Then put 2 tsp aside in a plate to later coat the balls.

Combine all the dry ingredients in a bowl, these are the peanuts, oats, cacao nibs and cacao powder.

Then mix in the honey and nut butter and knead into a dough.

Take a small mixture and roll into balls, makes 8 to 9 small balls.

Then roll these in the peanuts. Store in an airtight container in the refrigerator.

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Let me guide you

It's completely understandable that navigating the path to hormonal balance can be daunting, especially when you're doing it on your own. Figuring out what works best for your body and lifestyle, and then integrating these changes into your already busy schedule, can sometimes feel overwhelming. But you don't have to go through this journey alone.

I am here to support you every step of the way. If you're feeling uncertain about where to start or how to effectively implement these tips, I'm more than happy to help guide you. To make things easier, I offer a free discovery call where we can discuss your specific needs and challenges. During this call, we can explore personalised approaches that will work best for you, considering your unique lifestyle and schedule.

Let me show you how you can achieve hormonal balance without adding stress to your already full plate. Together, we can map out a plan that is not only effective but also manageable within the confines of your daily life.

[CLICK HERE](#) to set up your free discovery call, just reach out, and we'll find a time that works best for you. I'm looking forward to connecting with you and supporting you on your journey to better health and hormonal balance.