



HORMONE RESET

Faith Canter

Hormone Reset eBook

By Faith Canter

Welcome

Hi, I'm Faith Canter

I'm a certified holistic nutritionist, herbalist, health coach, trauma informed therapist, author, birth doula in training and a qualified practitioner in many other modalities also. I've reversed my early onset perimenopause and helped many others do the same, become pregnant, improve PMS, reverse endometriosis and generally have a better relationship with the cycles and seasons of their body and life.

Welcome to my hormone reset eBook. Through the pages of this eBook I will share what I believe to be the key parts of hormonal health no matter what your age or what concerns you have going on.

It's actually really quite simple to have healthy hormones and a thriving body, but we humans with our big brains make it all so complicated!

It's all about returning to nature!

How we live our lives in boxes, watching screens and eating unnatural foods leads to many health conditions and usually our hormones are one of the first things where this shows up.

When we fuel ourselves in the most natural way our body behaves in a more natural way and our hormones (and many other things) come back into balance.

By fuel I don't just mean food, I also mean thoughts (this includes the nervous system), environment, light, air, earth and water. They are all equally important for overall health and wellbeing.

I'll guide you through what I believe is important in the pages of this eBook and when I recommend dedicating something like 12 weeks to making the changes suggested and see how amazing you feel at the end of that time. I highly doubt you'll ever want to go back to what you were doing before by the end of those 12 weeks!

If you have any questions please do reach out through my website,

Faith xx

www.faithcanter.com

What Important?

Nervous system regulation – When we are dysregulated this has a huge impact on overall health, but especially our hormones. The more stressed/anxious we get the more dysregulated we are and the more out of balance our hormones become. So, regulating our nervous system is a key part in more balanced hormones (and overall health and wellbeing).

Working with the cycles and seasons of our body and life – It's important to remember that we are animals and are 'designed' to flow with the cycles and seasons of our own body and of the planet. Eating local and seasonal produce (and supplements etc) make it easier for us to thrive to start with. Then if we remember that in winter months we are not 'designed' to do a lot of things and if we do tons of things this may stress our body (and thus hormones). And, remembering that when we have our period (or if we are no longer having periods, usually when it's the full moon) this is also like a winter for us. If we get into a habit of not booking in tons of things during this winter (before and during our period) we make it much easier on our body and hormones and move through it without so much resistance and concerns. We are much more energised, inspired and sociable after our period has passed, so it's advisable to make those times of the month when we do more things instead.

Circadian rhythm regulation - As an animal we all could do with working more on our circadian health. The more in tune with nature we are the healthier and happier we will be. Our circadian rhythm runs all the other clocks in the body and this includes your hormones. When we become so removed from nature we can seriously screw with our hormones, but the closer we move toward living in a natural way again the happier our hormones become again.

Toxins – There are many toxins out there that effect our hormones greatly. The main 'offenders' are perfumes, aftershaves, deodorants, air fresheners, plug-ins, most cosmetics, hair-care products, body care products, junk foods, tap-water, water bottled or stored in plastic, many medications and fluoride containing toothpastes etc.

Food – We are 'designed' to be fat burners and not carb burners and have adapted to become carb burners, however this is not our main natural energy source and as such we don't thrive on it. However, when we convert back to being fat burners again every system of the body come back into balance again, especially the hormones.

It's also worth mentioning here that none of us should be eating gluten or soya, but especially if you have hormonal concerns. These not only disrupt our hormones, but they also make their way through the lining of the digestive system and into the blood

where they are then moved into storage areas of the body and make the body think there is a foreign invader and attack it, thus creating auto-immune issues too.

Thyroid health – If you have hormonal concerns going on you more than likely have thyroid issues going on too. And a simple TSH test does not generally highlight this. I highly recommend you get a full thyroid panel test to really see what's happening. I talk about this in detail on this blog and go through what your results should look like too: <https://faithcanter.com/thyroid/>

Fuel – How we fuel ourselves is the foundation for all health. But this does not just mean food. This also includes thoughts (and nervous system), environment, light, air, earth & water. They are all equally important and if you can't do one as much as you would like it's important the focus more on the parts you can do. If you are not eating well at the moment, then maybe consider drinking well and getting outside for sunrise with your feet on the ground. Any way we can connect back with nature increases our electrons which increases our health – especially hormonal health.

In the following pages I will go into more detail of some of the above, so you know how you can bring your health back into balance and help those hormones be happy again.

Nervous System Soothing Techniques

There are a few things we can do to sooth and regulate our nervous system. Just like everything else I have already talked about, do the things that feel safe and soothing for you. You don't have to do them all and what works for you might not for another but give them a go and see which one's resonate with you.

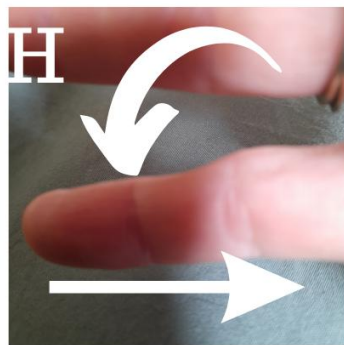
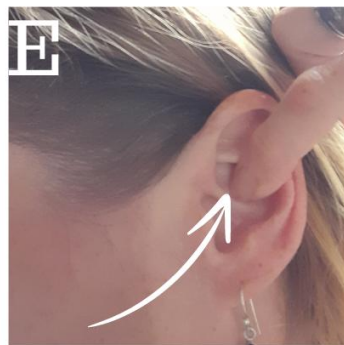
These techniques can be used whenever you notice you are not feeling regulated are more triggered than normal, before bed (when waking in the night) and before food, so that you are in a more regulated place to make the most of the rest, nourishment and nutrients. Here's a video of some Nervous System Soothing/Regulating techniques:
<https://youtu.be/HpmjrQNWFP4>

And, a reminder of them is below...

Most of the techniques discussed below and in my video are helpful because they work with the vagus nerve to sooth your nervous system. However, anything you do that feels soothing to you is helpful for regulating your nervous system.

I HIGHLY recommend you write a list of things you find soothing and refer to this list whenever you feel in need. As an example, mine would include things like, getting my skin in contact with the earth, listening to the birds singing, watching my chickens and geese, making time for drinking a cup of tea sitting down and whilst it's still hot, getting down on the ground and looking at the mini forests, being in or near a river, stroking my dogs or a combination of a few of these. You will see it does not have to be some fancy-ass trauma and tension technique to help regulate your nervous system, it can be anything you personally feel is soothing and/or grounding for you.

Regulating Points



A – Gently move the skin in the indent at the top of the ear (don't push hard) around in circles in both ears, either at the same time or in turn. Wait for some sort of release (this could be a yawn, laugh, tear, shudder, sigh or something else).

B – Gently move the skin around the opening to the ear canal (don't push hard) around in circles in both ears, either at the same time or in turn. Wait for some sort of release (this could be a yawn, laugh, tear, shudder, sigh or something else).

C – Gently pull the ear down (don't pull hard), either at the same time or in turn.

D – Gently pull the ear back (don't pull hard), either at the same time or in turn.

E – Gently pull the ear up (don't pull hard), either at the same time or in turn.

F – Gently pull the skin behind the ear down (don't pull hard), either at the same time or in turn.

G – Gently push the skin behind the ear up (don't push hard), either at the same time or in turn.

H – Massage along the inside of the little fingers.

I – Cup hands behind head and bring elbows back to level with head, then move eyes all the way to one side and wait for a release. Then repeat on the other side. Don't force this, if it's painful just do the parts you can without pain.

I'd like to say here that practices like Emotional Freedom Technique/Tapping, meditation, breathing etc are all helpful for regulating the nervous system too, as long as they are completed from a place of nourishment, safety and ease. Anything we do in a place of push, perfectionism and people pleasing (for instance) won't be regulating for the nervous system. You know what feels best for your nervous system if you slow down enough to feel it. For me making time to sit and drink my tea when it's still hot really helps me regulate, it's such a small thing to allow myself this time and enjoyment, but it makes such a huge difference. Getting as much skin in contact with the earth as possible and just listening to nature also helps me regulate, a lot!

Load noises, places, people etc will often dysregulate us, as can strong smells, lights and too many sensations going on at once. Do what feels regulating for you, when and where you find it the easiest to do.

Circadian Rhythm

How we fuel ourselves is the most important thing for mental and physical health and happiness. If we don't fuel ourselves in the most natural way then what we end up doing is depleting ourselves instead. I know this sounds a bit extreme, but is what is happening to our electrons (essential for all life) if we choose unnatural ways of 'fuelling' over natural ways.

By fuelling I don't just mean food. I mean water, air, earth and light too.

When fuelled in the most natural way the body is 'designed' to thrive, it builds up electron stores, it regulates body clocks/cycles (which includes hormones/sleep/metabolism etc) and improves energy, digestion, mood and so much more.

When fuelled in an unnatural way we deplete all these things and more. We cause inflammation, , dis-ease and basically we struggle. We just about survive, but we won't be able to thrive.

We are becoming more and more removed from our animal side, this is why we become so unwell. We sit in boxes, staring at screens and eating food from containers cooked in microwaves and then wonder why we are unwell. All these things (and many more) deplete us of essential electrons and screw up our internal clocks/cycles like the circadian rhythm.

Whatever we do to regulate or circadian rhythm also builds electrons. So this is a nice, simple, free and easy when to improve health on every level.

We are 'designed' to live in nature, sleep on the ground, eat real protein rich/fatty food, sleep when it's dark and generally be around nature 24/7. Yet for many of us we are not even around/connected to nature for 1 hour per day, let alone 24hrs.

What helps build electrons/regulate circadian rhythm?

- Wake when it gets light and get sunrise in the eyes (not looking at screens before this)
- Eating naturally – plenty of animals fats and proteins
- Eating seasonal and local vegetables. Turmeric for instance, is known as a powerful anti-inflammatory, yet for people consuming it all year around and also if it's not from their area it could actually be causing inflammation.
- Drinking good quality clean and mineralised water
- Getting your skin in contact with the earth
- Getting the sun/daylight on your skin around noon each day
- Getting the sun in your eyes and on your skin at sunset
- Not eating too far after dark
- Going to sleep as close to sunset as possible

- If we are in front of a screen a lot always wearing blue-light blocking glasses (clear or yellow earlier in the day and orange or red in the evenings) & covering up our neck (where our thyroid is)
- If we have LED lights in our home then always wearing blue-light blocking glasses when these lights are on.

Basically living naturally regulates our circadian rhythm and builds up our essential electrons and living unnaturally does the opposite. So, we do what we can with what we have. If you cannot get outside then can you go to a window and stick your face outside at sunrise and sunset? If you are too tired to get up at sunrise can you set an alarm, get outside and then go back to bed (until things start to shift for you and you naturally wake early again)?

We focus on what we can do where we are and with what we have and not on all the things we cannot do. Every little helps!

Food

Food seems like an easier place to start for many (including myself) than some of the other's things I have shared here.

Food is fuel for change and as such, if we put in bad fuel we won't get much change. Food is fuel, that will help us feel less fatigued and help us repair and thrive. But, to make the most of this fuel let's consider our thoughts when and leading up to eating. If we are being our little Meerkat selves around food then the nervous system will be in fight, flight or freeze and when it's there it must partially shut down other system of the body to maintain energy levels needed to protect us in this way. The first system is draws energy from is the digestive system, (we don't need to digest food if the body is or thinks it is running away from a mountain lion every day). So, if we are in an anxious, rushed, stressed place at all when eating then it's unlikely we will uptake a lot of the nutrients from our food and staying in a place like this for prolonged periods eventually leads to things like IBS, food intolerances and leaky gut issues. So, step one to fuelling ourselves better with food, is addressing our thoughts / feeling / reactions leading up to eating, eating and after eating.

So, i recommend doing nervous system regulating techniques (like the ear wiggle) explained in the nervous system soothing techniques section of this book before you eat any food at all. It will help to put you into the best place possible for eating and making the most of all those lovely nutrients.

To make sure we are consuming the best food and drinks (fuel) as possible and are at the same time balancing our energy levels, so we are not spiking and dipping in energy all the time we need to cut out the high spiking foods. Yes, these may be your fall-back foods that you find helpful when your energy is low, but the fact of the matter is that every time you consume something that spikes your energy / blood sugars for a bit you hinder your health long term and then you get stuck in this spike, dip, spike, dip cycle with foods and drinks. This cycle messes with mood, energy, hormones and so much more.

So, the key is to remove these foods and drinks to bring balance to energy, mood, hormones and pretty much everything else.

What are these foods and drinks? Basically, anything that spikes blood sugars & rates high on the glycaemic index (GI).

This includes energy drinks of any kind, caffeine of any kind (coffee, black/green/white teas), matcha, chocolate, processed sugars, high sugar fruits (papaya, pineapple, mango, banana, etc), potatoes (any sort, even sweet potatoes), grains, rice (any kind), flours / breads / pastries / pasta and fruit or vegetable juices (shop bought or homemade).

instead, we are aiming for slow releasing foods, this includes plenty of proteins and good fats (aiming for at least half of your plate to be filled with these at each meal) and the rest to be vegetables and fruits (seasonal and local where possible). I know it will be hard to hear for some (it was for me, as a 30+ yrs as vegan / vegetarian), but animal proteins and fats the most easily

utilisable foods for us, they help our body and mind repair at a cellular level, and they help every system of our body work much more efficiently.

I am shocked every week by how quickly people recover from all sorts of ailments, but especially long term chronic things like CFS/ME, Fibro, Long Covid, Auto-immunity and Hormonal issues by consuming animal fats and proteins with every meal and removing carbs and sugars. I've seen the change happen in just a couple of days. Even (if like me) you feel you are a very healthy veggie/vegan and are consuming all the superfoods and supplements eventually our body starts to starve and we end up with a whole host of health ailments.

It helps to eat regularly too, to prevent dips that make us search for the next spike. If you are suffering from long term fatigue, I do not recommend any kind of fasting until you are no longer feeling fatigued all the time. Fasting has its benefits for sure, just not right now (your nervous system switches into protecting you instead of supporting daily functions when you fast). Eat something high protein or fatty within 30mins of rising and then eat every 4 or at the most, every 5 hours after that to maintain a steady stream of slow releasing fuel into your body. This will bring balance not only to your energy levels but to everything else too. Eating this way may not have to be permanent for you, just until there is balance once more and you feel a deeper connection and understanding to what your body wants / needs / thrives on.

Eating as seasonally and locally as possible is a big part of fuelling ourselves well. The reason for this is because if we eat the same things every day / week / month of the year then our digestive system never gets time to rest from those foods and, we are not getting the nutrients we require in the seasons we require them. What I mean by this is that our body is designed to work with the seasons, it needs Vit C rich fruits in the winter months to help with illnesses that are more likely then and it needs antioxidant rich foods in spring to help with detoxification moving into summer. The foods (and medicines) found around us in certain months of the year are easier for us to uptake and use in those months for a reason (and not so easy in other months as our microbiome changes as the seasons change). They are not meant for us to consume all year around and they don't fuel us in the most optimum way if we do this.

I know that food is a minefield, and everyone is telling you something different every time you read or watch something new (heck even my own take on it has changed dramatically over the years). I find it extremely helpful to ask myself 'would my ancestors have eaten / drunk this, at this time of year and in this way? If it's a no, I know it's not the healthiest way for me to eat it (if at all).

Eating from local sources allows us to see what is in season, it's more nutrient dense (as it's usually picked recently) and of course it's not being shipped across the World. Foods (and medicines) that come from other parts of the World were probably never meant for our digestive system / body to consume. That's why many people don't feel better and some worse on superfoods shipped in from all over the World. Yes, they may have beneficial properties, but probably not for us!

So, keep food simple, seasonal, local and as ancestral as possible as often as possible and then you can't go far wrong.

And, if you are 'naughty' do your best not to give yourself a hard time about it, as that undoes a lot of the potential good from the food you are eating.

It's worth mentioning here that more and more people are finding they have a problem with high oxalate foods and as such often feel worse or even have new symptoms come up when moving from processed foods and drinks to 'healthy' foods and drinks.

I recommend you don't take any notice of the lists of high oxalate foods online as they all contradict each other, but instead check out Sally Nortons book *Toxic Super Foods* and here *Data Companion* that accompanies it. Everything in her list has been checked for oxalate levels in laboratory and her list is one of the only accurate lists out there.

Some of the high oxalate foods are sweet potato, spinach, celery, rhubarb, normal potatoes, brown rice, soya, black pepper, sesame seeds and many nuts, seeds and legumes too. If you have at some point switched to a diet high in these foods (like I did) and are not feeling any better for it, or maybe even worse, I recommend cutting out the high offenders out for a month and seeing if that make a big difference. Don't cut them all out though as that can also cause problems!

Of course I had to give fermented foods a mention here. Fermented foods and drinks, like Sauerkraut, Kimchi, Kombucha and Kefir are often very helpful for people wanting to increase their energy and mood and improve digestive, immune and hormonal health. They are jam-packed full of good bacteria (probiotics), way more than any supplement you can take. As such when we eat and drink these foods, we start to eliminate bad bacteria and toxins from the body, but especially from the digestive system. As the digestive system improves, we can more easily uptake nutrients from others foods we are consuming and energy can improve. I recommend making your own (there are tons of recipes in my book *Fermental – The Art of and Obsession with Fermented Foods and Drinks* or on my website www.faithcanter.com).

Resources

My Freedom From Fatigue eBook or my Trauma, Tension & Nervous System Regulation eBook:

<https://faithcanter.com/ebooks/>

Free 30 Day Chronic Fatigue Syndrome Program:

<http://faithcanter.com/sign-up-for-the-30-day-free-chronic-fatigue-syndrome-training/>

Website: www.faithcanter.com

YouTube Channel: <https://www.youtube.com/@FaithCanter000>

Faith Canter Instagram: <https://www.instagram.com/faithcanter/?hl=en>

Plant based to animal based Instagram:

https://www.instagram.com/plant_based_to_animal_based?utm_source=ig_web_button_share_sheet&igsh=ZDNlZDc0MzIxNw==