



# Hormone Love

5 simple ideas  
your hormones will love!

THE PEPPERMINT TREE  
LOU CARBONE

Instagram: @the\_peppermint\_tree

Facebook: @ourpepperminttree

lou@thepepperminttree.com

# Hormone Love! Yes!

Hi, I'm Lou and I am so happy to connect with you.!

Welcome to **The Peppermint Tree**, a space that is focused on your wellbeing and you living a vibrant and sparkling life.

Here we go.....  
5 things your hormones will love you for!



THE PEPPERMINT TREE  
LOU CARBONE

Instagram: @the\_peppermint\_tree

Facebook: @ourpepperminttree

lou@thepepperminttree.com

# 1. Reduce Toxins

Unknown to many consumers, there are hidden dangers in many of our personal care and cleaning products. Many of these are synthetic chemicals which disrupt our hormones (endocrine disruptors).

There are over 1140 chemicals banned in Europe and the United States due to the known detrimental effects on our bodies.

Shockingly though, these chemicals are still allowed in products we commonly use in our homes here in Australia!

One of the most common offenders is "Fragrance" - the scent of the product you are using. "Fragrance" is typically made up of over 150 different chemicals. Unfortunately, companies are not required to disclose the ingredients of their fragrance as it is considered a "trademark secret".

The truth is that many of these "undisclosed" chemicals are known endocrine disruptors causing hormonal havoc as they either block the action of our own hormones or mimic the action of our own hormones.

**Here's what you can do:**

## **Ditch the Fragrance**

Unless your product is fragranced with organic essential oils select alternatives that are unfragranced.

## **Use an App**

Download an App to help you identify other potential hormones disruptors in your cleaning and personal care products. I recommend, and use, an App called "Ingred"

## **Ditch the plastic**

Plastic contains chemicals which act as hormone disruptors  
Swap out your plastic bottles, food storage containers and cooking utensils for stainless steel and glass.

THE PEPPERMINT TREE  
LOU CARBONE

Instagram: @the\_peppermint\_tree

Facebook: @ourpepperminttree

lou@thepepperminttree.com

## 2. Eat nuts and seeds

Nuts and seeds are a vital source of healthy fats and minerals that nourish our bodies and in particular, our endocrine (hormone) system.

Nuts and seeds are rich in minerals such as zinc, magnesium, selenium, potassium, phosphorous and calcium are vital for happy hormones.

Source quality nuts and seeds and store them in the fridge in glass containers (up-cycled jars are a great way to go!)

If you are unsure where to start think of almonds, brazil nuts (especially good for your thyroid), macadamia nuts, pepitas, sunflower seeds, linseed and chia seeds.

They are easy to source and fun to weave into your recipes or to even have in moderation as a snack.

Sprinkle them on your yoghurt or pop them in your salad, eat as a tasty snack in exchange for something you might usually eat that isn't always the best option, add to your smoothie or try making your own granola!

This muesli bar recipe includes loads of healthy nuts and seeds:  
[Crunchy Muesli Bar](#)



THE PEPPERMINT TREE  
LOU CARBONE

Instagram: @the\_peppermint\_tree

Facebook: @ourpepperminttree

[lou@thepepperminttree.com](mailto:lou@thepepperminttree.com)

# 3. Daily Movement

Moving your body is something we tend to know is important but sometimes we just need a gentle nudge!

Think of your body like a car. If you left a car idle in the garage without taking it out, over time it will rust, the motor will seize and it'll be useless to you. Surely, you wouldn't want your body to become like the unused car!

Exercise helps regulate insulin levels, which affects your body's ability to use glucose for energy and regulate blood sugar levels.  
Healthy blood sugar levels are vital for happy hormones

In addition, movement can help regulate cortisol levels, which is the hormone responsible for our response to stress. When cortisol levels are chronically elevated our hormones are often thrown out of balance.

Movement doesn't have to be something that takes a long time or requires specific skills or equipment.

Try one of these:

- gardening
- a 20 minute walk
- 20 minutes of stretching
- a gym session
- an online /in-person yoga class
- dancing

Bonus tip: be sure it is something fun!



THE PEPPERMINT TREE  
LOU CARBONE

Instagram: @the\_peppermint\_tree

Facebook: @ourpepperminttree

lou@thepepperminttree.com



## 4. Stop

We exist in a world that frequently glorifies "busy-ness" and us ladies seem to have become absolute geniuses when it comes to doing more than one thing at a time! This however, is detrimental to both our overall wellbeing and our hormones.

Fun fact: I recently learned that multitasking can decrease your productivity by approximately 28%. That was sobering!

Q. So how do you stop being busy?

A. **Start with small moments in time.**

Learning to stop sends a message to your body that says, "All is safe and well". When your body detects that all is safe and well it is able to come out of "fight or flight" (or survival) mode and instead it heads into the healthier, "rest and digest mode".

When we are in rest and digest mode our body can work more optimally.

Liken it to you being home alone or at work alone - without the interruptions you are much more productive!

Where to start:

Add just 5 minutes of "down time" to your daily routine. This doesn't include the time before you go to bed, although that time is important as well!

During this time turn your phone and other devices off; sit either in silence, listen to relaxing music or a guided meditation. My favourite App for helping me to switch off, or sit still, is "Insight Timer." You'll find an abundance of short meditations that are focused in switching off, relaxing, and being still.

Start in short bursts of time and then increase this down time by 5 minute increments as and when you can.



THE PEPPERMINT TREE  
LOU CARBONE

Instagram: @the\_peppermint\_tree

Facebook: @ourpepperminttree

lou@thepepperminttree.com

# 5. Nourish your gut

To love on our hormones we also need to love on our gut!

- Source clean foods free from additives and preservatives
- Choose 100% grass fed protein
- Select wild caught fish
- Eat 5-6 big handfuls of veggies every day
- Eat slowly and intentionally!

*Are you curious* to know where your hormones are at?



Click on this link to take the free hormone quiz and gain some insight into your hormones: [Hormone Quiz](#)



I hope these ideas nourish you and may even become the start of a new journey!

If you are intrigued and would like to know more about hormone health and your wellbeing, click on the link below to book a free 15 minute Wellness Call: [Free Wellness Call](#)

THE PEPPERMINT TREE  
LOU CARBONE

Instagram: @the\_peppermint\_tree

Facebook: @ourpepperminttree

lou@thepepperminttree.com

# 50% of your life

Women spend over 50% of their lives in peri-menopause and post-menopause and yet these "wisdom years" are frequently filled with more mystery and declining wellness than joy.

The root cause of much of this mystery and declining health is your hormonal health. The good news is that with the appropriate nutrition and movement for you; healthy detoxification; functional testing and the gentle management of daily stressors you can have happy hormones and the vitality needed to enjoy your "wisdom years"

The way I see it, life should be magical, vibrant and wonderfully splendid!  
I look forward to supporting you in your personal journey.



THE PEPPERMINT TREE  
LOU CARBONE

Instagram: @the\_peppermint\_tree

Facebook: @ourpepperminttree

thepepperminttree@iprimus.com.au



# My family's story

As a busy mum, my life has been challenging! I am one of those people who tries to cram 3 days into one because there's so much fun stuff to do! I love to fill my days with CrossFit, gardening, reading, going to the beach, cooking yummy food, craft, having brunch and lunch with friends and supporting my clients and my family.

I started my working life as a primary school teacher and working in our family business.

However, enter perimenopause (me) and puberty (my daughters) along with a few rather challenging health conditions and I knew my working life was about to take a turn!

Dissatisfied with the responses from many "health specialists" along the way, I soon realised that I needed to be responsible for our own wellness.

In order to overcome our hormonal challenges, I spent many, many hours combing shelves for "cleaner" food and safer products to use in our home and I read book after book about hormonal health and how it can affect just about every other aspect of our wellness.

I formed professional and personal relationships with those who I respected in terms of their knowledge about processes within our bodies and the intricacies of each organ's dependence on another but also, how our emotions can deeply affect our how our body works.

All this eventually led me to studying with the IIN (Institute of Integrative Nutrition) and gaining certification in both Health Coaching and Hormone Coaching

I am now so loving having my own business as a Health Coach and supporting other women through midlife.

## A little story about one of our health challenges!

When my youngest daughter was in her early teens ago, she had physio tape wrapped around her feet to determine whether she required orthotics for her flat feet. This was a common course of action however, what followed was not so common! A few days later she ended up with several blisters

the size of **mangoes** on each foot!

Needless to say, she was admitted to hospital, where they de-roofed her blisters and then performed "Second Skin" treatment just as they would to burns' victims. Thankfully her feet have healed beautifully!

What was to come, however, was even more shocking!

During a recommended appointment with an immunologist we were advised to avoid "synthetic fragrance".

He explained that my daughter, at the age of just 13, was experiencing toxic overload and her body had become sensitive to the synthetic chemicals hence her shocking reaction to the physio tape. He explained that these chemicals are commonly found in our foods, our personal care and our cleaning products.



THE PEPPERMINT TREE  
LOU CARBONE

Instagram: @the\_peppermint\_tree

Facebook: @ourpepperminttree

thepepperminttree@iprimus.com.au

# My family's story

This shocking discovery led to countless hours spent in health food shops, chemists and supermarkets scanning labels, and searching for "safer" products to use in our home.

As a family we learnt about:

▶ "green washing" and inaccurate and unfair labelling laws and we learnt how to use Apps that identified potentially harmful ingredients, including hormone disruptors. This journey was eye opening to say the least.

▶ We discovered that regulatory bodies and manufacturing companies have very little consideration for the potential side effects of many of the ingredients in common household products.

▶ We discovered quality "clean" products are not easy to find and often expensive and that here in Australia we still allow many chemicals that have been banned for some time in Europe and the US.

▶▶ And we learnt that many of these chemicals are potential endocrine disruptors ie they mess with our hormones!

**This last piece of information was literally life changing for me because it was at this time that I was riding the roller coaster ups and downs of perimenopause and that my other daughter ended up in hospital with pancreatitis as a result of taking the oral contraceptive for just 6 months.**



I love to share with my clients how our hormones can affect

- our emotions
- our weight
- our mind
- our confidence
- where we accumulate unwanted kilos
- our energy
- our skin and hair
- our cravings
- our memory
- our joints and our muscles
- how we feel first thing in the morning and last thing at night

As odd as it may sound, I am eternally grateful for the health challenges that we have endured because not only can we move forward armed with knowledge that will serve us for years to come but even more than that I can support other women through their health challenges, particularly those related to the midlife hormonal roller coaster!

THE PEPPERMINT TREE  
LOU CARBONE

Instagram: @the\_peppermint\_tree

Facebook: @ourpepperminttree

thepepperminttree@iprimus.com.au