eve™

[YOUR NAME]'S HORMONE TEST REPORT RESULTS

Eve Hormone Test Report Results

CLIENT DETAILS	LABORATORY DETAILS
Name: [YOUR NAME] [YOUR LAST NAME]	**Address:** Eve Wellness Ltd, 407 Orchard Rd, Camberley, Hastings 4120, New Zealand
Gender: female	**Sample type:** Dried urine
Date of birth: 01/01/94	**Method:** Steroid hormone profiling using LC/MS
Email: youremail@email.com	**Date of collection:** 08/11/20
Phone: 0271234567	**Date of performance:** 11/11/20

Sample number: 0EE0WDV
The below results relate only to the items sampled.

Authorised by: Dr Sri Shastri
Released: 08/12/20

MARKER	YOUR RESULT (ng/mL)	REFERENCE RANGES (ng/mL)*
Oestrogen		
Estrone (E1)	4.059	2.27 - 26.0
Estriol (E3)	24.706	0.78 - 18.0
2-MeO-E1	0.176	0.26 - 6.5
2-OH-E2	0.412	0.0 - 1.51
Estradiol (E2)	2.706	0.78 - 5.23
2-OH-E1	1.824	1.25 - 13.1
4-OH-E1	0.353	0.1 - 2.0
16-OH-E1	4.765	0.35 - 2.9
Total oestrogen (sum of 8 oestrogen metabolites)	39.001	5.79 - 75.24
Progesterone		
b-pregnanediol	9284.353	4000.0 - 13000.0
a-pregnanediol	967.471	100.0 - 1609.0
Total progesterone (average of a and b pregnanediol)	9284.353	4000.0 - 13000.0
Androgens		
Testosterone	3.882	2.3 - 14
DHEA	839.706	15.8 - 1400
Epi-TST	15.176	1.22 - 32.0
5a-Androstanediol	5.765	2.98 - 40.0
5b-Androstanediol	30.471	7.5 - 75.0
DHT	4.353	0.0 - 8.8
Androsterone	464.059	150.0 - 1780.0
Etiocholanolone	623.529	282.0 - 1500.0

**Reference ranges from hormonal balance metabolites established from literature reviews.*

Notes From Your Consultant

Hi [your name],

Well done on taking the first step in your journey to hormone health! These results will provide you with some clarity and allow you to take back control of your hormones. You have mentioned cramps and low energy in relation to your current hormone picture. Your results are showing elevated levels of the 16- OH oestrogen metabolite and testosterone at the lower end of optimal range.

The good news is that your progesterone levels indicate that you have ovulated - which is great! The majority of our progesterone is made by the corpus luteum (in the ovaries) post ovulation. This is one of the reasons why ovulation is super important for hormonal health, whether you're trying to conceive or not. When we don't ovulate, we are more likely to experience PMS symptoms i.e. cramps. Progesterone is also a lovely relaxing hormone that helps us sleep and is one of the most important sex hormones when it comes to mood.

When it comes to oestrogen, it is not only important to look at our total levels but also how our body is breaking down that oestrogen into the key three oestrogen metabolites - 2-OH, 4-OH and 16-OH, the process of which is predominantly taken care of by our liver. Your results are also showing higher levels of the 16-OH oestrogen metabolite. This indicates that your oestrogen metabolism could do with a little bit of TLC. Higher levels of the 16-OH metabolite are correlated with inflammation which may also be contriuting to your cramps.

Your testosterone levels are also on the lower end of the optimal range. Low testosterone can lead to decreased muscle mass and zest for life. Muscle mass plays a key role in helping us to burn fat and keeps our metabolic rate optimal. Resistance training and ensuring you are eating enough protein with each meal (a palm-size serving should do the trick) would be a good thing for you to consider to help rebuild muscle mass and testosterone levels.

I can see that you're taking a range of supplements which is great and I recommend continuing with those if they support you. I've also added in our Eve Chill Pills which are a kava based product designed to support your nervous system and bring you an inner sense of calm. These are a great one to have in your stress management tool kit to support you when you're feeling stressed or anxious.

I've also added in our Eve Morning Person. This is an adaptogenic product designed to support your adrenal system, and also provide you with a pick me up. You take this one each morning to support your mood and energy in the morning, while also supporting the long term functioning of your adrenal system.

In health and happiness,

Unknown
Holistic Health Consultant

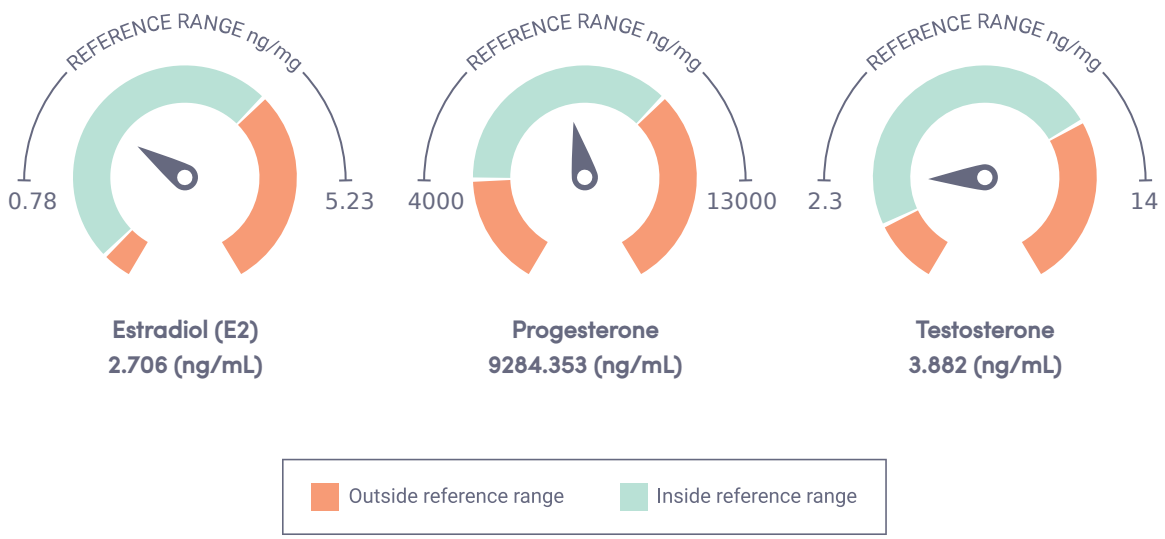
How To Read This Report

Below you will see a short summary of your results. **We will then dig deeper into the full picture** of your primary sex hormones: oestrogen, progesterone and testosterone.

Following this, we present our suggestions around how you may want to support your hormone health through diet, lifestyle and nutritional recommendations. **Your recommendations are based on your test results and the information you provided through the questionnaires you completed.**

Everyone's journey is unique and there are many factors that can play into your hormone health, such as current medications and existing conditions. Therefore, if you don't understand anything outlined in this report, don't hesitate to contact us on 0800 FOR EVE (0800 367 383). Or, if you are concerned about your results, or recommendations we have made, contact us to talk to a trained member of our team, or consult with your GP.

Your Results In A Nutshell



Your results indicated:

- *Take steps to improve oestrogen metabolism to ensure metabolites are at the optimum ratio.*
- *Testosterone levels are at the lower end of the optimal range*
- *Oestrogen (Estradiol) levels are within the optimal range*

Oestrogen

When evaluating oestrogen we look at two things

- *Levels of estradiol (the strongest oestrogen)*
- *Oestrogen metabolism*

What is oestrogen?

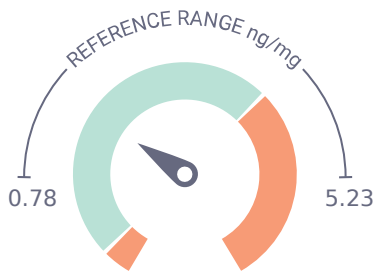
Oestrogen is one of our most influential and important hormones. It plays an essential role in the growth and development of sexual characteristics and the regulation of the menstrual cycle and reproductive system.

Oestrogen's influence is not limited to the reproductive system, however. Oestrogen regulates over a thousand genes [2] and has an impact on our bone and skin health, strengthens muscle and can impact insulin sensitivity. There is a link between oestrogen and serotonin, highlighting the important role it plays in our mood.[1, 3, 4]

Oestrogen is a powerful hormone and when levels are too high or too low, it can have an impact on how we think and feel.

Your Oestrogen Results

Your results indicate that your oestrogen levels are within range. Oestrogen is one of our most important and influential hormones and an imbalance can result in many unfavourable symptoms such as weight gain, fatigue, heavy and painful periods and mood swings.



2.706 (ng/mL)

Outside reference range | Inside reference range

What are oestrogen metabolites?

After the body has made and used a hormone (such as oestrogen) it must be processed by the liver so that it can be excreted out of the body. As a hormone is being processed, it transforms into metabolites. This process is often referred to as hormone metabolism.[5]

Oestrogen metabolism can happen via three different pathways. It is important to pay attention to this as some pathways are considered safer than others.[6,7]

The Eve Hormone Balance Test measures relative amounts of three oestrogen metabolites to help determine what pathway is preferred by your body:

2-hydroxyestrone (2-OH-E1)
This pathway produces metabolites that are considered 'good' oestrogen metabolites. 2-OH-E1 is protective against oestrogen-related cancers. We ideally want this to make up at least 70% of the metabolites.

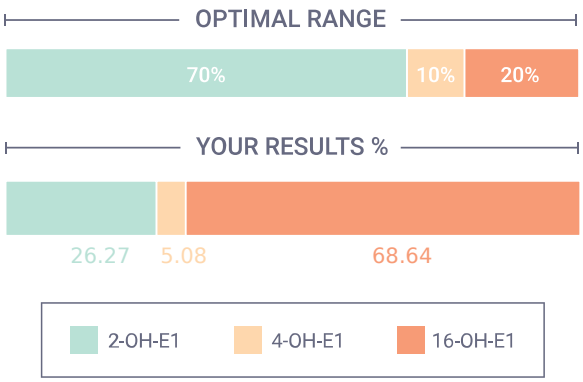
4-hydroxyestrone (4-OH-E1)
The 4-OH pathway can create products that can damage DNA. We want to produce lower levels of 4-OH-E1 as it has potential to cause DNA damage at high quantities and can increase risk for some oestrogen-related cancers and oestrogen dominant symptoms.

16-hydroxyestrone (16-OH-E1)
This pathway can produce metabolites that are considered the most oestrogenic and can cause high oestrogen symptoms (weight gain, mood swings, headaches). 16-OH-E1 has potential to be carcinogenic at high quantities.[18]

Diet and lifestyle suggestions to support oestrogen metabolism are included in the recommendations section. If you are concerned with your levels of 16-OH-E1 or 4-OH-E1, get in touch or take these results to your GP.

Your Oestrogen Metabolite Results

The below diagram shows the optimal ratios of oestrogen metabolism and your metabolism below it. Your results suggest that your oestrogen metabolism could be improved.



Oestrogen markers

You can view the oestrogen markers that we tested for at the start of the report, on page 2.

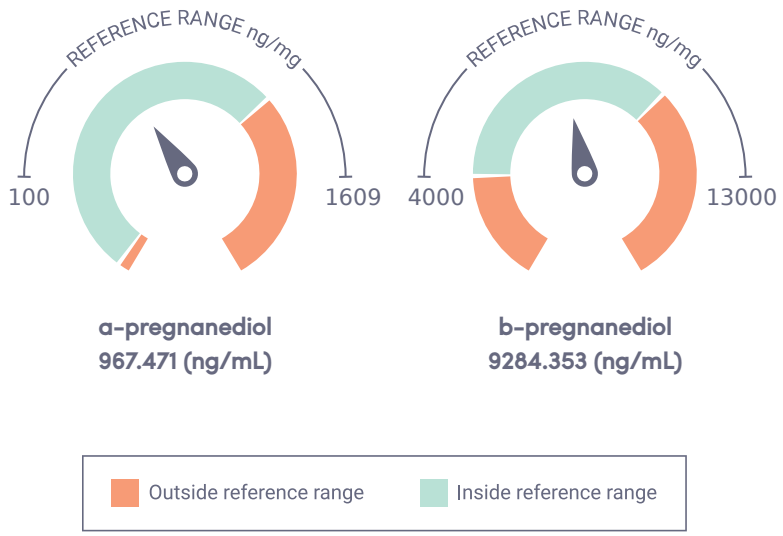
Progesterone

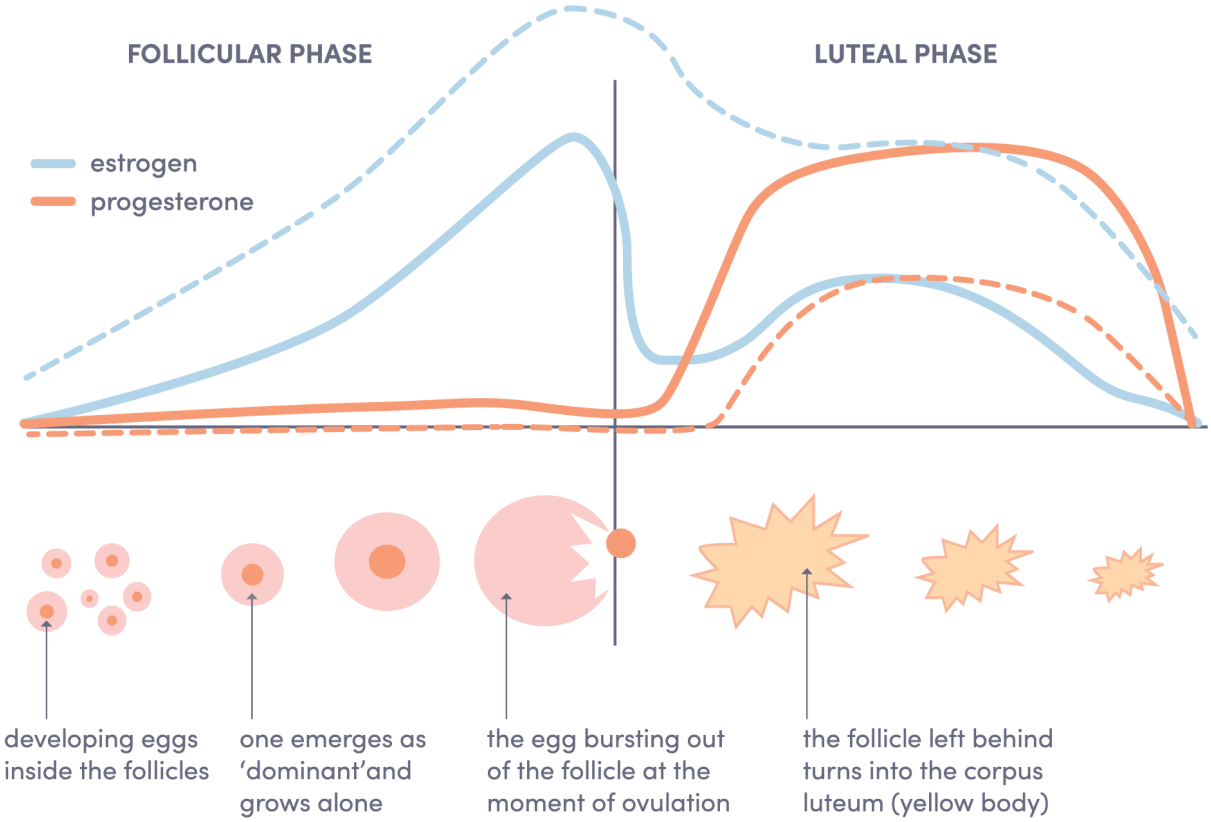
Progesterone is a highly beneficial hormone essential for supporting a healthy reproductive system and menstrual cycle. Often, low levels of progesterone are associated with painful periods and premenstrual syndrome (PMS). Benefits of optimal progesterone levels go beyond reproduction. This powerful hormone also boosts energy levels, encourages sleep, reduces inflammation, relieves anxiety and promotes healthy skin, bones and muscle. 8, 9, 10, 11

When interpreting levels of progesterone we look at two markers - a-pregnanediol and b-pregnanediol. However, as b-pregnanediol is the most abundant progesterone metabolite, this is the one we look at to get an understanding of overall progesterone - particularly as it is only secreted in abundance after ovulation.

Your Progesterone Results

Your results indicate that you likely ovulated prior to taking your Eve sample and your progesterone levels are looking really healthy, which is great! When we don't ovulate, we are more likely to experience PMS symptoms i.e. pain, mood swings, insomnia, water retention, and tender breasts.




FOLLICULAR PHASE
LUTEAL PHASE
estrogen
progesterone
developing eggs inside the follicles
one emerges as 'dominant'and grows alone
the egg bursting out of the follicle at the moment of ovulation
the follicle left behind turns into the corpus luteum (yellow body)

Androgens

The term 'Androgens' refers to a group of sex hormones that includes the hormones testosterone and DHEA. These circulate at high levels in males and lower levels in females. This group of hormones are responsible for male characteristics and are essential for muscle development and sexual behaviour. Androgens play a key role in the health and wellbeing of women and men, and are closely intertwined with oestrogen.

The results of this section will show:

- *Levels of testosterone*
- *Levels of DHEA*
- *Androgen metabolism*

What is testosterone?

Testosterone is often considered to be a 'male hormone'. It is true that men have higher circulating levels of testosterone than women, however testosterone is an equally important hormone in females. It plays an essential role in the physical and mental health for both sexes. [12, 13, 14]

Testosterone is important for maintaining muscle tone, bone health and sexual function. It is closely tied to the dopamine hormones, our pleasure and reward hormone. Giving us a sense of get-up-and-go, well-being and confidence.

Your Testosterone Results

Your results indicate that your testosterone levels are at the low end of optimal range. Low testosterone levels can sometimes indicate that the body is under some form of stress. This hormone picture can also be driven by a number of factors such as poor gut health, blood sugar fluctuations, lack of sleep and emotional stress. Low testosterone can lead to insomnia, reduced muscle mass, low libido, low mood and weight gain.

3.882 (ng/mL)

Outside reference range | Inside reference range

What is DHEA?

DHEA is a precursor (building-block) for the major sex hormones – oestrogen, progesterone and testosterone. This means it is essential that we have optimal amounts of DHEA to ensure our other major sex hormones are balanced.

DHEA is derived from cholesterol and is produced almost exclusively by the adrenal glands. DHEA levels peak during our 20s and gradually decrease with age. Healthy DHEA production is critical for lean muscle development, fat burning, bone growth, skin health and immunity. [17]

It is essential that we have optimal amounts of DHEA to ensure our other major sex hormones are balanced.

Your DHEA Results

Your results indicate that your DHEA levels are within optimum range, which is great. DHEA is often considered the 'grandmother' hormone because it is a precurser to our major sex hormones. It is made in the adrenal gland, and having healthy levels is essential to maintaining hormone balance.

839.706 (ng/mL)

Outside reference range | Inside reference range

Androgen metabolism

To get an overall picture of androgen levels and gain an understanding of any underlying issues, it is important to consider testosterone and DHEA levels as well as androgen metabolism - how these hormones are getting broken down.

Similar to oestrogen, testosterone is broken down into other metabolites which can have different actions. One of the primary metabolites of testosterone is DHT (dihydrotestosterone). This is a more potent androgen and higher levels can result in signs and symptoms similar to high testosterone.

The below metabolites are the additional androgens that we test for in Eve. Elevated levels of these, particularly DHT, 5a-androstanediol, androsterone and etiocholanolone, can be due to stress, inflammation, blood sugar and insulin dysregulation.

MARKER	YOUR RESULT (ng/mL)	RESULTS AND REFERENCE RANGES (ng/mL)
Androsterone	464.059	RANGE: 150 - 1780 (ng/mL) Your result
Etiocholanolone	623.529	RANGE: 282 - 1500 (ng/mL) Your result
5a-Androstanediol	5.765	RANGE: 2.98 - 40 (ng/mL) Your result
5b-Androstanediol	30.471	RANGE: 7.5 - 75 (ng/mL) Your result
DHT	4.353	RANGE: 0 - 8.8 (ng/mL) Your result

Appendix

Below you will find information about the individual markers included in your hormone panel.

MARKER	INFORMATION
16-OH-E1	The oestrogen that the body makes has to be broken down through a process called phase one detoxification. This produces different metabolites or break-down products. The 16-OH-E1 marker is produced via the 16-hydroxylation pathway (see oestrogen metabolism section for more info). This pathway can produce metabolites that are considered the most oestrogenic and can cause high oestrogen symptoms (weight gain, mood swings, headaches etc). 16-OH-E1 also has potential to be carcinogenic at high quantities.
2-MeO-E1	The 2-MeO-E1 metabolite is the methylated form of oestrogen metabolites. This is produced during phase II detoxification. This process is where the 2-OH-E1 metabolite is methylated. This methylation "neutralizes" the metabolites and allows them to be excreted safely.
2-OH-E1	The oestrogen that the body makes has to be broken down through a process called phase one detoxification. This produces different metabolites or break-down products. The 2-OH-E1 marker is produced via the 2-hydroxylation pathway (see oestrogen metabolism for more info). This pathway produces metabolites that are considered 'good oestrogens' and is protective against oestrogen-related cancers.
2-OH-E2	The oestrogen that the body makes has to be broken down through a process called phase one detoxificatoom. This produces different metabolites or break-down products. The 2-OH-E2 marker is produced via the 2-hydroxylation pathway and is a break-down product of Estradiol. T his pathway produces metabolites that are considered a 'good oestrogens' and is protective against oestrogen-related cancers.
4-OH-E1	The oestrogen that the body makes has to be broken down through a process called phase one detoxification. This produces different metabolites or break-down products. 4-OH-E1 is a metabolite produced by the 4-hydroxylation pathway. We want to produce lower levels of this metabolite as it has potential to cause DNA damage at high quantities and can increase risk for some oestrogen-related cancers.
5a-Androstanediol	Similar to oestrogen, when androgens are broken down they can be broken down via different pathways - the alpha or beta pathway (5a or 5b-reductase). 5a-androstanediol is a metabolite (breakdown product) of testosterone that is produced via the 5a-reductase pathway. Inflammation, stress, blood sugar and insulin dysregulation can drive this pathway and can lead to symptoms of high testosterone.
5b-Androstanediol	Similar to oestrogen, when androgens are broken down they can be broken down via different pathways - the alpha or beta pathway (5a or 5b-reductase). 5b-androstanediol is produced via the 5b-pathway.

MARKER	INFORMATION
a-pregnanediol	Progesterone is a hormone that is often associated with females, however it is essential in both sexes and plays some important roles, particularly in the process of reproduction. It is also important for mood, supporting you in keeping calm and centered. A-pregnanediol is a metabolite (breakdown product) of progesterone and is used to indirectly measure levels of progesterone.
Androsterone	When androgens are broken down, they can be broken down via the 5a or 5b-reductase pathway. Elevated levels of this marker indicate that the 5a-reductase pathway is favoured. This may result in clinical signs of high testosterone.
b-pregnanediol	Progesterone is a hormone that is often associated with females, however it is essential in both sexes and plays some important roles, particularly in the process of reproduction. It is also important for mood, supporting you in keeping calm and centered. B-pregnanediol is a metabolite (breakdown product) of progesterone. This marker is used to indirectly measure levels of progesterone.
DHEA	DHEA is a precursor (building-block) for the major sex hormones. - Oestrogen, Progesterone and Testosterone. It is essential that we have optimal amounts of DHEA to ensure our other major sex hormones are balanced.
DHT	DHT is a metabolite of testosterone. This is the most potent androgen and high levels of this marker may result in signs of high testosterone.
Epi-TST	Epi-testosterone is an isomer (different form) of testosterone. it can act as an anti-androgen in some target tissues.
Estradiol (E2)	Estradiol (E2) is the main and strongest oestrogen, present in both men and women. This is the metabolite that we look at when assessing oestrogen levels and it plays an essential role in maintaining the health of nearly every tissue in the body - particularly the reproductive tissues, brain, skin, bone and liver. Oestrogen is responsible for making you feel confident, extroverted, and in control. Elevated levels can result in signs of oestrogen dominance.
Estriol (E3)	Estriol (E3) is a weak oestrogen and levels are normally relatively low. During pregnancy, it is made in much higher amounts by the placenta.
Estrone (E1)	Estrone (E1) is made in the ovaries as well as the fat tissue (in smaller quantities) and is derived from the conversion of androgens. Although it's not considered the 'main' oestrogen, estrone excess can still increase the risk for oestrogen dominant cancers and oestrogen dominant symptoms. It is the major postmenopausal oestrogen.
Etiocholanolone	When androgens are broken down, they can be broken down via the 5a or 5b-reductase pathway. Elevated levels of this marker indicate that the 5b-reductase pathway is favoured.

MARKER	INFORMATION
Testosterone	Testosterone is the dominant male hormone (an androgen) and is produced in the testicles of men, the ovaries of women and in the adrenal glands of both sexes. Testosterone is closely tied to the dopamine hormone, our pleasure and reward hormone. This makes it important for a sense of get-up-and-go, well-being, confidence, maintaining muscle tone, bone growth and sexual function.

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Let's connect @evewellnessco

eve™

[YOUR NAME]'S HORMONE TEST COMPLETE RECOMMENDATIONS

Notes From Your Consultant

Hi [your name],

Well done on taking the first step in your journey to hormone health! These results will provide you with some clarity and allow you to take back control of your hormones. You have mentioned cramps and low energy in relation to your current hormone picture. Your results are showing elevated levels of the 16- OH oestrogen metabolite and testosterone at the lower end of optimal range.

The good news is that your progesterone levels indicate that you have ovulated - which is great! The majority of our progesterone is made by the corpus luteum (in the ovaries) post ovulation. This is one of the reasons why ovulation is super important for hormonal health, whether you're trying to conceive or not. When we don't ovulate, we are more likely to experience PMS symptoms i.e. cramps. Progesterone is also a lovely relaxing hormone that helps us sleep and is one of the most important sex hormones when it comes to mood.

When it comes to oestrogen, it is not only important to look at our total levels but also how our body is breaking down that oestrogen into the key three oestrogen metabolites - 2-OH, 4-OH and 16-OH, the process of which is predominantly taken care of by our liver. Your results are also showing higher levels of the 16-OH oestrogen metabolite. This indicates that your oestrogen metabolism could do with a little bit of TLC. Higher levels of the 16-OH metabolite are correlated with inflammation which may also be contriuting to your cramps.

Your testosterone levels are also on the lower end of the optimal range. Low testosterone can lead to decreased muscle mass and zest for life. Muscle mass plays a key role in helping us to burn fat and keeps our metabolic rate optimal. Resistance training and ensuring you are eating enough protein with each meal (a palm-size serving should do the trick) would be a good thing for you to consider to help rebuild muscle mass and testosterone levels.

I can see that you're taking a range of supplements which is great and I recommend continuing with those if they support you. I've also added in our Eve Chill Pills which are a kava based product designed to support your nervous system and bring you an inner sense of calm. These are a great one to have in your stress management tool kit to support you when you're feeling stressed or anxious.

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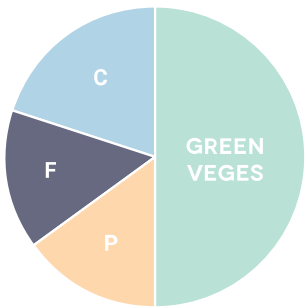
In health and happiness,

Unknown
Holistic Health Consultant

Diet Recommendations

Eating a balanced, nutrient dense and wholefoods diet is one of the absolute non-negotiables to supporting your hormones. Below are some recommendations specific to your results. These diet recommendations may sound basic, but there is no magic pill here. These really are the things that support our bodies.

As a mixed type you should aim to have on your plate:



Mixed type

50% Green vegetables | 20% Carbohydrates | 15% Protein | 15% Healthy Fats

RECOMMENDATIONS

Add a side of liver-loving vegetables to at least one meal, daily.

WHY: Your oestrogen metabolism is showing higher levels of the unfavourable oestrogen metabolites. To get these back to the optimal ratio, supporting your liver is going to be a really important thing to focus on.The liver is an incredible organ, with many functions. It is the powerhouse for detoxification and helps keep our bodies feeling rejuvenated and energised. It also plays a critical role in metabolising and processing hormones and a well functioning liver is essential for hormone balance.
The term liver-loving vegetables refers to brassica and cruciferous vegetables - this includes broccoli, cauliflower, kale and cabbage. These foods are high in a compund called DIM (diindolylmethane) which helps to support upregulation of the liver. Eating these can help increase 2-hydroxylation and improve the ratio of oestrogen metabolites, especially the 2/16 ratio.

HOW: Some great cruciferous vegetable options include: broccoli sprouts, broccoli, cauliflower, cabbage, kale, collard greens, radish, bok choy and brussel sprouts. Try eat some of these foods every day.
Start by adding a side of these vegetables to your dinner and then aim to have a side of these vegetables at every meal. Sauteed broccoli and garlic drizzled with olive oil is a delicious side to your eggs in the morning.
Recipe suggestion: Warm spiced cauliflower bowl

Eat plenty of fermented foods and probiotics to nourish your gut.

WHY: Having a healthy gut is crucial for establishing and maintaining hormone balance. When the gut microbiome is healthy, it produces the right amount of a compound called beta-glucuronidase to maintain healthy oestrogen levels. An unhappy gut microbiome can result in altered beta-glucuronidase activity, which may result in a deficiency or excess of oestrogen.

HOW: Try including gut loving foods into your diet daily. This includes foods such as kombucha, kimchi, sauerkraut, coconut yoghurt and bone broth. Many fermented foods contain a variety of beneficial bacteria (and yeasts) hence it is often beneficial to try and consume a variety of these foods on a daily level to keep up species numbers, their diversity and support a happy, healthy microbiome.

Aim to eat leafy greens three times daily

WHY: Green leafy vegetables contain vitamins and minerals in bulk. These help increase testosterone naturally. Vitamins A, C, E and K as well as magnesium and zinc all help your body to produce or maintain levels of tesosterone.

HOW: Include a side of leafy greens to each meal. Sauteed spinach is a great addition to eggs at breakfast. Alternatively, add a handful of greens to morning smoothie.

Take steps to reduce caffeine or cut it out completely to reduce load on your liver and support oestrogen metabolism

WHY: Because your oestrogen metabolism could do with some love, a big focus will be supporting the liver and reducing the load. This will allow it to process and breakdown oestrogen safely. Caffeinated coffee is a stimulant and triggers your fight or flight response, resulting in an increased production of stress hormones. This is when you will typically notice a perk in focus, energy and mood which will help give you the 'lift' or buzz you need to pump through to your next task. However, in a time of stress, your body uses more essential nutrients and places a larger load on your liver which affects our ability to store and absorb nutrients.
The liver is an incredible organ, with many functions. It is the powerhouse for detoxification and helps keep our bodies feeling rejuvenated and energised. It also plays a critical role in metabolising and processing hormones and a well functioning liver is essential for hormone balance. Caffeine can act as a liver load and in turn can have an impact on how we metabolise and process hormones.

HOW: Try replacing coffee with another option such as a chai latte, tumeric latte, matcha or hot cacao. If you do choose to drink coffee, try limit it to one a day and always ensure it is before midday so it doesnt impact that quality of your sleep.

Eat to stabilise your blood sugars

WHY: If we could pick just one thing for you to focus on, it would be eating and living to stabilise your blood sugar levels. We know this isn't as exciting as a trendy diet but, but it is an essential step in your journey to balanced hormones, better stress management and less inflammation in the body.
Poor blood sugar balance can get you into a tricky spiral. When your blood sugar levels are soaring high and crashing low, your body interprets this as a stressor, adding more pressure to your load and triggering stress hormone production.
Problems really spiral when we feel stressed or overwhelmed and end up not eating enough, having too much sugar or simple carbohydrates, not eating right for you, or relying on caffeine to get through. These patterns all induce blood sugar imbalance and further stress.
In a nutshell, getting the right ratio of fats, proteins and carbs for you is vital for managing and reducing stress and encouraging balanced hormones.

HOW: Below are three macronutrient profile recipe books. Select what type best suits you based on your results above and start creating some delicious meals suited to your macronutrient profile type. Your daily routine will also have some suggested recipes
Macronutrient profile recipes - Mixed Type
Macronutrient profile recipes - Carbohydrate Type
Macronutrient profile recipes - Protein Type

[Your Name]'s Hormone Balancing Smoothie

This is your personalised hormone balancing smoothie! Smoothies are a great, nutrient-rich way to start the day. We recommend you make this your go to breakfats for a month. You can switch up the basic steps using the ingredient options below, but ensure you **always include your special ingredients.**

With all the ingredients, choose organic and spray free when possible. We recommend changing your ingredients based on the weatherm what's in season, or what you have left in the fridge! The idea is to have fun with it.

[Your Name]'s Hormone Balancing Smoothie:

[YOUR NAME]'S SPECIAL INGREDIENTS

- *Brazil nuts*
- *Cacao*

HEALTHY FAT

- *Nut butter of any kind*
- *Nuts (e.g. macadamias, cashews, almonds, brazils)*
- *Chia seeds (activated)*
- *Avocado*
- *Coconut yoghurt*
- *Coconut cream*
- *Coconut (shredded/raw)*

FRUIT (CHOPPED AND FROZEN IS BEST)

- *Banana*
- *Blueberries*
- *Strawberries*
- *Raspberries*
- *Mango*
- *Kiwifruit*
- *Persimmon*

These are just some of our faves but the list is endless...

ADDITIONAL VEGGIE

- *Pre-boiled pumpkin*
- *Pre-boiled sweet potato*
- *Beet Greens*
- *Cucumber*
- *Zucchini*
- *Cauliflower*

DARK LEAFY GREENS

- *Spinach*
- *Kale*
- *Silverbeet*
- *Bok Choy*
- *Broccoli*

PROTEIN

- *Pea protein powder*
- *Hemp protein powder*
- *Rice protein powder*

LIQUID

- *Almond milk*
- *Coconut milk*
- *Water*
- *Coconut water*
- *Rice Milk*
- *Ice (if you like it extra cold)*

Mental Wellness Recommendations

Mental wellness encompases the practices, habits, thoughts and behaviours you use to help you get through your daily life. These things are highly personal, however at their core is the same principle; you are intentionally and actively seeking to lower your body's response to stress.

Stress can have a huge impact on our hormones and hormone production. Small, daily actions (such as the ones recommended below) can have a really positive impact on our hormones and general health and wellbeing.

RECOMMENDATIONS

Have an epsom salt bath once or twice a week to encourage healthy testosterone production

WHY: Stress can negatively impact our hormone levels. Having an epsom salt bath is a great way to reduce stress and take time for yourself. Additionally, epsom salt baths are a great way to increase magnesium which is an essential nutrient for hormone balance.

HOW: Set an hour a side one evening each week to run yourself a bath. Epsom salts are cheap and can be purchased from the supermarket. Add a couple of tablespoons of epsom salts to a warm bath and settle in.

Take breaks throughout the day to put your legs up the wall to manage your stress and inflammation

WHY: Laying with your legs up the wall for 2-5 minutes activates your parasympathetic nervous system, responsible for your rest and restore response. This returns blood flow back to your central organs, helping engage your rest and digest system. This in turn helps to reduce stress, inflammation and promotes sleep.

HOW: Lie on your back with your sit-bones around four fingers away from the wall. From there, extend your legs up the wall, so that the backs of your legs are resting fully against it. If you're struggling with getting your legs straight you can put a blanket or blocks under your hips to elevate them, creating a slight inversion in your lower belly.

Movement Recommendations

Exercise and regular movement is an incredibly nourishing experience. It releases endorphins that make us feel good, supporting neural growth, reducing inflammation, and leading to better sleep. Issues with our hormones generally only arise when we aren't exercising at all, or are completely overdoing it for our individual hormonal structure.

Just as there is not one perfect diet for all humans, there is not one perfect exercise regime either. It's about what nding what works for you: what types of movement, and how much.

Over-exercising, not resting enough, and doing intense workouts when you're already carrying a heavy load of stressors is likely to just pile more stress onto your shoulders.

However, not doing any exercise also puts the body under stress. Afterall, we evolved to move.

RECOMMENDATIONS

Include some strength training into your exercise regime to support your lower levels of testosterone

WHY: Exercise (in all forms) has been shown to benefit our mental and our physical health. It helps to reduce inflammation, improves mood and well-being, and supports the immune system.Under exercising causes a reduction in our metabolism (and that includes our hormones!) however over-exercising is another form of stress and will also affect hormone production. Your results are showing lower levels of testosterone. Incorporating strength training into your regime helps with maintaining and building muscle which can support testosterone production.

WHEN: Choose when suits you - try to avoid doing any high intensity exercise in the evening. Here at Eve, we like to start our day with some movement - but if the mornings are generally quite busy, find time in your lunch break or early evening. Ideally you should be aiming for about 150 minutes a week - this averages out to about 20 minutes a day of moderate activity. The ebbs and flows of our hormones affect our physiology in more ways than we might imagine, including our carbohydrate tolerance, metabolism, stamina, strength, and so much more. These factors can have a pretty huge impact on how we respond to, and recover from exercise. Its also important to note that for females, different types of exercise can suit different stages in our cycles, check out this blog for more info.

HOW: To support your lower levels of testosterone, you will benefit from some stregnth training. Join your local gym and get a programme or look up some weights workouts online. Alternatively, purchase some kettle bells and weights and try some home workouts. Having one or two personal training sessions is a good way to get familiar with weights workouts.

THE BEST EXERCISE FOR YOU

DO MORE	DO LESS
• *Swimming laps* • *Running or jogging* • *Bodyweight exercises* • *Weight training* • *Strength training* • *Low intensity exercise training (LIIT)* • *Yoga* • *Pilates* • *Functional core training* • *Bikram yoga* • *Walking*	• *High intensity interval training (HIIT)* • *CrossFit* • *Spinning or cycle classes*

Nutritional Recommendations

At Eve we like to take a holistic approach, looking at your body as one big intricate and amazing system. What we find is that our bodily functions as well as our mind-body connection, rely on the effectiveness of other systems, organs and pathways to be working correctly too.

Vitamins and minerals act as cofactors for every single metabolic reaction in the body. This means that everytime our body creates a hormone or detoxifies a toxin in the liver, it also needs a certain mineral or vitamin to make this happen. To enable optimal function within the body, we need to provide it with plenty of nutrients

We have over 50 hormones within the human body and control most of the functions that our body performs.Nutrients are essential to optimal hormone health. We need them to not only create our hormones, but also for our liver to clear them when they're in excess, or when we no longer need them. Without nutrients, our body struggles to make hormones in sufficient quantity for optimal health and energy

HIGHLY RECOMMENDED

Eve Chill Pills - $59

WHY: Some stress is good for us, but not all stress and not all the time. Chill Pills are made from one quality ingredient - Kava. Eve Chill Pills were made with anxiety in mind and can help support stress and insomnia.
Chill Pills can be taken up to three times a day, on hand whenever a jittery mood arises. If you find the worries of the day are hanging around a little more at bed time, Chill Pills taken in the evening can calm the body into a state of ease to aid in a restful sleep.

HOW: Take as needed, one capsule up to three times a day. As a sleep aid, take three capsules half an hour prior to bedtime. Chill Pills can be taken with or without food but aren't suitable for people who are pregnant or breastfeeding.

LEARN MORE

Eve Morning Person - $59

WHY: Formulated to combat off-days and ongoing fatigue alike, Morning Person's fast-acting B vitamins turn your food into fuel, while Panax Ginseng provides an immediate boost for energy focus. Adaptogenic Rhodiola Rosea works behind the scenes to rebuild better energy levels long term.

HOW: For fatigue that won't budge: take 2 capsules daily in the morning with food to get the maximum amount of goodness from the nutrients.
For off days and busy weeks: take as needed, 2 capsules daily in the morning with food. Suitable for those aged 12+ who are seeking support for energy, concentration or performance. Avoid if pregnant or breastfeeding.

LEARN MORE

Put Your Recommendations Into Action

Below is an example of how you can put the recommendations into action! This will help you to structure your day and incorporate the personalized recommendations above. Focus on repeating this for 30 days, mixing up the recipes provided in your recipe book and let the magic happen. Click on the recipe links in the daily routine to access your recipe book!

MORNING

Upon waking, spend 5 minutes deep belly breathing before getting up. Breathe in for four counts, hold for four, then exhale.

BREAKFAST

Personalised Smoothie recipe

LUNCH

Classic Roast Pumpkin & Rosemary Soup
Mixed Nourish Bowl
Buckwheat Salad with Chorizo & Feta

SNACKS

Typically, mixed types won't feel the need to snack between meals if they eat a balanced main meal. If you do feel the need to snack it's okay to do so - eat a little protein with some fats and carbohydrates. Your recipe book has some snack ideas if need be.
Some examples of mixed-type snacks include bliss balls, grilled zucchini with halloumi or vegetable sticks with nut butter.

DINNER

Orange Chicken with Cauliflower Puree
Steak with Broccoli, Carrot and Almonds
Lamb Chops with Kumara & Pumpkin Mash

MOVEMENT

Spend 30 minutes doing some aerobic exercise. This could be a brisk walk in nature, cycling, swimming or a fun gym class.

BEDTIME

Before bed, run yourself an epsom salt bath and take some time for yourself. Alternatively, have a warm shower to help yourself relax.
Remember to darken your room for sleep and try be in bed by 10pm.
Start reducing your exposure to blue light for about two hours before bed and take a few deep belly breathes as you settle in.

Week Planner

	MEALS	MINDFULNESS	MOVEMENT
EXAMPLE	**Breakfast:** *Personalised smoothie* **Lunch:** *Nourish bowl* **Dinner:** *Orange Chicken with Cauliflower*	*Wake up 20 minutes early to do some gratitude journaling*	*30 minute walk after work with the dog*
MONDAY	**Breakfast:** **Lunch:** **Dinner:**		
TUESDAY	**Breakfast:** **Lunch:** **Dinner:**		
WEDNESDAY	**Breakfast:** **Lunch:** **Dinner:**		
THURSDAY	**Breakfast:** **Lunch:** **Dinner:**		
FRIDAY	**Breakfast:** **Lunch:** **Dinner:**		
SATURDAY	**Breakfast:** **Lunch:** **Dinner:**		
SUNDAY	**Breakfast:** **Lunch:** **Dinner:**		

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