



HORMONE HARMONY

A Natural Guide to Balancing Hormones for Women & Men

MonarchHerbs.com



Welcome

Hormones are the body's messengers. They control how we feel, think, sleep, digest, heal, reproduce, and age. When hormones are balanced, the body feels steady, energized, and emotionally resilient. When they're not, symptoms rarely appear alone.

Instead, hormone imbalance shows up as a domino effect: fatigue → anxiety → weight changes → inflammation → mood swings → low libido → poor sleep → burnout.

This guide is not about forcing hormones or chasing symptoms. It's about restoring balance from the foundation up.

You'll learn:

- how hormones work as a system
- why stress, blood sugar, inflammation, digestion, liver, and thyroid matter
- where to start (and where not to start)
- how herbs, food, and movement work together

Hormones as a System

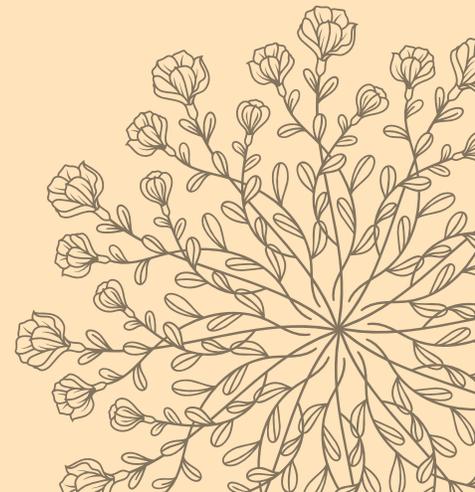
(Not Isolated Glands)

Hormones are regulated by the endocrine system, which includes:

- nervous system
- adrenals
- thyroid
- pancreas (blood sugar regulation)
- liver
- reproductive glands

When one part is stressed, the others compensate — until symptoms appear.

This is why treating “just estrogen” or “just testosterone” often doesn’t work.



The Domino Effect of Hormonal Imbalance

Step 1: Chronic Stress

Stress signals danger to the nervous system.

Step 2: Cortisol Dysregulation

Cortisol becomes too high or too low.

Step 3: Blood Sugar Instability (Pancreas)

Insulin spikes and crashes increase inflammation and hormone disruption.

Step 4: Inflammation Rises

Inflammation blocks hormone receptors and signaling.

Step 5: Digestive Weakness

Nutrients needed to make hormones are poorly absorbed.



Step 6: Liver Congestion

Hormones are not cleared properly and recirculate.

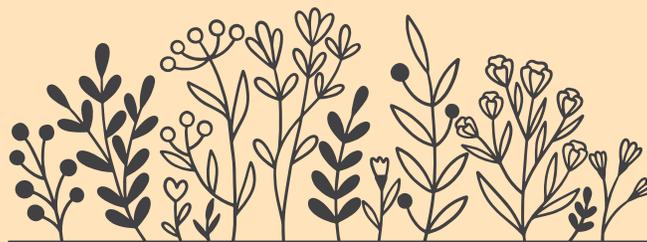
Result: Full-Body Hormone Imbalance

This is why where you start matters.

Where to Start With Hormone Healing

The most important part of this guide:

Hormone balance works best when supported in the correct order.



Step 1: Calm the Nervous System

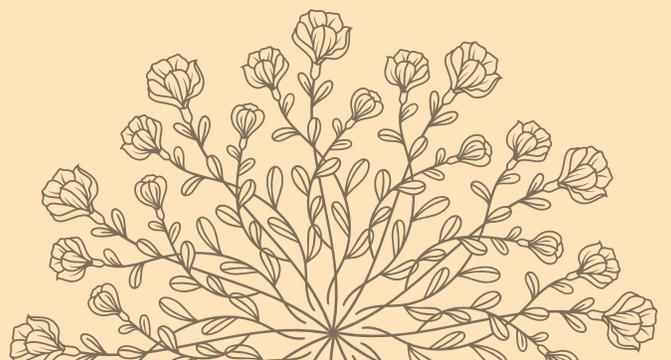
Without nervous system safety, hormones cannot rebalance.

In fight-or-flight mode:

- sex hormones decrease
- thyroid output slows
- digestion weakens
- cortisol rises
- sleep becomes disrupted

Signs the nervous system needs support:

- anxiety or overwhelm
- insomnia or racing thoughts
- irritability
- muscle tension
- emotional sensitivity
- “wired but tired” feeling





Helpful herbs:

- Lemon Balm
- Skullcap
- Passionflower
- Oatstraw
- Wood Betony

Monarch Herbs support:

- Twinge Extract
- Inspire Tea
- Aura Tea

Lifestyle support:

- slow breathing (longer exhales)
- gentle walking or stretching
- reduced evening screen time
- consistent sleep schedule

This step alone often improves mood, sleep, libido, and cycles.

Step 2: Support Adrenals & Cortisol

Restore rhythm before forcing hormones.

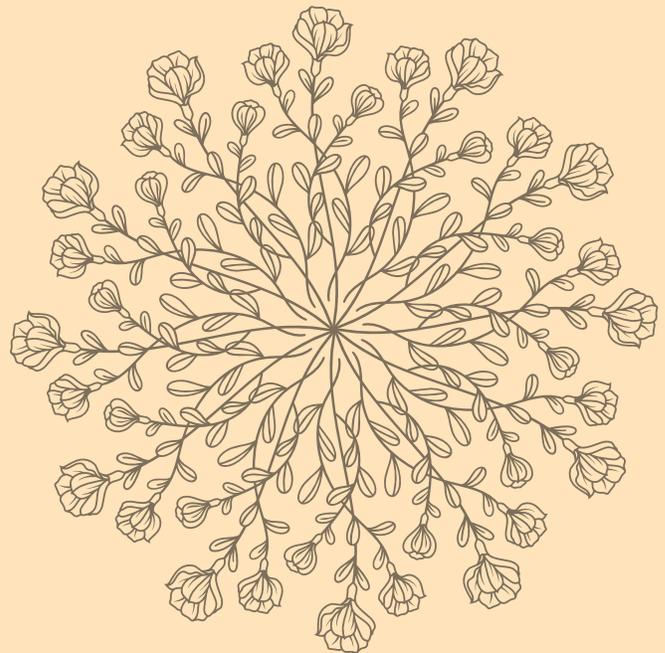
Cortisol regulates energy, inflammation, blood sugar, and hormone signaling.

Signs of cortisol imbalance:

- fatigue with anxiety
- afternoon crashes
- belly weight gain
- low libido
- poor stress tolerance

Helpful herbs:

- Ashwagandha
- Holy Basil (Tulsi)
- Eleuthero
- Rhodiola
- Reishi



Monarch Herbs support:

- Moxie Extract
- Enliven Tea
- Aura Tea

Lifestyle support:

- eat within 60–90 minutes of waking
- avoid fasting when stressed
- reduce caffeine when depleted
- protect sleep



Step 3: Balance Blood Sugar & Pancreas

Blood sugar balance = hormone balance

Blood sugar spikes increase cortisol and inflammation, suppressing sex hormones.

Signs of blood sugar imbalance:

- cravings for sugar or carbs
- irritability when hungry
- fatigue after meals
- weight gain
- shakiness or dizziness

Helpful herbs:

- Cinnamon
- Gymnema
- Fenugreek
- Bitter herbs



Monarch Herbs support:

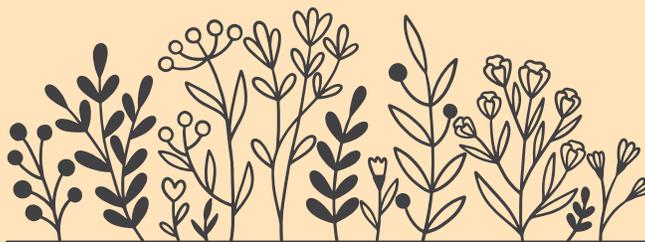
- Chomp Digestive Bitters
- Nexus Tea for lowering blood sugar
- Helios Tea to support liver and gallbladder

Food support:

- protein at every meal
- healthy fats (olive oil, avocado)
- reduce refined sugar
- eat every 3–4 hours if depleted

Movement support:

- strength training
- walking after meals
- avoiding excessive cardio during burnout



Step 4: Reduce Inflammation

Inflammation blocks hormone signaling

Chronic inflammation interferes with hormone receptors and worsens imbalance.

Helpful herbs:

- Turmeric
- Ginger
- Nettles
- Frankincense

Monarch Herbs support:

- Quell Tea or Extract
- Golden Rays Golden Milk
- Spry Salve (for inflammed joints)

Lifestyle support:

- anti-inflammatory foods (berries, greens, omega-3s)
- adequate hydration
- consistent movement
- quality sleep



Step 5: Repair Digestion

You cannot make hormones without nutrients

Hormones are built from:

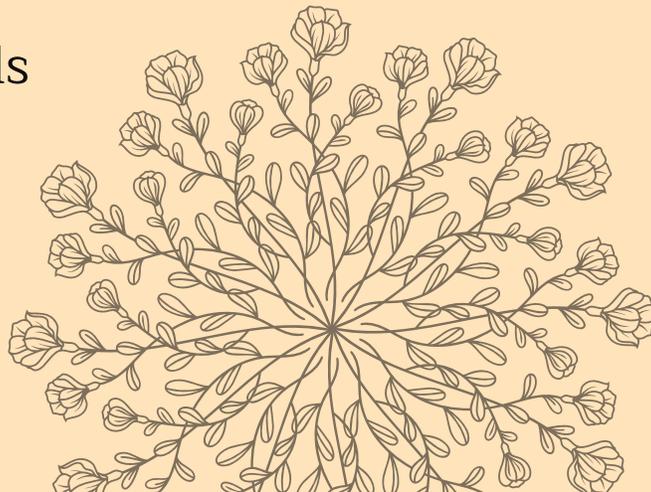
- amino acids
- minerals
- fatty acids
- vitamins

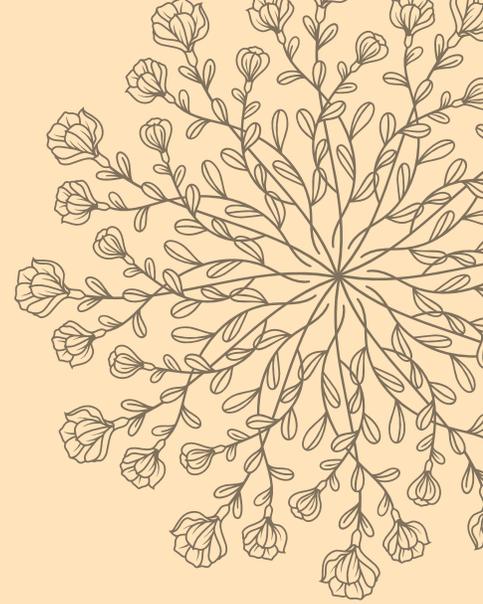
If digestion is weak, inflamed, or sluggish, the body simply can't access what it needs.

Poor digestion also increases inflammation — which blocks hormone receptor signaling.

Signs digestion needs support:

- Bloating or gas
- Constipation or loose stools
- Acid reflux
- Food sensitivities
- Fatigue after meals





Helpful digestive herbs:

- Fennel
- Ginger
- Peppermint
- Marshmallow Root
- Bitter herbs (gentian, dandelion)

Monarch Herbs Support:

- Chomp Digestive Bitters
- Digestive Enzymes
- Orbit Tea (nausea, sluggish bowels)
- Galaxy Tea (heartburn, gas)

Lifestyle foundations:

- Chew food thoroughly
- Eat without distractions
- Avoid ice-cold drinks with meals
- Support gut lining with soothing herbs

Balanced digestion improves estrogen metabolism, thyroid conversion, and insulin signaling.

Step 6: Support Liver Detox

Clear excess hormones properly

The liver processes:

- excess estrogen
- used cortisol
- thyroid hormones
- environmental toxins

If the liver is sluggish, hormones recirculate instead of leaving the body — leading to symptoms like estrogen dominance, PMS, heavy cycles, acne, and mood swings.

Signs liver support is needed:

- Hormonal headaches
- PMS or PMDD
- Breast tenderness
- Skin issues
- Chemical sensitivity



Helpful liver herbs:

- Dandelion Root
- Milk Thistle
- Burdock
- Schisandra
- Artichoke Leaf

Monarch Herbs Support:

- Helios Tea
- Purify Liver Cleanse
- Umbra Detox Tea
- Anew Heavy Metal Liver Detox

Lifestyle foundations:

- Hydration
- Fiber-rich foods
- Bitter greens
- Reduce alcohol and processed foods

A supported liver allows hormones to clear instead of building up.



Step 7: Target Hormones

Only after the foundation is supported
Now — and only now — targeted hormone herbs can truly work.

Let's explore specific hormones...

Women's Hormones:

- High Estrogen
- High Progesterone
- High Testosterone & Androgens

Men's Hormones:

- Low Testosterone
- High Estrogen
- Cortisol Dominance



Women's Hormone Balance

High Estrogen

Symptoms: heavy periods, PMS, breast tenderness, headaches, moodiness

Herbs: Vitex, Milk Thistle, Dandelion, Burdock, Schisandra

Monarch Herbs' Products:

Pro-Flow Extract, Celestial Tea, Pro-Yam Salve, Umbra Tea, Helios Tea

High Progesterone

Symptoms: fatigue, bloating, emotional flatness

Herbs: Lemon Balm, Tulsi, Maca, Dong Quai

Monarch Herbs' Products: Queen Bee, Estro-Glo Salve, Over The Moon Tea

High Testosterone / Androgens

Symptoms: acne, facial hair, irregular cycles

Herbs: Spearmint, Vitex, Saw Palmetto, Ginseng

Monarch Herbs' Products: Moxie Extract

Men's Hormone Balance

Low Testosterone

Symptoms: low libido, fatigue, muscle loss

Herbs: Ashwagandha, Tribulus, Maca, Rhodiola

Monarch Herbs' Products: Stallion Extract, Wild Man Extract

High Estrogen

Symptoms: belly fat, low libido, mood changes

Herbs: Milk Thistle, Dandelion, Schisandra, Nettles

Monarch Herbs' Products: Umbra Tea, Helios Tea

Cortisol Dominance

Symptoms: anxiety, burnout, weight gain

Herbs: Ashwagandha, Holy Basil, Eleuthero

Monarch Herbs' Products: Moxie Extract, Enliven Tea, Aura Tea



Adaptogens for Long-Term Balance

Maintenance once the foundation is built

Herbs for Balance:

- Ashwagandha
- Rhodiola
- Eleuthero
- Schisandra
- Oatstraw
- Reishi

Best used after Steps 1–6 are supported.

Monarch Herbs Adaptogen Support

- Aura Tea – gentle adaptogen blend for emotional balance
- Harmony Extract – daily adaptogen support for resilience



Important Adaptogen Notes

- Adaptogens should be introduced slowly
- Not everyone needs high doses
- Some adaptogens can feel stimulating if the nervous system is still fragile
- Cycling adaptogens (5 days on / 2 days off) can be helpful

If adaptogens feel overwhelming, return to Step 1.

Why This Step-By-Step Approach Works

This is not about forcing hormones.

It's about:

- ✓ creating safety
- ✓ restoring rhythm
- ✓ nourishing the body
- ✓ clearing excess
- ✓ then gently guiding balance

This approach leads to long-term hormonal resilience, not short-term symptom chasing.

Cautions & When to Ask for Help

Avoid hormone-active herbs if pregnant, breastfeeding, or on hormone therapy.

Seek professional care if symptoms worsen or cycles stop suddenly.

Final Thought

Hormone balance is not about fixing one hormone.

It's about restoring safety, rhythm, nourishment, and flow.

When the foundation is supported, hormones follow.

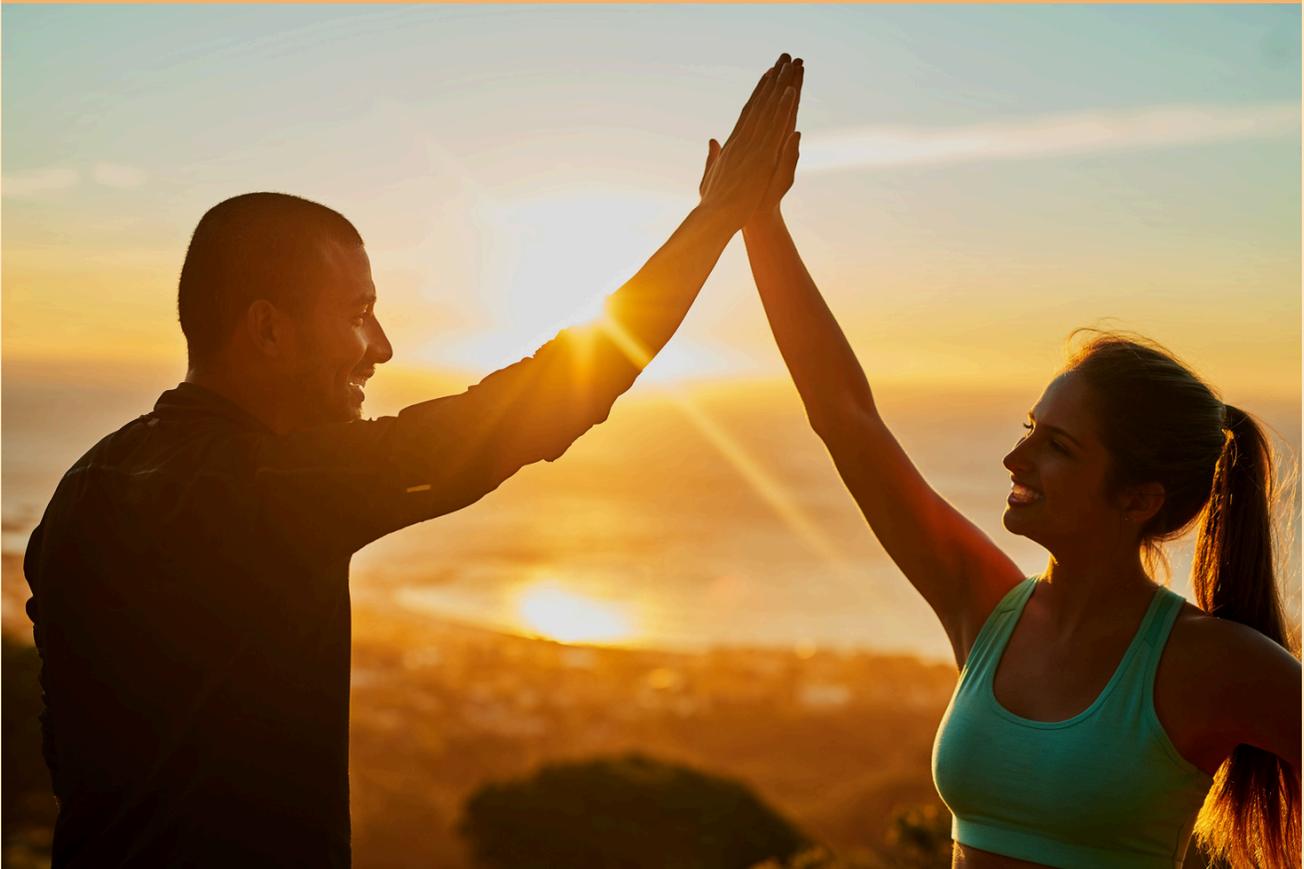


About Monarch Herbs

Founded from a passion for helping families feel better naturally, Monarch Herbs crafts more than 250 herbal remedies — teas, tinctures, salves, smoking blends, pet formulas, and more — all made in small batches with love.

Your wellness is always our priority.

Enjoy 10% Off Your First Order
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“Wishing you peace, balance, and brighter days.”