

Juice As Medicine For Hormonal Balancing



.PMS

.SLUGGISH

.LACK OF ENERGY

.BLOATING

.BRAIN FOG

Drink One Juice A day!

7 FREE Juice Recipes

.BOOST VITALITY

.INCREASE ENERGY

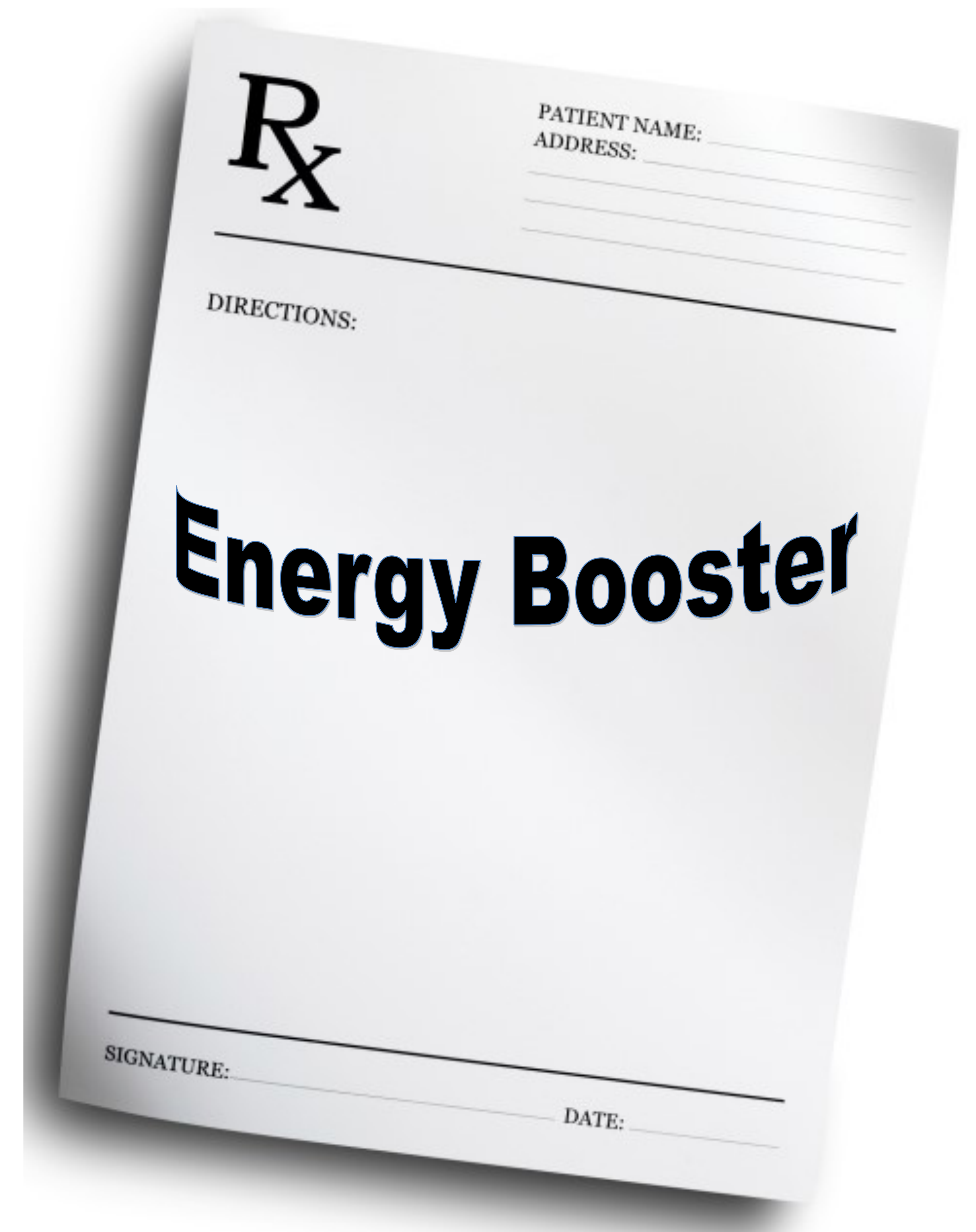


Juicing Balances Your Hormones

At least once a month, women have experienced the imbalance of their hormones!

Hormones are chemical substances from the endocrine system that act as messengers throughout your body, traveling in your bloodstream to tissues and organs. Simply put, the release of hormones is one of the ways in which parts of the body communicate with each other. Hormones affect many processes in the body including growth and development, metabolism, sexual function, and mood. In addition to a healthy libido and overall mood, the proper balance of hormones in your body is important for optimal health, including things such as cancer prevention. So it's important to find a way to keep your hormone levels stable.

Juicing allows you to consume large amounts of nutrients that support hormone balance and helps you to lose excess weight, which is linked to hormone imbalance. For instance, increased consumption of magnesium—found in produce such as beets, leafy greens and watermelon—is linked to healthy hormones. Cruciferous vegetables such as kale and broccoli are known to balance hormones as a result of a compound that they contain called indole-3-carbinol (I3C). As for painful cramping associated with PMS, especially during perimenopause, that pain is caused in large by inflammation. Certain fruits, vegetables and roots—particularly ginger, celery and cucumber—have a strong anti-inflammatory effect that goes to the source of the pain more safely than over-the-counter drugs such as ibuprofen.



1 stalk celery, chopped

6 sprigs flat leaf parsley

1/2 cup chopped spinach leaves

6 green apples, cored (no seeds!)

1/2 cup chopped kale leaves

1/4 cup microgreens (optional)

Using a juicer, process half each of the celery, parsley, spinach, apples, kale, microgreens and cucumber. Following the same order, repeat with the remaining vegetables and apples. Whisk well and serve immediately



6 carrots

2 red apples, cored and sliced

3 cubes frozen organic wheatgrass, thawed

1. Using a juicer, process half the carrots and half the apple. Following the same order, repeat with the remaining carrots and apple.

2. Add wheatgrass juice and whisk until completely incorporated. Serve immediately.

* I recommend frozen wheatgrass because commercial juicers have a hard time processing it. If your juicer can process fresh wheatgrass, substitute 1 oz (30 g) for the frozen cubes.



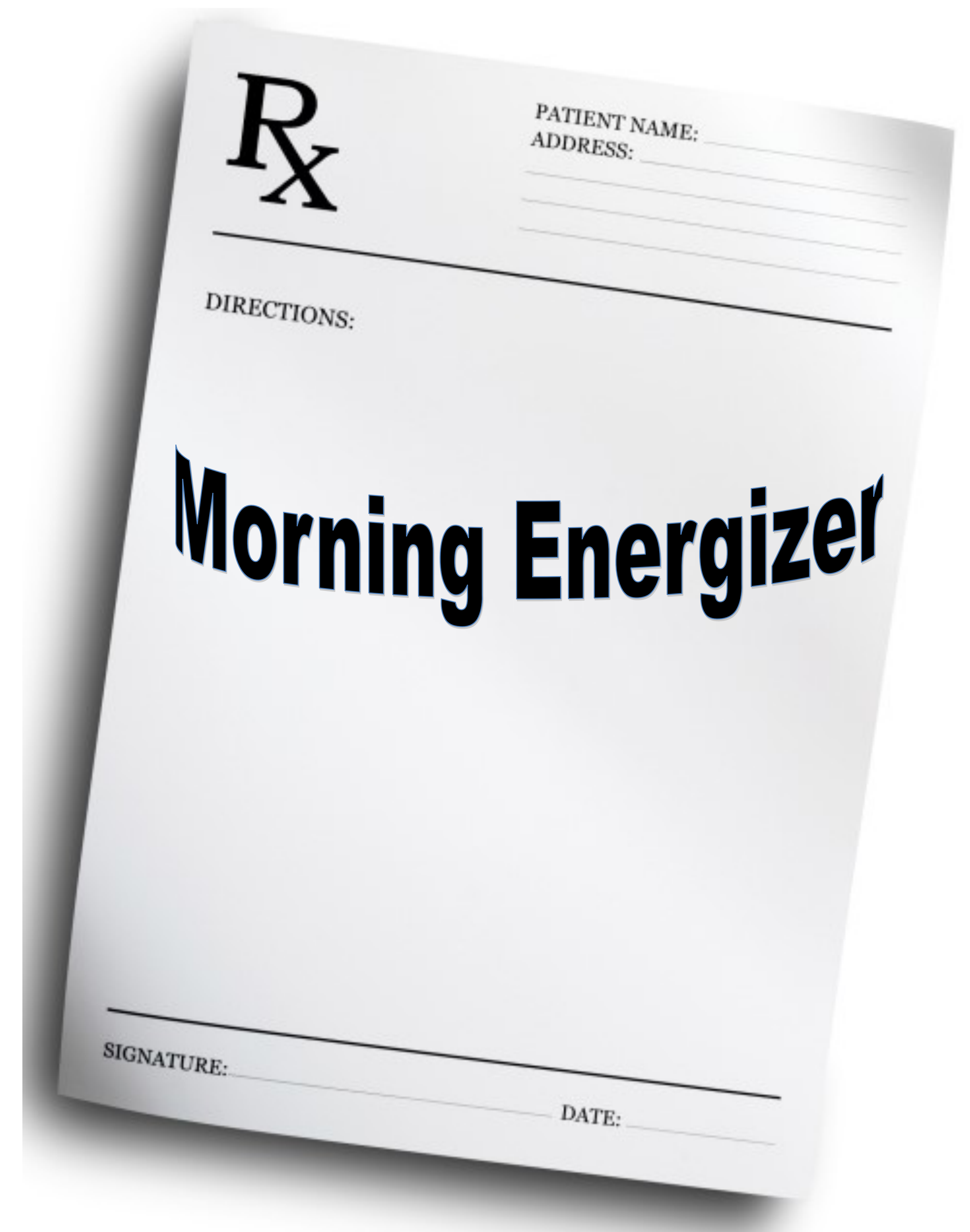
6 carrots

20 sprigs flat leaf parsley

3 stalks celery, chopped

1. Using a juicer, process half each of the carrots, parsley and celery. Following the same order, repeat with the remaining carrots, parsley and celery. Whisk well and serve immediately.

***** Certain phytonutrients in parsley– in concentrated amounts, as they are in juices– may act as a uterine stimulant and should be avoided during pregnancy and by people with kidney stones or a history of kidney stones.***





- 1 stalk celery, chopped
- 1/2 cup packed chopped curly kale leaves
- 2 red apples, cored and sliced
- 1/2 cup chopped lacinato (Tuscan) kale leaves
- 2 cucumbers quartered
- 1 red bell pepper
- 1 lemon, peeled and halved

1. Using a juicer, process half each of the celery, curly kale, lacinato kale, cucumbers, red pepper and lemon. Following the same order, repeat with the remaining fruit and vegetables. Whisk well and serve immediately.





1 honeydew melon, rind removed, chopped
15 sprigs of fresh cilantro (about 1/2 bunch)
1 lime, peeled and halved

1. Using a juicer, process half each of the melon, cilantro, and lime. Following the same order, repeat with the remaining melon, cilantro and lime. Whisk well and serve immediately.

****Melons are among the few fruits that do not have a low glycemic index. If you have blood sugar issues, you should limit your consumption of melon or consult with your doctor.**





1/2 watermelon, inner rind intact, chopped
1 lemon, peeled and halved
15 sprigs of mint leaves (about 1/2 bunch)

1. Using a juicer, process half of the watermelon, lemon and mint. Following the same order, repeat with the remaining watermelon, lemon and mint. Whisk well and serve immediately.





3 carrots, sliced, greens intact
1 lemon, peeled and halved
3 oranges, peeled and halved
1 1/4– inch (0.5cm) piece of peeled ginger root

1. Using a juicer, process half each of the carrots, lemon and oranges plus the ginger. Following the same order, repeat with the remaining carrot, lemon and orange. Whisk well. Serve immediately.



Functional Medicine

Health ~ Healing & Hormones

Disease

Arthritis Heart Disease
Cancer Obesity
Autoimmunity Allergies
MS Hormone Imbalance
Diabetes Anxiety
Digestive Issues Thyroid Disease

Root Causes

Nutrient Deficiencies Hormones
Food Sensitivities Lack of Support
Environmental Toxins Poor Detox
Poor Gut Health Digestion
Emotional Stress Genetics

SheilaLHall.com





Sheila L. Hall, FMHC, CH, NT

Sheila Hall is a Functional Medicine Health Coach, in which she specializes in women's health issues and Digestive issues. She is also a Nutritional Therapist, Certified Sound Therapist, reflexologist and clinical herbalist. She has been trained as a minister of group fitness and as a Holy Yoga Master Therapist, specializing in trauma and pain management. As a clinical herbalist and a nutritional therapist, Sheila created the first ever, natural pain tonic, that comes in a liquid and tea bags which is has named, Eistrong Herbal.

Sheila has created a brand titled **"JAM" (Juice as Medicine) for Women's Health** in which she is known *as Chef SheShe, The Herbal Chef and Lifestyle*

Coach. She uses her training to educated women how to use Food as Medicine in the form of Juices, soups, teas and elixirs, to help them learn how to overcome health issues such as fibroids, endometriosis, weight gain from menopause and skin, hair and nail concerns. Being an athlete and a holistic practitioner, Sheila is making it her mission, to educate others about the power of natural pain management and the healing power of foods, herbs and spices.

Being a writer for publications such as **Faith and Fitness Magazine** and **Revelation Wellness**, Sheila released her first published book, "**Spiritual Healing using Natural Health**" in which she references the natural practices we can do to keep ourselves not just physically healthy but spiritual healthy as it is referenced in the Bible. Sheila is also the founder and producer of an up and coming online TV show titled, ***SHADES Reality TV***, in which she demonstrates how fitness and yoga can be used to help uncover the blockages of those who suffer from Identity Crisis, Body Image, and who feel the lack of belonging.