

STELLAR *Life*

Hosted By *Orion*

Curing Hormonal Imbalance & Improving Vitality

10 Point Checklist

Dr. Shari Caplan

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar

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10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- Have your progesterone levels checked if you are experiencing unusual weight gain, thyroid symptoms, or trouble getting pregnant.
- Keep your stress levels under control because excessive cortisol can disrupt and affect hormone levels.
- Optimize your vitamin D levels by taking supplements and getting healthy sun exposure.
- Make sure you are getting enough magnesium by taking supplements or by soaking in a salt bath.
- Give your body essential nutrients through your diet. Take supplements if your body still lacks proper nutrition.
- Exercise, get enough rest and eat right to turn on good genes and lay a foundation for health and hormonal balance.
- Determine if you are excreting estrogen properly by taking blood tests. If necessary, take supplements to keep your detox pathways working well.
- Find a reputable doctor to check your hormone levels because fixing hormones can solve many other health problems.
- Walk, move, and avoid a sedentary life. Exercise and movement will make your body work better.
- Look into herbs and adaptogens such as the amino acid NAC to help with hormone balance. Specialists can help put together an individualized health plan.