

Supplements for Balancing Hormones

Set up an account here and I can make specific recommendations for you.

<https://danapalmercoaching.com/order/>

High and/or Low Cortisol

- Asian ginseng
- Korean ginseng
- Ashwagandha
- Rhodiola

Supplement mixes I love...

- HPA Axis Daytime Maintenance by Gaia Herbs
- HPA Night Time Maintenance by Gaia Herbs
- Cortisol Calm by Pure Encapsulation

Low Progesterone/Excess Estrogen

- Calcium
- Magnesium
- Vitamin B Complex
- Chasteberry
- St. John's Wort
- DIM (di-idolemethane)
- Turmeric
- Resveratrol

Supplement mixes I love...

- Progensa Plus Cream by AllVia
- BioFem PMS by Nutra BioGenesis
- Hormone Balance by Vital Nutrients
- Female Hormone Support by Gaia Herbs
- EstroQuench by Douglas Laboratories

Low Estrogen

- Maca
- Vitamin E
- Magnesium
- Ginseng
- Black Cohosh
- St. John's Wort
- Valerian Root
- Resveratrol
- Estrogen Cream

Supplement mixes I love...

- ProEstro VH Nutrition
- BioFem PMS by Nutra BioGenesis
- BioFem Transition by Nutra BioGenesis
- BioEstro Cream by AllVia

Low Thyroid

- Copper or Multivitamin with good minerals
- Zinc
- Selenium
- Vitamin A
- Iron
- Vitamin D

Supplement mixes I love...

- Thyroid Support Complex by Pure Encapsulations
- Thyroid support by Gaia Herbs
- Thyroid Synergy by Designs for Health