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*Your hormones respond profoundly to
how you live.*



WELCOME

A note from Tiffany

Hormonal imbalance is one of the most common and most misunderstood issues I see in clinical practice. It shows up as fatigue, mood changes, irregular cycles, weight shifts, poor sleep, low libido, and skin changes. So often people are told their results are normal when they are clearly suffering.

Normal and optimal are not the same thing.

Hormones are chemical messengers. They run every system in your body: from how you sleep, to how you think, to how your cells age. The good news is that your hormones respond profoundly to nutrition, sleep, stress management, and targeted support.

With warmth, Tiffany

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Understanding the key players

Oestrogen

SIGNS OF IMBALANCE

Heavy or irregular periods, breast tenderness, mood swings, bloating, and fibroids. Often a liver detoxification issue, affecting how oestrogen is cleared.

Progesterone

SIGNS OF IMBALANCE

Anxiety, poor sleep, spotting before periods, a short luteal phase, and PMS. Profoundly sensitive to stress: elevated cortisol blocks its production directly.

Cortisol

SIGNS OF IMBALANCE

Morning fatigue, afternoon crashes, wired-but-tired feeling, belly fat, and poor stress resilience. Chronic stress is the primary driver.

Insulin

SIGNS OF IMBALANCE

Sugar cravings, energy crashes after meals, weight gain around the abdomen, skin tags, and polycystic ovaries. Blood sugar dysregulation drives many hormonal issues.

Thyroid

SIGNS OF IMBALANCE

Fatigue, cold hands and feet, hair thinning, constipation (hypothyroid). Alternatively: anxiety, palpitations, and weight loss (hyperthyroid). Always test a full panel, not just TSH.

"Hormonal imbalance rarely happens in isolation. Fix the gut, reduce the stress load, stabilise blood sugar and the hormones often follow."



Evidence-Informed Strategies

Support Oestrogen Clearance

DIM from cruciferous vegetables (broccoli, cauliflower, kale), dietary fibre to bind excess oestrogen in the gut, and liver support herbs such as St Mary's thistle and globe artichoke.

Balance Progesterone

Reduce cortisol load through stress management. Magnesium glycinate supports luteal phase progesterone. Vitex agnus-castus can be highly effective with appropriate naturopathic oversight.

Calm Cortisol

Adaptogenic herbs including ashwagandha, rhodiola, and Siberian ginseng modulate the stress response. Sleep prioritisation is non-negotiable: cortisol resets during sleep.

Stabilise Insulin

Protein-first meals to blunt post-meal glucose spikes. Reduce refined carbohydrates and liquid sugars. Cinnamon, chromium, and berberine support insulin sensitivity.

Support Thyroid

Selenium for conversion of T4 to active T3. Iodine from whole food sources (seaweed, eggs). Avoid excessive raw goitrogenic foods if hypothyroid is suspected.

Aligning your life with your cycle

Your hormones shift dramatically across your menstrual cycle. Aligning food, exercise, and energy output with these phases reduces PMS, improves mood, and supports fertility.

PHASE 01

Menstrual

Rest. Gentle movement only, such as walking or yin yoga. Prioritise iron-rich foods: red meat, lentils, dark leafy greens. Reduce demands and protect your energy.

PHASE 02

Follicular

Energy is rising. A good time for new projects and social commitments. Lighter, fresher foods suit this phase. HIIT and strength training are well tolerated.

PHASE 03


Ovulatory

Peak energy and verbal confidence. Lean into social connection and high-intensity output. Raw foods and salads sit well. This window is brief: typically two to three days.

PHASE 04

Luteal

Slow down. Complex carbohydrates support serotonin in this phase. Magnesium reduces PMS and improves sleep. Prioritise rest over output in the final days.



"The right test at the right time of your cycle tells a very different story."

Ask your GP or naturopath to include:

Full Thyroid Panel

TSH, free T3, free T4, reverse T3, and thyroid antibodies (TPO and TgAb). TSH alone is not sufficient to rule out thyroid dysfunction.

Sex Hormones

Oestradiol, progesterone (timed to day 21), testosterone, DHEA-S, and SHBG. Timing of the test relative to your cycle is critical for accuracy.

Stress Hormones

Cortisol, ideally via a salivary 4-point test across the day to capture the diurnal pattern. A single morning blood cortisol misses the full picture.

Metabolic

Fasting insulin, HbA1c, and fasting glucose. Fasting insulin is particularly valuable and is often not included in standard blood work unless specifically requested.

Nutritional

Ferritin (iron stores), zinc, magnesium (RBC magnesium is more accurate than serum), vitamin D, and vitamin B12. Deficiencies in these directly impair hormone production and receptor sensitivity.



Hormones in harmony.

Hormonal imbalance is complex and highly individual. I use functional testing, detailed case-taking, and targeted natural medicine to build treatment plans that actually work.

- Comprehensive hormonal case-taking and symptom mapping
- Functional testing recommendations timed to your cycle
- Personalised nutrition, supplement, and herbal protocol
- Cycle syncing and lifestyle support
- Ongoing monitoring and protocol refinement

BOOK A CONSULTATION

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YOUR RITUAL. YOUR REMEDY.

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