



FINDING
*Hormonal
Balance*
THROUGH
*Food &
Essential Oils*



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*Hormones
Balance*

About Magdalena, the Author

For years, I struggled with hormonal imbalances, digestive issues, fatigue, acne and migraines. I lived through bouts of depression, anxiety attacks and brain fog — to the point of not recognizing myself anymore.

I was your proverbial “good eater,” and that’s probably you, too. You see, the problem is this: it’s not about “eating well” in generic terms, but “eating right,” which is dictated by how your body responds to the food you are eating. To my surprise, my body was rejecting many of the “good foods” for years, causing numerous health problems.

I took my own health into my hands by drastically changing my diet and adjusting it to what was right, not just what was “good.” This resulted in bringing Hashimoto’s disease into remission and reversing adrenal fatigue and estrogen dominance.

Today I’m living an awesome and symptom-free life, and I’m on a mission to help YOU do the same.

I’m a self-trained chef; I didn’t come from a family of foodies and culinary artists, and in all honesty, I don’t even like to spend too much time in the kitchen. Therefore, my recipes are simple and quick.

Given my Eastern European roots, then having lived in South East Asia and China for most of my adult life, and later in beautiful California, you might find my perspective on food, its preparations and flavors to be a refreshing change in your own kitchen.

I’m beyond excited to take you on this culinary and healing journey.

To read my full story of going into remission, including test results, protocols, etc., please go [here](#).



Magdalena



The Role of *Hormones* in Breast and Thyroid *Lumps* and *Cancers*

Do you have Estrogen Dominance (ED)?

ED can mean one of two things: we either have too much estrogen in relation to progesterone, or we have an imbalance in the estrogen metabolites (some are protective and some are dangerous).

Bad PMS, lumpy breasts, painful or swollen breasts, infertility, ovarian cysts, heavy periods, endometriosis, cellulite, and fat around the hips can be symptoms of estrogen dominance.

Estrogen dominance, in the alternative and holistic medicine, is well known to be the leading cause of breast cancers.

Genetic breast cancers (like the one Angelina Jolie was diagnosed with) constitute only a small percentage of breast cancers.

For the geeks here:

"Although the causes of sporadic breast cancer remain undetermined, there is substantial experimental, epidemiological, and clinical evidence that estrogens influence breast cancer risk (Clemons and Goss 2001). In fact, recent evidence indicates that the oxidative metabolism of estrogens to catechol estrogens and to estrogen quinones can cause mutagenic DNA lesions (Yager and Liehr 1996; Cavalieri et al. 1997; Parl 2000). Consequently, catechol estrogen and estrogen quinones have been implicated in mammary carcinogenesis."

Source: <http://www.sciencedirect.com/science/article/pii/S0002929707614530>

Estrogen dominance and thyroid nodules and cancers

Excess estrogen is especially problematic for people with thyroid conditions. High estrogen levels raise thyroid binding globulin, making **less thyroid hormone available** for the body.

It is also well documented that estrogen dominance can be the **leading cause of thyroid nodules** and even thyroid **cancer** development; a medical reference is [here](#).

Why are our doctors not telling us this? I do not have the answer for you, but this is yet another reason why taking control of your health is your job from now on.

Can breast lumps and thyroid nodules be reversed?

Yes! I want you to know that it is completely **possible**. I had them as well (both breast lumps and three thyroid nodules), and I've managed to completely get rid of them over the years.

The first thing to address is your level of estrogen and its relationship to progesterone.

You can either get tested to confirm it (I only recommend saliva or urine and NOT blood), or just listen to your symptoms; they are there for a reason!

To take an online hormone quiz, go to www.hormonesbalance.com/quiz

The Role of *Hormones* in Breast and Thyroid *Lumps* and *Cancers*

Anna's story - thyroid cancer

Anna has just been diagnosed with thyroid cancer. She called me saying that she has been following my emails and the [Facebook community](#) for years; she ate well (sound familiar?) and did all the things she thought were healthy.

She is now scheduled for a full thyroidectomy next week.

If you or someone you know who has been diagnosed with cancer, then you know the feelings of fear, anger, overwhelm and helplessness, and the frenzied search for information and support needed at that point.

I immediately connected her with my clients who had a full thyroidectomy and an online forum to find the support she needs.

It turns out, Anna had thyroid nodules for a few years now. Based on her symptoms, she probably also has estrogen dominance – terrible PMS, water retention, fat and cellulite around her hips and a history of birth control pills.

Her doctor told her to “wait and see about the thyroid nodules.” It kills me every time I hear this. Wait for what? For cancer to develop?

Meantime, do what to shrink the nodules? No solutions here from Western medicine doctors, as there are no “thyroid shrinking” pills.

I don't want to get these kinds of emails and calls. I feel like it's my responsibility to provide you with enough information for you to take action and not to wait for a miracle.

The Role of *Hormones* in Breast and Thyroid *Lumps* and *Cancers*

Christine's story – breast lumps and cancer

Christine and I met in NYC at a health talk I gave for a women's club about 4 years ago. She approached me after the talk and said she had fibroids and lumpy breasts. Her doctor told her that "it's not serious," "just watch it," "eat well" (whatever that means?!) and come back in 6 month's time.

I told her that both fibroids and breast lumps are common in women with estrogen dominance and that they are totally reversible, especially at her stage.

She told me she ate really well. She ate organic.

I never heard back from her after that talk...

Until 3 weeks ago when I got an email from her that read: "This really sucks..."

Christine was found to have breast cancer.

Nobody, and not even the very doctor who asked her to just wait and do nothing, had ever told her that breast cancer is an estrogenic cancer ([medical references](#)).

Estrogenic cancers, such as breast and ovarian cancers, develop in the presence of excessive estradiol, the more "aggressive" estrogen which stimulates the multiplication and growth of cancer cells.

Unfortunately, most doctors do a meaningless blood test measuring estradiol, which I'm yet to see out of range when done by blood (urine or saliva are the way to go for accurate results).

A better marker is the 2:16 hydroxyestrone that measures the relationship of two estrogen metabolites, one protective and one aggressive. It can easily be ordered by your physician.

This is one of the markers used to monitor women with breast and ovarian cancers, or women who have a family history of such cancers.

Getting Christine's email broke my heart. I immediately called her and we had a long conversation, one filled with regret, shame, guilt and fear. You know, the kind of conversation where every sentence starts with "I should have," "if I only had," and "this really sucks."

All I want to share with you today is this: **do not wait**. Do not let anyone tell you that having thyroid nodules, breast (or ovarian) lumps, cysts, or fibroids is OK and that "benign" is safe. They are benign but they are also a sign that something deeper is going on.

I have, therefore, created the estrogen supporting recipes, which you will find further in this ebook.

The Role of *Hormones* in Breast and Thyroid *Lumps* and *Cancers*

Can you be healthy and still have estrogen dominance?

Healthy on the surface, yes. That was Christine, Anna and myself. I was lucky to work on my ED a few years ago to see my breast lumps, PMS and hair loss going away.

They waited. And the rest you know.

How do you reverse estrogen dominance?

I believe the reason why we don't really think of ED being a problem is because it is so common among women, we think it's normal. It is NOT.

There are three key steps you can take right away:

1. Reduce the estrogenic load

We live in an estrogenic world. In short: stay clear of conventionally-raised animal products and meats, skin care and cleaning products containing endocrine disruptors such as the BPA's, phthalates (labeled as "fragrance"), and perchlorate found in tap water.

For a complete list of endocrine disruptors, go [here](#).

2. Optimize your liver

It is not widely known that estrogen gets metabolized in the methylation and glucuronidation liver detoxification pathways and then literally gets pooped out with the help of the bile.

There are three things I recommend to do to support liver detoxification: eat plenty of bitter vegetables such as dandelion (greens and root), parsley, and vitamin B-rich food like organ meats, especially livers.

For the complete Liver Detoxification Guide and Estrogen Rebalance Guide (condensed to 1-2 pages so it's simple to implement), get the full Thyroid Bundle.

3. Introduce estrogen-metabolizing foods

My favorite power food here is flaxseed - not only to suppress estradiol production, but it also nudges estradiol metabolism into a positive direction by generating a higher ratio of the protective metabolite 2-hydroxy-estrone, versus the more harmful 16-hydroxy-estrone.

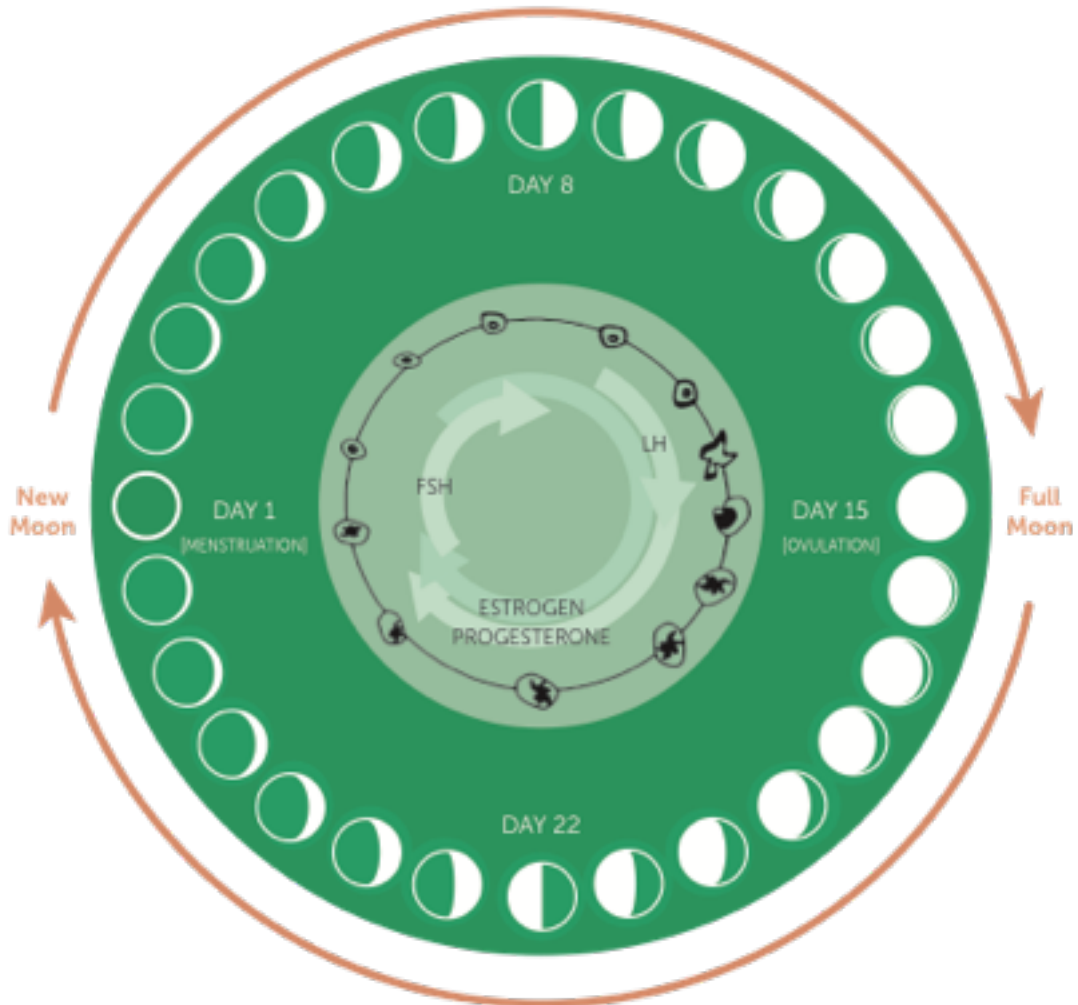
The Seed Rotation method found on the next page explains how to use flaxseed to rebalance your estrogen and progesterone balance.

SEED ROTATION FOR MENSTRUAL CYCLE

FLAX SEEDS (ground)
PUMPKIN SEEDS (ground)



Estrogen Boosters



SUNFLOWER SEEDS (ground)
SESAME SEEDS (ground)
EVENING PRIMROSE OIL



Progesterone Boosters

The Role of *Hormones* in Breast and Thyroid *Lumps* and *Cancers*

Seed rotation to rebalance estrogen and progesterone levels

Not often do we read about food helping to correct hormonal imbalances. In fact, when we hear the words "hormonal problems," we are conditioned to think of solutions not extending much further than birth control pills, hormone creams and pellets.

Supporting the old mantra of "food is your medicine," I want to show you how innocent seeds can help regulate and support our menstrual cycle.

The technique is called "seed rotation," and can be used to boost estrogen levels in the first part of our cycle and progesterone levels in the second part.

If you are not sure which hormonal imbalance you might be suffering from, take this [hormone quiz](#).

Who is this for?

This technique can be used by anyone who is experiencing irregular periods, heavy flows, substantial PMS, and even women going through peri-menopause and menopause.

Note that Day 1 is counted as the first day of a period. As an example, this article is based on a 30-day cycle.

Which seeds should be used in what part of the cycle?

From Day 1 to Day 15 (or the middle of the cycle), we need more estrogen in order to build up our endometrium (uterus lining).

This is called the follicular phase. With seeds such as flaxseed and pumpkin seeds, we can naturally increase our estrogen levels.

From Day 15 to Day 30, or the second part of the cycle (also known as the luteal phase), the corpus luteum begins to release progesterone.

This sex hormone will help thicken the uterus lining and prepare it for implantation.

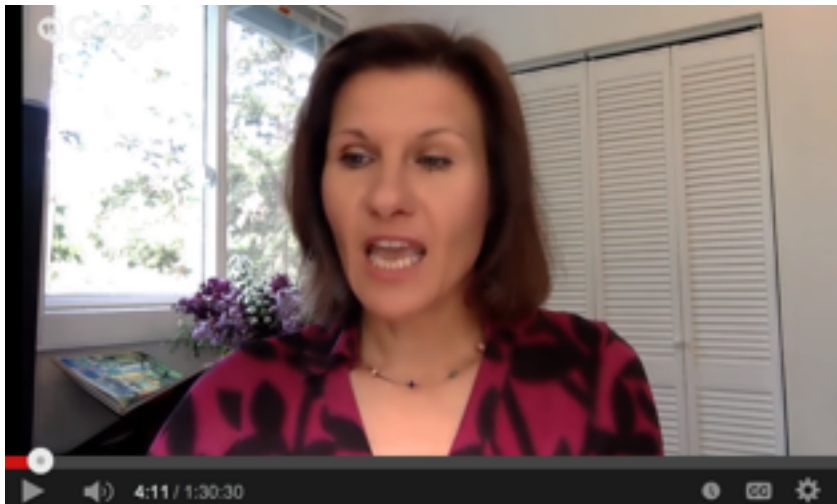
The high contents of zinc in sesame seeds and vitamin E in sunflower seeds have been shown to stimulate progesterone production (see references at the end).

By adding two tablespoons of sesame and sunflower seeds per day in the luteal phase, we can naturally support the body to produce more progesterone, a sex hormone of which many women experience low levels.

Menopausal women and women who are not menstruating can start any day and do the same 14-day rotation.

“How to Use Food to Rebalance Your Hormones” *Workshop*

Watch it here:



Please use the *Food & Hormones Worksheet* on the next page when you listen to the workshop.

Before the Workshop

Please use the worksheet while you listen to the Workshop.

FOOD & HORMONES WORKSHEET

Food Strategies for Hormonal Balance

Estrogen-lowering and progesterone-promoting	Cortisol (high and low)	Thyroid	Menopause	PCOS
Sugar-balancing				
Gut-healing				
Liver-supporting				

Hormone-specific Protocols

Hormonal Base

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After the Workshop

This is what your Worksheet should look like **after** the Workshop.

FOOD & HORMONES WORKSHEET

Food Strategies for Hormonal Balance

Hormone-specific Protocols

Estrogen-lowering and progesterone-promoting

Cruciferous vegetables, flaxseed, sunflower, sesame, pumpkin seeds, maca.

No birth control pills, switch to organic food and low-toxicity skincare products.

Cortisol (high and low)

Low GI diet, sea salt, camu camu, good fats, matcha green tea, seaweed.

No coffee, alcohol, sugary food and drinks.

Good gut health and sleep are key.

Thyroid

Cooked, not raw cruciferous vegetables, fermented food, turmeric, fluoride-free water, protein-high diet.

Gut-healing is paramount.

Menopause

Flaxseed, black cohosh sprouts, maca.

PCOS

Real food, nothing processed, low GI diet, PFF breakfast, fasting detox.

Reversing insulin resistance = detox and low GI diet are fundamental.

Hormonal Base

Sugar-balancing

Low GI (glycemic index) diet, high-protein, PFF (protein, fat and fiber) breakfast, sufficient fats. Cinnamon, cloves, turmeric.

Gut-healing

Bone broths, collagen, gelatin, anti-candida (low GI), free of food intolerances, cultured food (probiotics), aloe.

Liver-supporting

Cruciferous vegetables, dandelion, parsley, organ meats like liver, sprouts, fiber-rich food (e.g. flaxseed, chia)

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COOKING *for Balance*

Chocolate Cherry Pudding



Powerhouse:

- Avocado
- Pumpkin seed
- Ghee

This recipe can easily be adapted to either be a rich breakfast, a decadent snack, or a satisfying dessert. The fat from the avocado and ghee, along with the protein from the hazelnuts and pumpkin seeds, will help keep your blood sugar levels stable.

Time to prepare: 10 minutes

Time to cook: 5 minutes

Serves: 2 servings

Equipment: blender

Ingredients

- 1 avocado
- 2 tbsp raw unsweetened cacao
- 1 tbsp ghee, preferably melted
- handful of pumpkin seeds
- handful of hazelnuts
- handful of dry cherries, presoaked in hot water

• 1 tsp vanilla extract

• 1 tsp lemon or lime juice

• ½ tsp cinnamon powder

How to make

Put all ingredients into the blender and blend until smooth.

COOKING *for Balance*

Warming Amaranth Porridge



Healing food:

- Amaranth
- Pumpkin seeds
- Ginger
- Turmeric
- Mustard seeds

Stabilizing sugar levels can be a great way to reverse many hormone-related symptoms. A great starting point is by making your breakfast full of protein, fat and fiber, and thin on sugar and processed carbohydrates.

Time to prepare: 15 minutes

Time to cook: 30 minutes.

Serves: 2

Ingredients:

1 tbsp ghee

½ tsp cumin

½ tsp mustard seeds

½ inch fresh ginger, julienned

4 cups of filtered water

1 cup of amaranth

½ tsp sea salt

1 tbsp raw unsalted butter or ghee

½ tsp apple cider vinegar (ACV) or lemon

1 tsp dry turmeric

a handful of raw pumpkin seeds

How to make

1. Use a heavy-bottom pan to melt the ghee and add cumin, mustard seeds and ginger when hot.
2. When mustard seeds start popping, add water, amaranth and salt.
3. Bring to boil, then put on low-medium fire and cook covered for 25-30 minutes or until creamy and thick.
4. Take off the stove and add butter (or ghee), ACV and turmeric.
5. Sprinkle with pumpkin seeds.

COOKING *for Balance*

Farmers Wife's Breakfast



Healing food:

- Sauerkraut
- Ghee
- Mustard greens
- Avocado

Time to make: 20 minutes

Serves: 6

Sausage (Serves 6)

- 1 lb of ground lamb
- 1 tsp sea salt
- 2 tsps ground fennel seed
- 2 tsps apple cider vinegar
- 2 tsps coconut aminos
- 1 tbsp of ghee

Plate (for one)

- ½ avocado
- handful of organic green mix (e.g. arugula, mizuna, baby kale, etc)
- 1 cup of ferments (here: sauerkraut and cauliflower)
- 1 tbsp of olive oil
- juice from ½ lemon
- pinch of sea salt

How to make

1. Mix all the sausage ingredients (except for the ghee), kneading them well. Taste and adjust flavors as you like.
2. Shape your sausage to a desired shape—round and flat or long.
3. Heat up the skillet and add the ghee.
4. Add sausages and fry them for approximately 7 minutes on one side and 4 minutes on the other.
5. Mix green salad mix with olive oil, lemon and salt, and toss until the leaves are well covered with the dressing.
6. Place greens on a large plate, then add your sausage, avocado and ferments to the plate.

COOKING *for Balance*

Estrogen Boosting Cracker



Powerhouse:

- Flaxseed
- Pumpkin seed
- Turmeric

Two tablespoons of flaxseed or pumpkin seeds per day have been shown to help boost estrogen production. This can be valuable for menstruating women in the first part of the cycle (day 1 to 15), as well as women going through peri-menopause and menopause.

Time to prepare: 30 minutes

Time to dehydrate: 6 hours

Serves: 20 servings

Equipment: dehydrator

Ingredients:

1 cup almonds
1 cup flaxseed
1 cup pumpkin seeds
1 cup dried apples, diced
1 cup roasted coconut flakes
1 tbsp apple cider vinegar
1 tbsp curry powder
1 tsp sea salt

How to make

1. Soak almonds for 12 hours and flaxseed and pumpkin seeds for 4 hours.
2. Strain all excess water and mix in all the remaining ingredients.
3. Spread on dehydrator trays, about 1/3 of an inch.
4. Dehydrate for 6 hours at 115F or until fully dried.

COOKING *for Balance*

Progesterone Boosting Crackers



Healing food:

- Chia seed
- Goji berries
- Cardamom

Two tablespoons of sunflower or sesame seeds per day are shown to help boost progesterone production. This can be equally valuable for menstruating women in the second part of the cycle (day 15 to 30) as well as women going through peri- and menopause.

Time to prepare: 30 minutes

Time to dehydrate: 6 hours

Serves: 20 servings

Equipment: oven

Ingredients:

- 1 cup almonds
- $\frac{3}{4}$ cup sunflower seeds
- 1 cup sesame seeds
- $\frac{1}{3}$ cup chia seeds
- $\frac{3}{4}$ cup goji berries
- $\frac{1}{2}$ cup pomegranate syrup
- 1 teaspoon cardamom powder
- $\frac{1}{2}$ teaspoon sea salt

How to make

1. Preheat the oven to 150F or less, if you can.
2. Soak almonds for 12 hours.
3. Soak sunflower and sesame seeds for 4 hours.
4. Soak chia seeds in 2 cups of warm water for 3-4 hours.
5. Strain all the excess water from the almonds, sunflower and sesame seeds and combine with all the remaining ingredients. Toss to mix them well.
6. Line the baking tray with parchment paper and spread the mixture evenly.
7. Bake at 150F (or less) for 6 hours or until fully dried. Check the oven regularly to be sure the crackers are not getting burned. If you need to lower the oven temperature, open the oven door wider.

COOKING *for Balance*

Chicory Latte



Healing food:

- Chicory
- Ghee
- Turmeric
- Spices

Reducing or completely eliminating coffee and caffeine has been proven to reduce many hormonal imbalances. It can certainly be a tough decision, and I therefore created a caffeine-free latte, which tastes like coffee, but contains no caffeine.

Time to prepare: 15 minutes

Time to steep: 10 minutes.

Serves: 1

Equipment: blender

Ingredients:

1 tbsp roasted chicory root

2 cups of water

1 tbsp ghee, coconut butter or butter (if tolerated)

1 pitted date

fresh nutmeg (nut or powder)

How to make

1. Bring water to a boil, add chicory root and steep for 10 minutes.
2. Strain and transfer to a blender.
3. Add the ghee (or any fat you decide to use) and the date. Blend for 1 minute.
4. Grate some fresh nutmeg and enjoy.

COOKING *for Balance*

Nutty Pomegranate Snack



Healing food:

- Pomegranate
- Coconut milk
- Walnuts

In the Indian, Persian and Middle Eastern culture, pomegranate is a woman's superfood. It was used for generations as an elixir to lessen the symptoms of menopause, and to improve fertility and the overall health of a woman. A number of published research studies show that pomegranates not only have phytoestrogenic properties, but are also potent antioxidants.

Pomegranates offer the widest range of estrogens, including the safe and protective ones like estrone and estrinol. Fascinatingly, research shows that pomegranate can inhibit the proliferation of breast cancer cells by blocking the aggressive estrogen, estradiol, excess of which has been linked to breast cancer. On the other hand, pomegranates promote the good estrogens, which are key in our feeling hormonally balanced.

Time to make: 5 minutes

Serves: 1

Ingredients

1/2 pomegranate, de-seeded

1-2 tbsp walnut butter (or any nut butter you like)

2 tbsp coconut milk

How to make

You don't really make it. Just place all the ingredients together and enjoy it with a full heart.



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*Essential
Oils*



COOKING for Balance

Homemade Cola

This drink contains lime, lemon and orange essential oils which contain limonene – a substance that helps reverse fatty liver and insulin resistance. It also supports liver detoxification pathways clearing us of bacteria and carcinogenic metabolites.

Time to prepare: 5 minutes

Serves: 2 servings

Ingredients:

4 drops lime essential oil
4 drops orange essential oil
2 drop lemon essential oil
2 drop cardamom essential oil
2 drop nutmeg essential oil
2 drop cinnamon essential oil
4 teaspoons vanilla extract
4 teaspoons maple syrup,
honey or liquid stevia



How to make

1. Drop the essential oils into the vanilla extract and add the sweetener of choice. Strain all excess water and mix in all the remaining ingredients.
2. Add to two glasses of 8-10 oz of bubbly water. Dehydrate for 6 hours at 115F or until fully dried.
3. Serve Chilled.

COOKING *for Balance*

All-Purpose EO Cleaner



Problems with commercial house cleaning products: most of them contain 2-butoxyethanol (used in window cleaners, linked to liver toxicity), ammonia (used in polishes, connected to asthma and bronchitis), triclosan (connected to liver toxicity and thyroid problems), parabens and phthalates (serious endocrine disruptors).

Making your own all-purpose cleaner is not only inexpensive but also safe. The all-purpose cleaner recipe here can be used for cleaning kitchen counters, ovens, fridge, windows as well as rooms and bathroom. All the essential oils listed here have anti-bacterial properties, you will therefore be in safe hands.

Equipment: spray bottle

Ingredients:

1 cup white vinegar
2 cups of water
10 drops of any of these EOs: tea tree, rosemary, lavender, cloves, lemon, lime, cinnamon or eucalyptus

How to make:

1. Mix all the ingredients and use right away. Stores well for months.

COOKING *for Balance*

All-Day EO Deodorant



Problems with commercial deodorants and antiperspirants: they block the sweat ducts and prevent perspiration and most contain aluminum, triclosan (connected to liver toxicity and thyroid problems), parabens and phthalates (serious endocrine disruptors)

Making your own deodorant is not only inexpensive but it can also be fun to be creative with the different oils you can use. The recipe here not only smells good but it will help you feel fresh for a long time due to the anti-pathogenic properties of the EOs used, especially clove, tea tree oil, and citronella (antifungal, antibacterial and antiseptic).

Equipment: spray bottle

Ingredients:

2 oz witch hazel
3 drops of lavender
2 drops of clove
1 drop of citronella
1 drop tea tree oil

How to make:

1. Mix all the ingredients and use right away. Stores well for months.

COOKING *for Balance*

Liver TLC Pack



Our liver plays a big role in helping us excrete metabolized (or "used") hormones. Supporting it with the use of some wonderful essential oils can be a gentle yet effective way to rebalance our hormones. The below oils have "opening" qualities - they help the liver detoxification pathways in rebalancing our hormones.

Equipment: dark glass bottle

Ingredients:

4 tablespoons of castor oil
10 drops orange EO
5 drops rosemary EO
3 drops geranium EO
2 drops German chamomile EO (do not use if taking statins or birth control pills)

How to use:

1. Combine all the ingredients and store in a dark glass bottle.
2. Apply 1 tablespoon of the Liver TLC oil over the liver area (right side of your rib cage, just under your breast) before bed. Allow 10 minutes for absorption. Optionally, place towel and a hot water bottle over your liver for best results. Recommended to repeat it 2 to 3 times per week.



Would you like to go deeper?

I offer a **workshop** where we go deeper into hormonal health. You would need to sign up below.



Free HORMONE BALANCING WORKSHOP

Thyroid
Hashimoto's
Adrenals
Menopause
Estrogen

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Simple, nourishing and
hormone-balancing meals.

Thyroid Hashimoto's Menopause Breast lumps/cancer
Adrenals Anxiety PCOS Fibroids

www.CookingforBalance.com

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