



Hormone Love

5 simple ideas
your hormones will love!

THE PEPPERMINT TREE
LOU CARBONE

Instagram: @the_peppermint_tree

Facebook: @ourpepperminttree

thepepperminttree@iprimus.com.au

Hormone Love! Yes!

Hey, I'm Lou and I am so happy to connect with you.!

Welcome to **The Peppermint Tree**, a space that is focused on your wellbeing and you living a vibrant and sparkling life.

THE PEPPERMINT TREE
LOU CARBONE

Instagram: @the_peppermint_tree

Facebook: @ourpepperminttree

thepepperminttree@iprimus.com.au

Reduce environmental toxins

Unknown to most consumers, there are many hidden dangers in our personal care and cleaning products. Many of these are synthetic chemicals that are known hormone disruptors and they are wreaking havoc in our world, in your home and in your body.

There are labelling laws in Australia that do not require disclosure on the products you are buying and consuming every day. There are, at present, over 1140 chemicals used in Australia that have been banned in Europe and the United States for some time.

Do you really know what you are consuming?

Before diving in and trying to work out what's impacting you there are some simple ways to get started and these are always the first places I recommend beginning.

1. Swap your plastic water bottle for a glass or stainless steel bottle because unknown toxins could be leaching out of your plastic bottle and causing harm. BPA free plastics are not a guarantee that you will be safe!
2. Store your food and pantry items in glass containers or up-cycled glass jars to prevent consumption of unwanted toxins hidden in other kinds of storage. I read a recent study that said on average some people could be consuming a credit cards worth of plastic
3. Download an App to help you identify potential toxins in your cleaning and personal care products so you can make a quick check when you're shopping, or deciding what to keep and what to stop using at home. I recommend Ingreed App

THE PEPPERMINT TREE
LOU CARBONE

Instagram: @the_peppermint_tree

Facebook: @ourpepperminttree

thepepperminttree@iprimus.com.au

Include nuts and seeds in your food every day

Nuts and seeds are a vital source of healthy fats and minerals that nourish our bodies and in particular our endocrine (hormone) system.

Minerals such as zinc, magnesium, selenium, potassium, phosphorous and calcium are vital for optimum body function and hormone harmony and these can be missing in a lot of diets.

Ensuring you source the best quality nuts and seeds you can find is also important so you are optimising your potential to truly get access to the minerals your body and hormones need.

If you are unsure where to start think of almonds, brazil nuts, macadamia nuts, pepitas, sunflower seeds, linseed and chia seeds. They are easy to source and fun to weave into your recipes or to even have in moderation as a snack.

Sprinkle them on your yoghurt or pop them in your salad, eat as a tasty snack in exchange for something you might usually eat that isn't always the best option, add to your smoothie or try making your own granola!

THE PEPPERMINT TREE
LOU CARBONE

Instagram: @the_peppermint_tree

Facebook: @ourpepperminttree

thepepperminttree@iprimus.com.au

Daily movement

Moving your body is something we tend to know is important but sometimes it takes more motivation than you have to actually move.

Think of your body like a car. If you left a car idle in the garage without taking it out, over time it will rust, the motor will seize and it'll be useless to you. You don't want your body to become like the unused car.

In addition, movement increases serotonin, which is well known to improve sleep, support greater mental health and generally feeling happy.

Movement doesn't have to be something that takes a long time or requires specific skills or equipment.

Try...

gardening
a 20 minute walk
20 minutes of stretching
a gym session
an online /in-person yoga class
your favourite movement or exercise

Bonus tip: be sure it is something fun!

THE PEPPERMINT TREE
LOU CARBONE

Instagram: @the_peppermint_tree

Facebook: @ourpepperminttree

thepepperminttree@iprimus.com.au

Stop

We exist in a world that frequently glorifies busy and doing a lot. Humans have become masters of doing and doing a lot of things at the same time. This is not going to help your hormones or any of your wellbeing.

I recently learned that multitasking can decrease your productivity by approximately 28%. That was sobering!

So how do you stop when that is not how you are used to functioning? Start with small moments in time.

Learning to stop is a huge benefit for your sleep. This, if nothing else, is going to send a big dose of love to your hormones.

Add 5 minutes of "down time" in your daily routine. This doesn't include the time before you go to bed, although that time is important as well!

During this time turn your phone and other devices off; sit either in silence or listen to relaxing music or a guided meditation. My fav app if you find it hard to switch off, or sit still, is Insight Timer. You'll find an abundance of short meditations that are focused in switching off, relaxing, and being still.

Start in short bursts of time and then increase this down time by 5 minute increments as and when you can.

THE PEPPERMINT TREE
LOU CARBONE

Instagram: @the_peppermint_tree

Facebook: @ourpepperminttree

thepepperminttree@iprimus.com.au

Breathe

Conscious deep breathing nourishes your adrenal glands and reduces cortisol. This has a waterfall effect on nearly every process in your body. Our adrenal glands are one of the primary glands in our endocrine system which are undernourished and overworked to say the least.

Our adrenal glands release cortisol when we need to jump into action. This was fabulous when we lived in a state when we had to run away from tigers to survive. We don't have the same physical threat in the modern world and yet we still activate our adrenal glands. If they are already compromised then there are specific symptoms that can arise and be exacerbated.

Breathing should be something you don't have to stop and think to do, but actually pausing to truly breathe in a nourishing way is something missing for most people in their day.

Take a long deep breath in so that you can feel your belly expanding. Now exhale slowly.

If possible, count to 4 both on the inhale and the exhale.

Repeat 3- 5 times.

It is useful to do this at any time of the day but particularly if you are feeling stressed or anxious.

I hope these ideas nourish you and maybe even become the start of a new journey!

If you are intrigued and would like to know more about hormone health and your wellbeing, click on this link to book a free 30 minute coaching call. You can do that at

<https://www.thepepperminttree.com/book-online>

T H E P E P P E R M I N T T R E E
L O U C A R B O N E

Instagram: @the_peppermint_tree

Facebook: @ourpepperminttree

thepepperminttree@iprimus.com.au

The Low Down

Things I learnt quickly!

Whilst we all want our homes and bodies to be clean and free of germs, the quest for a clean fragrant home and a beautiful body often means that we may use a combination of chemicals that are damaging to our health and our hormones.

Scary Stuff!

More than 72,000 synthetic chemicals have been produced since World War II. Most have been derived from petroleum and coal tar.

The majority of these synthetic chemicals have never been tested for their immediate or long-term effects. and many of these synthetic chemicals have been added to our food, skin care and cleaning products without knowledge of their potential effects.

Studies by the EPA show that the air inside our homes may be 5 times more toxic than the air outside our home. This can be attributed to air fresheners, chemical cleaners, plug-ins, laundry detergents, spray deodorants and the like.

THE PEPPERMINT TREE
LOU CARBONE

Instagram: @the_peppermint_tree

Facebook: @ourpepperminttree

thepepperminttree@iprimus.com.au

Scary Stuff cont...

Over 1140 chemicals that have been banned in Europe are still in use in Australia!

Unfortunately, current labelling regulations within Australia do not require manufacturers to disclose a full list of ingredients in their products. This creates difficulty in making an informed decision when it comes to purchasing products for yourselves, your homes and your children.

Many synthetic chemicals in common everyday products are classified as xenoestrogens. Xenoestrogens are hormone disruptors and are particularly harmful in terms of hormone health

It is estimated that we apply as many chemicals to our bodies in one week as our grandparents might have in one year!

Synthetic fragrances may contain upwards of 100 different ingredients, many of which are known endocrine disruptors or xenoestrogens. The ingredients, under Australian labelling laws, in synthetic fragrances, do not need to be disclosed as this is considered part of the trademark of the fragrance or product it is a part of.

THE PEPPERMINT TREE
LOU CARBONE

Instagram: @the_peppermint_tree

Facebook: @ourpepperminttree

thepepperminttree@iprimus.com.au



Why do I love Essential Oils?

Quality essential oils are “nature’s magic” or “plants in a bottle” that my family and I love using to support our physical, emotional and mental health.

Quality essential oils are a natural solution to avoiding a multitude of dangerous chemicals.

They help to bring calm during stressful situations, they may help ease soreness after a big day in the garden or a day hunched over the laptop; they are a beautiful gift to offer a friend who's experiencing sadness.

They often mean the difference between a restless sleep and a beautiful refreshingly deep sleep and they help us live our happiest, most positive life every single day!

THE PEPPERMINT TREE
LOU CARBONE

Instagram: @the_peppermint_tree

Facebook: @ourpepperminttree

thepepperminttree@iprimus.com.au

my family's story

As a busy mum, my life has been challenging! I am one of those people who tries to cram 3 days into one because there's so much fun stuff to do. As a Mum of young adults I love to fill my days with CrossFit, gardening, reading, going to the beach, cooking all the yummy food, craft, having brunch and lunch with friends and supporting my family. And, of course, my business and supporting the incredible women and families in my business with their health and wellbeing is a key priority. I started my working life as a primary teacher and after having my children I worked in the family business. Now I am so happy to share The Peppermint Tree and all the fabulous wellbeing enhancing things I am excited to offer you.

A few years ago, my daughter had physio tape wrapped around her feet in an endeavour to determine whether she required orthotics for her flat feet. This was a common course of action however what followed was not so common – she ended up with several blisters the size of mangoes on each foot!

After being admitted to hospital and having treatment similar to that which would be applied to burns' victims the skin on her feet thankfully healed.

We visited an immunologist who advised us to avoid synthetic fragrances. My daughter, at the age of just 13 had a toxin overload and her



THE PEPPERMINT TREE
LOU CARBONE

Instagram: @the_peppermint_tree

Facebook: @ourpepperminttree

thepepperminttree@iprimus.com.au

my family's story

body had become sensitive to the synthetic chemicals found in our foods, personal care and cleaning products.

This shocking discovery led to countless hours spent in health food shops, chemists and supermarkets scanning labels and searching for safer products for our home. As a family we learnt about "green washing" and inaccurate and unfair labelling laws and we learnt how to use Apps that identified potentially harmful ingredients, including hormone disruptors. This journey was eye opening to say the least.



We discovered that regulatory bodies and manufacturing companies have very little consideration for the potential side effects of many of the ingredients in common household products. In addition, we discovered quality "clean" products are not easy to find and often expensive and that here in Australia we still allow many chemicals that have been banned for some time in Europe and the US.

Fortunately for us, fate stepped in. A friend invited me to a workshop about essential oils, I said "yes" and on that evening back in August 2017 I learned how Essential Oils and Young Living products could potentially replace ALL the previous products containing synthetic chemicals in our home!

This put an end to searching the shelves and scanning all the ingredients in the shops.

It may sound a little clichè but that workshop was life changing!

THE PEPPERMINT TREE
LOU CARBONE

Instagram: @the_peppermint_tree

Facebook: @ourpepperminttree

thepepperminttree@iprimus.com.au

my family's story

After learning many alarming facts including:

- babies are born with an excess of 150 chemicals in the umbilical cord
- many couples experience fertility issues
- is more common than ever for girls to experience painful and troublesome periods
- and so many women suffer from seemingly unexplainable weight gain
- quality sleep seems to be elusive for many and
- stress and anxiety are rife,

I decided to study Hormone Health coaching with the Institute of Integrative Nutrition

Our family too, has experienced many of the fore-mentioned concerns. We have been fortunate to have had guidance, advice, and knowledge from an amazing support team of friends and professionals and now have a beautiful "toolbox" of wellness tools to support our bodies. I realised this is not the case for everybody. It has been my passion for learning and quest for knowledge that has brought me to this point, and now as a Health Coach, I can indulge in my passion for helping other women to achieve their health and wellness goals.



Through my coaching programs I guide women to make small, sustainable and valuable changes so they too can lead their best possible life. I'm so looking forward to supporting the health and wellbeing of you and your entire family. The way I see it, life should be magical, vibrant and wonderfully splendid! I look forward to supporting you in your personal journey.

THE PEPPERMINT TREE
LOU CARBONE

Instagram: @the_peppermint_tree

Facebook: @ourpepperminttree

thepepperminttree@iprimus.com.au