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Prevent acne with turmeric, avoid salad if you're bloated and reduce cramps with broccoli: How to ease common hormonal conditions WITHOUT drugs

- Women struggle with a number of common hormone-related conditions
- Imbalances can lead to cravings, bloating, acne and PMS
- Naturopath Belinda Kirkpatrick has shared how ease them naturally

By [LAURA HOUSE FOR DAILY MAIL AUSTRALIA](#)

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No matter their age, all women struggle with uncomfortable hormone-related conditions and symptoms at some stage - whether it's to do with an imbalance or their cycle.

But according to naturopath and nutritionist Belinda Kirkpatrick, the co-author of *Healthy Hormones: A practical guide to balancing your hormones*, there are a number of simple lifestyle changes that women can make to reduce them.

Here, Ms Kirkpatrick shares some of her top tips with FEMAIL ahead of the book's March 1 release.

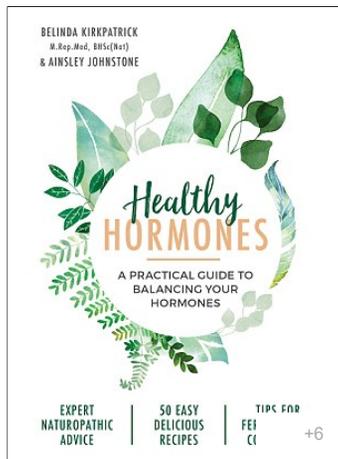
Acne

Acne and skin breakouts are a nightmare, particularly when they appear after the teenage years. Acne may be caused by a special bacteria called Propionibacterium acnes, nutrient deficiencies, inflammation, or hormonal factors such as an androgen excess.

Women with high levels of androgens in the bloodstream or very sensitive androgen receptors have increased oil production that can lead to clogged pores and breakouts.

Acne breakouts caused by hormones are usually on the lower face, jawline and neck and will often flare up just before or during your period or ovulation.

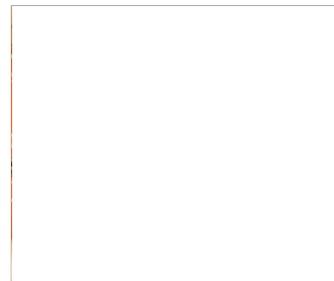
Many doctors will treat acne by prescribing the oral contraceptive pill that contains both oestrogen and progesterone and lowers the amount of androgens that your body produces. Clear skin is one reason for many women going onto or remaining on the Pill; however, it is usually a short-term treatment option.



Here, Ms Kirkpatrick shares some of her top tips with FEMAIL ahead of the book's March 1 release

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Acne and skin breakouts are a nightmare, particularly when they appear after the teenage years - try adding a teaspoon of ground turmeric (known for its anti-inflammatory properties) to your food daily

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* Avoid dairy products as they can cause your skin to produce more oil and clog your pores. Cow's milk is also high in a hormone called insulin-like growth factor 1 (IGF-1), which is great for helping baby calves to grow but can cause inflammation in humans.



© Getty Images

* Be aware that many dairy replacements contain ingredients such as sunflower oil or sugar, so look for a pure almond or coconut milk as cow's milk replacements.

* Reducing inflammation and improving the clearance of hormones by the liver is also essential. Make an extra effort to avoid food and drink containing added sugars and try adding a teaspoon of ground turmeric (known for its anti-inflammatory properties) to your food daily.

* Ensure good digestive health to keep your gut bacteria in balance by adding a teaspoon of apple cider vinegar to water before meals; you could also take a probiotic supplement before breakfast each day.

* Ensure you are eating at least five cups of fresh vegetables every day and avoid all fried foods and vegetable oils. See a naturopath for further advice on supplements you can take.



Chocolate cravings

For years, researchers have debated why so many women crave chocolate just before they get their period and they don't seem to have come up with an answer.

Studies have been done on women from a variety of cultures and in different stages of their lives and found little difference in their cravings, leading many to believe that it is the social acceptance of period-related chocolate cravings that causes women to allow themselves chocolate at this time.

How to reduce chocolate cravings

* Blood-sugar levels are less stable before your period, so avoid sugar and eat regular protein-containing meals and snacks throughout the day: plan your snacks and do not skip a meal

* Ensure you are drinking plenty of filtered water and load up on foods such as seeds, dark leafy greens, figs, avocados, fish and lentils that contain higher levels of magnesium

* Try a Bliss ball. Try to get gentle exercise outside most days. See a

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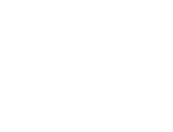
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While this may be true for some, after working with thousands of women over the past decade, I can't agree that this theory holds true for everyone. Many women in my clinic don't even think of chocolate all month until their cravings are the first sign that their period is approaching.

naturopath if cravings continue to be a problem



If you crave chocolate, ensure you are drinking plenty of filtered water and load up on foods such as seeds, dark leafy greens, figs, avocados, fish and lentils that contain higher levels of magnesium

Cramps

In the absence of hormonal conditions such as endometriosis, cramping pain is usually caused by the release of excessive prostaglandins, constricted blood flow, oestrogen dominance and inflammation.

Cramps can also be caused by constipation. Cramping pain experienced before menstruation or at other times during the cycle should always be investigated by a medical professional, as should pain that is getting worse or interferes with your daily activities.

How to ease cramps

If cramping pain is something that is a part of your monthly cycle, try following these tips for three months and monitor your progress:

- * Reduce inflammation and oestrogen dominance by increasing fibre and fresh vegetables in your diet.
- * Focus on daily and abundant intake of the liver-friendly, oestrogen-metabolising veggies such as broccoli, cauliflower, brussels sprouts, cabbage, kale, spinach and asparagus.
- * Reduce red meat intake to once a week and focus on fish, legumes and organic chicken instead.
- * Try to avoid dairy, sugar, caffeine and processed grains such as white rice and bread that might increase inflammation.
- * Iodine deficiency is common and iodine is important for oestrogen metabolism. A naturopath can test your levels and recommend iodine supplements if they are necessary.



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Bloating

The general inflammation caused by prostaglandins circulating in the bloodstream can also affect digestion.

When the digestive system is inflamed, it is more difficult to break down and absorb the nutrients found in food and as a result further inflammation occurs.

During this time (and also during times of illness or convalescence), our digestive systems benefit from well-cooked foods, which are already broken down and do not require too much digestive energy to be absorbed.

How to ease and prevent bloating

* Eat slowly, chew well and include foods that are well-cooked, soaked, stewed, steamed or sprouted; for example, soups, stews, casseroles, stewed or soft fruits, nut pastes, porridges and steamed vegetables.

* Also include herbs and spices such as ginger, cloves, basil, rosemary, fennel, dill, anise, caraway, cardamom, cumin and parsley.

* Herbal teas are great between and after meals: fennel, licorice, nettle, peppermint, ginger and chamomile may help reduce bloating.

* Foods to avoid at this time of the cycle (but which are part of a nutritious diet when digestive function is optimal) include: salads (especially uncooked leaves), hard and raw fruits (particularly apples), whole nuts and undercooked vegetables.



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Dr. Robynne Chutkan explains the causes of bloating



Sadness

Pre-menstrual sadness appears to be triggered by low levels of oestrogen and

How to alleviate sadness naturally

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serotonin (our feel-good neurotransmitter).

Without these happy hormones, sadness, depression and tears can take over.

Extreme depression at this time may be a result of premenstrual dysphoric disorder (PMDD), which is very serious and requires treatment. Of course, most people will experience sadness from time to time, which is perfectly normal and nothing to be concerned about unless it persists.

Edited extract and images from *Healthy Hormones* by Belinda Kirkpatrick and Ainsley Johnstone from Murdoch Books, RRP \$35.00, Photography by Ainsley Johnstone.

* Increase your intake of omega-3 rich foods such as wildcaught fish, eggs, walnuts and chia

* Avoid alcohol

* Aim to spend at least 10 minutes in the sun every day

* Increase your intake of foods containing tryptophan, the feel-good amino acid: try cottage cheese, spinach, bananas, turkey, seafood and pepitas (pumpkin seeds)

* Exercise can increase serotonin, which gives you a happy buzz

* Be sure you are getting enough calcium: sources include unhulled tahini, parsley, almonds, chia and dried figs. If sadness persists, see your GP



Increase your intake of omega-3 rich foods such as wildcaught fish, eggs, walnuts and chia if you have PMS

Read more: [Healthy Hormones - Belinda Kirkpatrick and Ainsley Johnstone - 9781743369371 - Murdoch books](#)

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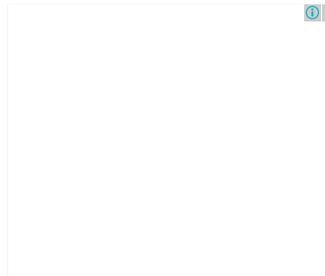
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Debbies21, North Brunswick nj, about 2 hours ago

Don't eat an apple,ridiculous.

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LearJetMillionaire, Notsford, United Kingdom, about 2 hours ago

B5 for acne plus d vitamin and a lot of ascorbic acid which is vitamin c.

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AmyZz, USA, United States, about 3 hours ago

Absolutely ridiculous to suggest that 1 tsp of turmeric works as well for acne as the Pill. This will not be true for most people. Turmeric only helps with acne if you get the inflamed cystic kind (turmeric is really good for inflammation, so it helps with arthritis too). Avoiding dairy will help a lot more for many people (but not for all). I used to eat more than a tsp of turmeric every day in addition to avoiding dairy and I still occasionally got cystic acne. I only eat turmeric when i feel like it now because taking astaxanthin and fish oil with vit. D is mainly what helps me now (in addition to avoiding dairy because dairy instantly breaks me out especially the low fat kind!).

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JBabyEP, Southeast PA, United States, about 3 hours ago

I love broccoli but eating them to take away cramps would just cause more bloating and gas.

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AmyZz, USA, United States, about 3 hours ago

Totally agree! I get stomach pains from broccoli unless it's boiled to mush. Advil works fine for me when I get cramps (I take magnesium daily and even that doesn't completely prevent cramps).

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wowshopnow, Wauwatosa, United States, about 3 hours ago

The amount of tumeric you need to take per day to get its many touted health benefits is quite challenging.

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AmyZz, USA, United States, about 3 hours ago

I don't find it that challenging at all. I put it on omelets and you can also make turmeric tea. Turns your teeth temporarily yellow though.

Click to rate 1 2



Foggyworld, Berkeley Township, United States, about 3 hours ago

You can get it in capsule form in drug stores or vitamin outlets. Very easy to take that way.

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Valory, Washington DC, United States, about 5 hours ago

I ended mu my post-surgery follow up of (proposed) lupron (for endometriosis) by following the 'endo diet', removed all red wine, red meat, estrogen-beating vegetables like garbanzo beans and took DMA and serrapeptase faithfully (120 - 240 units/day). There are too many things in any processed food triggering imbalances already. Add to that routine hormone treated animals and fish, and you are screwed. If you have no control to go raw food for at least a year to correct things, just be vigilant and take serrapeptase.

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AmyZz, USA, United States, about 3 hours ago

Obsessing about it will also cause imbalances. I don't think people should be worrying all the time whether the food they're eating is contaminated (it's contaminated because that's the world we live in so don't obsess!).

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Miss Candice, Columbus, United States, about 5 hours ago

For cramps nothing beats strong green tea the kind you get at Oriental stores, it's a little bitter but for me it works wonders.

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Miss Candice, Columbus, United States, about 5 hours ago

I hate my phone.

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▶ **'If you see a leopard, jump in front of it!': David Oldfield's SHOCKING remark to wife Lisa as he is voted out of I'm A Celebrity after just one week - as fans plead with her to divorce him**

▶ **Still in the doghouse? MAFS' Tracey Jewel and Dean Wells appear tense during lunch in Sydney after his 'affair' with Davina Rankin**

▶ **Made in Chelsea's Alex Mytton 'finds love with British model Georgina Howard'... as he shares VERY revealing snap from their romantic Maldives getaway**

▶ **Will it bring all the boys to her yard? Katie Price gives son Junior and daughter Princess a treat as they indulge in THREE milkshakes each during very calorific lunch**

▶ **'They were very understanding!' Fox Sports' Emma Freedman reveals her wedding to Charlie Rundle falls right in the middle of the NRL season**

▶ **Topless Kelly Brook sets pulses racing in smouldering bed snap as she enjoys romantic holiday in Paris with boyfriend Jeremy Parisi**

▶ **Follow-up docu-series to Making a Murderer promises 'broader perspective' of the case by telling the prosecution's point of view**

▶ Where will the baby seat go? Kylie Jenner, 20, shows off her \$1.4m Ferrari 'push present' from boyfriend Travis Scott three weeks after giving birth

▶ GIRL ABOUT TOWN: Has Claire Foy's estranged husband, 38, fallen for co-star Sophie Cookson, 27, in espionage movie Red Joan? Rumours of romance after Crown star, 33, ended marriage months after his life-saving brain operation

▶ Ex appeal! Demi Lovato spotted having lunch with former flame Wilmer Valderrama... after admitting in her documentary 'my heart's always with him'

▶ 'Online bullying is not OK!' Constance Hall DEFENDS cheating Married At First Sight bride Davina Rankin, as the reality TV star is branded a 's***' and 'home wrecker'

▶ 'What you see is what you get!' Roxy Jacenko DENIES she is a 'sell out' despite being an ambassador for FIVE different brands while still running her own public relations business

▶ 'Fame whores!' Lisa Oldfield's husband David appears to confirm that The Real Housewives Of Sydney will NOT return for a new series as he slams the cast on I'm A Celebrity... Get Me Out Of Here!

▶ Why does Davina have a T-shirt with her own face on it? Eagle-eyed fans spot a VERY bizarre item of clothing in the cheating bride's wardrobe on Married At First Sight

▶ 'It's like a marriage': Geri Horner speaks out on Spice Girls reunion during Sunday Brunch appearance... but viewers complain star 'shouted over everyone' on the show

▶ Busty Mariah Carey flaunts her curves in skintight mini dress as she packs on the PDA with beau Bryan Tanaka at Floyd Mayweather's birthday bash

▶ Hello sunshine! Courtney Stodden's assets are barely contained by a tiny yellow bikini in the reality star's latest saucy Instagram snap

▶ Chelsea Healey flaunts her incredible washboard abs seven months after giving birth in a white crop top as she steps out for beauty exhibition

▶ Grandfather will be proud! Lady Louise Windsor, 14, follows in Prince Philip's footsteps as she drives a carriage in the grounds of Windsor Castle

'I don't like you when you drink': Lisa Oldfield reveals how a comment from her young son made her finally decide stop drinking as she

▶ admits to 'having a problem with alcohol'

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▶ **Unbelieverble! Pop superstar Justin DOWNSIZES from Beverly Hills rental to plush \$55K-a-month home in West Hollywood... and it comes with a cinema and infinity pool**

▶ **'I miss you and love you Dad': Boxing legend Danny Green breaks down in tears on I'm A Celebrity... Get Me Out Of Here! after revealing his father is battling dementia**

▶ **Supermodel Kate Moss, 44, banishes the cold in stylish striped sweater and skinny jeans as she**

▶ enjoys countryside walk with daughter Lila Grace Hack, 15

▶ Prince Harry and Meghan are warned not to invite the bride-to-be's 'fame hungry' half-sister Samantha Markle to their wedding by her ex-husband

▶ She's a blushing bride! Today reporter Jess Millward stuns in a plunging white gown as she marries fellow Nine star Joel Dry in South Australia

▶ Oscar-nominated Syrian producer of 'Last Men in Aleppo' is denied a visa into the US for the awards because of Trump's travel ban

▶ Notting Hill and Vicar of Dibley star Emma Chambers dies aged 53 from 'natural causes' as tributes are paid to actress who brought 'laughter and joy'

▶ Celebrities' REAL mind and body ages are revealed ahead of a new TV experiment that challenges the stars to lose a combined 100 years in just 21 days WITHOUT going under the knife

▶ 'This CAN'T be my time': Emotional Barry Du Bois, 57, struggles to hold back tears as Living Room co-host Amanda Keller visits him in hospital as he battles cancer for the second time

▶ Ice Ice Baby! Pregnant Kirsten Dunst covers her burgeoning bump in a flowing black dress as she satisfies her cravings with a frozen treat

▶ Guess who! He's the lovable plumber turned reality TV star who wore a pair of thongs to his wedding... but would you recognise him from this sweet childhood flashback snap?

▶ Wipeout! Joe Jonas dramatically falls off his surfboard during a surfing lesson in Sydney as he continues filming The Voice Australia

▶ Grin and bear it! Alexa Chung braves the cold in fashionable teddy coat and cropped jeans in East London... after THAT 'lesbian sex' reveal

▶ Anything for fashion! Lady Amelia Windsor braves the 1C temperature in white strappy sandals as she steps out for the Emporio Armani show in Milan

▶ 'Apparently I'm pretty funny': Doting David Beckham bonds with his sister Joanne's newborn Peggy as they play together in an adorable family snap

▶ Size 22 model Tess Holliday wows in plunging sheer dress as she's joined by doting husband Nick at Create & Cultivate event... after speaking out on the couple's 'messy' sex life

▶ 'I need to get things off my chest': MAFS star Tracey Jewel hints an explosive revelation will be made during the show's commitment ceremony with unfaithful husband Dean Wells

▶ 'People kept looking at me saying "Na, it's not him!"' Kyle Sandilands says no-one recognised him after stepping into a McDonald's for the first time in 10 years...and calls the staff 'dumb f***s' after they got his order wrong

▶ Here come the girls! Newly single Louise Redknapp cuts a chic figure as she films a mystery project with Strictly pal Tess Daly, Kimberley Walsh and Alesha Dixon

▶ Time to wet the baby's head! Robin Thicke beams with pride as he picks up celebratory beers after welcoming baby Mia with April Love Geary

▶ She's got front! Braless Kim Kardashian flashes major cleavage in blazer and trousers set for Create & Cultivate event in LA

▶ You don't have to cut out sugar and squats alone WON'T give you the perfect butt: Personal trainer busts the top diet and fitness myths as she reveals the fastest way to see results

▶ Cindy Crawford cuts a chic figure in black and white for dinner at Craig's with husband Rande Gerber

▶ 'I could be in New York right now!': Sydney PR queen Roxy Jacenko drops \$3,400 on a one-way ticket to Perth after missing an early morning flight

▶ Petra Ecclestone turns heads in a fuchsia pink coat and thigh high boots as she enjoys a glamorous night out at a trendy Mayfair restaurant

▶ 'I'm absolutely devastated': Katie Price left heartbroken after her beloved dog Queenie is killed by a 'heartless delivery driver' in hit and run

▶ Beverly Hills beauty! Modern Family star Sofia Vergara takes shopping trip in the 90210 ahead of receiving prestigious award

▶ Demi Rose leaves VERY little to the imagination in a daringly low blue crop top and sarong as she soaks up the sun in Italy

Dancing queen! Roxy Jacenko's daughter Pixie Curtis shares a video of her 'typical

▶ Saturday night' with her younger brother Hunter

▶ Hollyoaks star Jorgie Porter's horror as 'her naked pictures are hacked from iCloud account and posted on porn website'

▶ Little Mix! Perrie Edwards flashes her cleavage in sexy lingerie inspired jumpsuit as she locks hands with boyfriend Alex Oxlade-Chamberlain on glam date night

▶ Hello sunshine! Pregnant Chrissy Teigen dresses up baby bump in yellow geometric top for Create & Cultivate in Los Angeles

▶ Supermodel Paulina Porizkova, 52, hits out at the fashion industry for 'giving celebrities a free ride' and no longer 'creating idols' - as she returns to the London catwalk after 30 years

▶ Need a new 'do? From 'curtain bangs' to bespoke colour and French-inspired locks - leading hairstylists reveal the top trends for autumn and winter

▶ Red hot! Camilla Belle wows in plunging gown for the Los Angeles Ballet Gala

▶ All better? Rachael Finch treats four-year-old daughter Violet to playground outing... after rushing home from South Korea Winter Olympics to look after sick 11-month-old son Dominic

▶ EXCLUSIVE: 'She's a different breed of b***h!' MAFS groom Ryan Gallagher's pal lashes out at his TV 'wife' Davina Rankin after her cheating scandal with Dean Wells

▶ Grace Jones proves she's still an icon at 69 as she flaunts her toned figure in revealing bodypaint onstage in Sydney

▶ The million dollar question! Married At First Sight star and ice cream engineer Justin Fischer attempts to film his other 'commitment ceremony'... but doesn't know how to record on his phone

▶ EXCLUSIVE: MAFS' Davina Rankin looks buff and bronzed in shocking snaps from her secret bodybuilding past... where she only scooped third in amateur bikini contest

▶ White hot! Married At First Sight 'bride' Carly Bowyer flaunts her assets in a busty selfie as she hints it might be over with Justin Fischer

EXCLUSIVE: 'Been flogged by too many

▶ drivers': Man tries to 'sell' MAFS star Tracey Jewel on Facebook for a four pack of vodka cruisers - saying she 'foams at the head'

▶ 'Drink responsibly!' Gary Clark Jr. shows off his bandaged hand as he steps out with wife Nicole Trunfio and newborn baby Gia... after injuring himself in a 'drunken Kung Fu fail'

▶ Like mother, like daughter! Neighbours star Jodi Anasta and her adorable mini-me daughter Alecia, three, enjoy a luxury pampering session at the nail salon

▶ Curves ahead! Ariel Winter showcases her figure in sports bra and tight leggings for outing with boyfriend Levi Meaden in Los Angeles

▶ One Elle of a workout! Fanning shows off her toned tummy in polka dot crop top as she leaves the gym in LA

▶ 'Someone's getting lucky tonight': Former escort Samantha X shares a VERY cheeky video after her split with Channel Seven's Ryan Phelan

▶ 'I'm happily single': Former escort Samantha X denies dating Perth financier Sam Nelson after Ryan Phelan split

▶ Something to smile about! Delta Goodrem stuns in a backless maxi dress in Byron Bay...after confirming her romance with rocker Matthew Copley

▶ Game time! The Kardashian-West take on the Kardashian-Jenners in Celebrity Family Feud

▶ 'I'm going to show him a real six-pack!' Steve Price, 63, vows to get shirtless and compare muscles with AFL star Josh Gibson when he returns to I'm A Celebrity... Get Me Out Of Here!

▶ 'Night Moves': Girls star Lena Dunham goes TOPLESS on Instagram... amid claims she's in 'constant communication' with ex Jack Antonoff

▶ 'It was like being freed off a plantation': Omarosa says she left Trump's White House because she was 'ignored' telling Celeb Big Brother US housemates 'it wasn't just the black thing - it was the woman thing'

▶ Is it all an act? Channel Nine forced to reveal whether Dean Wells and Davina Rankin are PAID ACTORS after the pair had an affair on Married At First Sight

No wonder Matty J is smitten! The Bachelor's

▶ **Laura Byrne flaunts her incredible figure in a skimpy bikini**

▶ **'It kills me': The Block star and bikini model Elyse Knowles admits she's 'so sick' of proving herself to everyone as the bikini model reveals why she scaled back her social media use**

▶ **White hot! Bachelor beauty Kiki Morris celebrates weekend by showcasing her surgically enhanced assets in plunging singlet... after going TOPLESS on Sydney nude beach**

▶ **'All news to me': Married At First Sight villain Davina Rankin DENIES sending X-rated messages to Dean Wells as she re-emerges on social media after going into hiding**

▶ **Age-defying Jennifer Lopez, 48, parades her envy-inducing curves in VERY sexy bodysuits for her sizzling performance in Las Vegas**

▶ **'Do my nipples OFFEND you?' Sports Illustrated Swimsuit model Samantha Hoopes poses in a sheer wet T-shirt as magazine hails her VERY provocative shoot its 'most memorable' of 2018**

▶ **'Please eat more!' Victoria's Secret star Elsa Hosk sparks concerns about her weight after posting a NUDE selfie, as Instagram followers insist she looks 'unhealthy' and 'too thin'**

▶ **Countdown! Khloe Kardashian 'selects baby registry as shower is soon' while decorating TWO nurseries, in LA and Cleveland... with only 8 weeks left**

▶ **'She's getting a really bad rep': Ex Bachelor star Noni Janur defends MAFS 'villain' Davina Rankin over THAT cheating scandal**

▶ **Fun in the sun! Bikini clad Bachelor babe Laura Byrne is all smiles as she cools off with a swim while chatting to a mystery man**

▶ **'If I had to put money on someone it would be Cam Cranley': Matty Johnson appears to confirm the firefighter is this year's Bachelor**

▶ **Elizabeth Hurley, 52, parades her age-defying figure in a bright blue bikini... after confessing her teenage SON Damian takes her racy snaps**

▶ **'Another shot of me in my underwear!' Katherine Heigl strips off to her bra after shedding the baby weight**

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