



# 5 TIPS TO HARMONIZE YOUR BODY



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# **WELCOME TO YOUR JOURNEY OF HARMONY AND WELLNESS!**

**In today's fast-paced world, it's easy to feel out of sync with your body. But true wellness comes from within—by understanding and nurturing your body's natural rhythms as a women, you can create lasting health and vitality.**

**This guide, "5 Tips to Harmonize Your Body," is designed to help you reconnect with your body, restore balance, & optimize your health. Whether you're just starting your wellness journey or looking to deepen your current practice, these actionable tips will empower you to support your body's detox pathways, reduce stress, nourish your gut, and harmonize your hormones.**

**Let's dive in and start creating the vibrant health you deserve with these 5 tips to bring more harmony to your body!**

**Disclaimer: All information provided is for health education purposes only and is not intended to diagnose, treat, cure, or prevent any disease.**



# 1. WHOLE FOOD-FOCUSED MEALS



Eating whole foods rich in nutrients supports your body's natural rhythms, promotes gut health, and balances hormones.

Focusing on whole, organic foods reduces your exposure to harmful chemicals and provides the essential nutrients your body needs to thrive.

## Actionable Tips

- **7-9 Servings of Fruits & Veggies:** Aim to fill your plate with a variety of colorful fruits and vegetables daily.
- **Shop Local:** Support your local farmers by shopping at farmers' markets where you can find fresh, seasonal produce.
- **Organic as Much as Possible:** Prioritize organic produce, especially those on the EWG Dirty Dozen list, to reduce pesticide exposure



## 2. INCREASE PARASYMPATHETIC ACTIVITY

Chronic stress is a major contributor to 80% of diseases in the body, affecting everything from digestion to hormone balance.

Stress can come from external sources (work, relationships) or internal sources (poor diet, lack of sleep). Activating the parasympathetic nervous system helps to counteract stress, promoting healing and balance.

### Actionable Tips

- **Meditation:** Spend 5-10 minutes daily in quiet meditation to calm your mind/reduce stress.
- **Breathwork:** Practice deep breathing exercises, such as 4-7-8 breathing, to activate the parasympathetic response.
- **Walks Outside:** Connect with nature by taking daily walks outside, which reduces cortisol levels.
- **PEMF Mat or Red Light Therapy:** Incorporate these therapies into your routine to reduce stress and promote cellular health.



# 3. DETOX PATHWAY SUPPORT

Your body's detox pathways, including the liver, kidneys, lymphatic system, and skin, are essential for eliminating toxins and maintaining overall health.

Supporting these pathways ensures your body can effectively process and remove harmful substances, leading to better energy, clearer skin, and overall well-being.

## Actionable Tips

- **Dry Brushing:** Stimulate lymphatic drainage and exfoliate your skin by dry brushing before your shower.
- **Exercise:** Engage in daily movement like walking, yoga, or strength training to promote sweating and circulation.
- **Rebounding:** Bounce on a mini-trampoline to support lymphatic flow and boost circulation.
- **Legs Up the Wall:** Practice this restorative yoga pose to aid circulation/toxin removal & support relaxation.



# 4. SYNC WITH YOUR CYCLE

Your cycle is your monthly report card...hormones play a vital role in regulating many aspects of health, from mood and energy levels to menstrual cycles and fertility.

Balancing hormones requires a holistic approach, including nutrition, stress management, and lifestyle choices.



## Actionable Tips

- **Cycle Syncing:** Adjust your diet, exercise, and self-care routines according to your menstrual cycle to support hormonal balance (check out my [Cycle Syncing Master Course!](#))
- **Track Your Cycle:** Begin tracking your menstrual cycle to understand your body's natural rhythms. Use a cycle tracking app or a journal to note your symptoms, moods, and energy levels throughout the month. This awareness can help you make informed choices about your health and lifestyle, tailoring your approach to align with your body's needs.
- **Herbal Support:** Consider herbal supplements like maca, evening primrose oil, or chasteberry to support hormonal health.



# 5. CULTIVATE A HEALTHY GUT



Your gut is more than just a digestion center—it's often called your "second brain" because it plays a crucial role in your overall health, influencing everything from immunity to mood and hormone balance.

A happy gut ensures efficient digestion, optimal nutrient absorption, and effective elimination of waste. It's the foundation of your overall well-being. An unhealthy gut can lead to numerous health issues, from bloating to brain fog.

## Actionable Tips

- **Increase Fiber Intake:** Aim for 25-40 grams of fiber per day to support healthy digestion & feed beneficial gut bacteria. Incorporate a diverse amount of vegetables & fruits...eat the rainbow!
- **Practice Mindful Eating:** Slow down and be present during meals. Mindfulness around eating can improve digestion & help you recognize your body's hunger & fullness signals.
- **Chew Thoroughly:** Chew your food until it reaches an applesauce-like consistency. Proper chewing breaks down food mechanically and mixes it with saliva, which contains digestive enzymes. This process aids digestion and nutrient absorption, reducing the burden on your stomach and intestines.





# CONNECT WITH CAYLA

## I want to hear from you!

Please reach out to Cayla if you have any questions about the course. Be sure to follow me on Instagram and TikTok for more hormone harmony!



## Ready To Take Your Health To The Next Level?

Work 1:1 with Cayla and get to the root cause to finally live in harmony & work with your body rather than against it!

Learn more about how to work with Cayla at [www.caylanoelle.com/harmony/coach](http://www.caylanoelle.com/harmony/coach)

Shop Cayla's Personal Recommendations [here](#)

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