

THE HORMONE HAPPY HOUR

A Monthly Wellness Newsletter

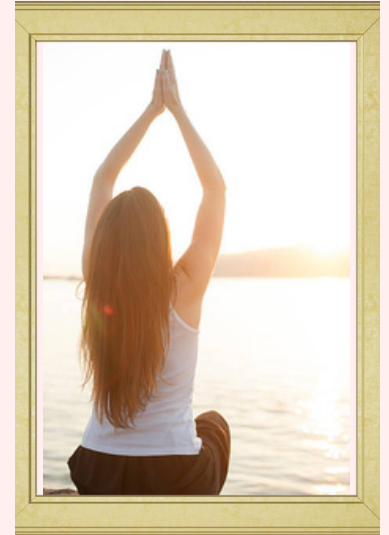
June 2026

Sit back, sip well, and stay balanced with the latest tips for navigating perimenopause

This Month's Focus:

Cooling Your Stress Hormones for Summer

This month, we're diving into how heat, cortisol, and perimenopause all interact — and why summer can make those shifts feel even louder. Rising temperatures naturally increase cortisol output, and when you layer in changing routines, kids home from school, later evenings, and less structure, your stress hormones can feel a little overstimulated. Our goal is to help you stay steady, supported, and balanced as the season warms up and life gets a bit busier. (Pages 3-5)



Mocktail of the Month

Each month, we share a mocktail that feels special, tastes amazing, and actually supports your hormones. It's a small ritual that helps you unwind without sabotaging your sleep — or your next morning. (Page 6)



Upcoming Events



Level Up Your Hormone Health
- a FREE Community Seminar

Saturday, June 13th
1:00 pm - ONX Eagan
3:45pm - ONX+Amelia Northeast

Balance BHRT - Your Local Hormone Experts
Plymouth, Minnesota
In-person & Telehealth
(952) 213-2144 (shoot us a text!)

www.balancebhrt.com



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A Note From Andrea

≡ Welcome ≡

I'm so glad you're here for the very first edition of *The Hormone Happy Hour*. June always feels like a fresh start - longer days, lighter routines, and a little more room to breathe. But for many women in perimenopause, summer can also bring its own kind of chaos. Sleep gets thrown off, stress creeps up, energy dips... and let's be honest, having kids home all day can make even the calmest routines feel a little upside-down. Mix in the Minnesota heat and humidity stress on our bodies, and BOOM! Cortisol reactivity is *amplified*.

This month, my goal is to help you feel steady, supported, and balanced as the seasons upshift. Think of this newsletter as your gentle reminder that small, nourishing choices really do add up - and you don't have to navigate any of this alone.

So sit back, sip something soothing, and let's make this a month where your hormones feel just a little more on your side.



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This Month's Deep Dive

Cortisol: Your Stress + Sleep Hormone

Cooling Your Stress Hormones for Summer

What this hormone does

Cortisol helps regulate energy, metabolism, inflammation, and your body's stress response. It also plays a major role in sleep-wake cycles and how steady (or not) you feel throughout the day.

Why it changes

During perimenopause, fluctuating estrogen and progesterone make your nervous system more sensitive to stress (fun fact - your testosterone is only 50% of what it used to be). These fluctuations can cause cortisol to spike higher, stay elevated longer, or crash at the wrong times - especially in summer when routines shift, and sleep gets disrupted.

Symptoms you may notice

- Afternoon crashes
- 2-4 a.m. wake-ups
- Feeling "tired but wired"
- Increased anxiety or irritability
- Sugar or carb cravings
- Belly weight changes
- Heat intolerance or worsened night sweats

How BHRT supports balance

Bioidentical progesterone has a naturally calming effect on the brain and helps regulate cortisol rhythms. For many perimenopausal women, optimizing testosterone and/or estrogen can improve sleep quality, temperature regulation, and nervous-system stability - all of which help cortisol behave more predictably.

When to consider testing

If you're experiencing disrupted sleep, persistent fatigue, mood swings, or stress intolerance, a cortisol panel (saliva, urine or both) can help understand your pattern and tailor your treatment plan.

Myth of the Month

"If I'm exhausted, my cortisol must be low."

Not always. Many women feel tired because cortisol is actually too high at the wrong times - especially at night. Testing helps us see the full picture so we can support your body appropriately.

Lifestyle Guidelines for Cortisol Balance

Foundational, simple, steady habits that help your stress hormones work with you - not against you

Stress

- Build in small “micro-pauses” during the day (60–90 seconds of slow breathing can lower perceived stress. Look up 4-7-8 breathing - your nerves will thank you).
- Create an evening wind-down ritual to signal safety to your nervous system.
- Reduce multitasking - your brain reads it as stress.
- Protect one “quiet morning” per week with no rushing, alarms, or screens

Nutrition

- Prioritize protein at breakfast to stabilize blood sugar and reduce cortisol spikes.
 - Aim for 30g each meal, plus at least one 15g snack.
- Eat every 3–4 hours to avoid the blood sugar dips that trigger stress hormones.
- Add minerals: magnesium-rich (not oxide) foods, electrolytes, and leafy greens support cortisol regulation.
- Limit alcohol and high-sugar evening snacks - both increase nighttime cortisol and disrupt sleep.
- Long fasts aren't for everyone, FYI

Exercise

- Mix intensity: pair strength training + gentle movement (walking, Pilates, yoga).
- Keep HIIT to 1–2 sessions per week if you're feeling wired, anxious, or fatigued.
- Move daily, but avoid intense workouts late in the evening - they can elevate cortisol at bedtime.
- Prioritize outdoor movement when possible; natural light helps reset your cortisol rhythm.

Sleep

- Aim for consistent bed and wake times - cortisol loves predictability.
- Dim lights 1–2 hours before bed to support melatonin production.
- Keep your bedroom cool; heat increases nighttime cortisol and night sweats. A crisp 66 degrees is optimal.
- Avoid scrolling in bed - blue light and emotional stimulation both elevate stress hormones.

Use your wearable (Garmin, Apple Watch, Oura, Whoop, etc.) to track your body's responses to the helpful and not-so-helpful parts of your day (you may be surprised by how much food and drink - especially sugar and alcohol- plays a part).



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Nutraceutical Spotlight

PS-150 (Phosphatidylserine)

From an educational standpoint, one nutraceutical I consistently find helpful for supporting healthy stress hormones is phosphatidylserine, often known as PS-150. It's a naturally occurring phospholipid that plays a key role in brain health, cortisol regulation, and the body's stress response - especially in the evening when many women experience that "tired but wired" feeling.

Women in perimenopause often become more sensitive to stress, and PS-150 is one of the most researched nutrients for helping support a calmer, more predictable cortisol rhythm.

This isn't a personal medical recommendation, and supplements aren't right for everyone. You should always consult your healthcare provider before starting any new nutraceutical, especially if you're on medications or managing chronic conditions.

If you're simply curious to learn more, here's the product I often reference:

PS-150 by Designs for Health

If you choose to explore this supplement, you can use my practitioner link below to order and automatically save 10%. This is simply an option for convenience - always check with your healthcare provider before starting anything new.

<https://us.fullscript.com/o/storefront/collections>



THE HORMONE HAPPY HOUR MOCKTAIL

Your Monthly Alcohol-Free Ritual for Better Sleep & Better Hormones



June Mocktail of the Month: The Cool-Down Spritz

A refreshing, mineral-rich, nervous-system-soothing sip designed for hot days and hormone-sensitive evenings.

Ingredients

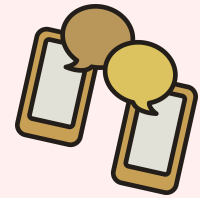
- ½ cup coconut water (for electrolytes + hydration)
- ½ cup sparkling water (lime or plain)
- ¼ cup fresh citrus juice (lemon or lime)
- 1-2 tsp honey (optional)
- 4-5 fresh mint leaves
- 2-3 slices lime or lemon
- Ice

Instructions

1. Muddle gently: In a glass, lightly muddle the mint with the citrus juice to release the oils without bruising the leaves
 2. Add hydration: Pour in the coconut water and stir in honey
 3. Top with sparkle: Add ice, then top with sparkling water for a refreshing spritz effect.
 4. Garnish: Finish with citrus slices and a fresh mint sprig
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Stay Connected



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