

# Your Hormones in Harmony

≡ A Smart Woman's Guide  
To a Lifetime of Energy, Focus, and Vitality ≡

by  
Dr. Melodie M. Billiot



Published by  
Wellness Ink

## Praise for *Your Hormones in Harmony*

**If you want to heal your body and regain your vitality, follow the wisdom in this book very carefully!**

As a nurse practitioner and integrative/functional health coach, I've worked with many bright, talented, health care providers. In my career of over thirty-five years, I've never met anyone who is more brilliant about health and healing than Dr. Melodie Billiot. As a busy professional woman whose health crashed after trying to "do it all" for way too many years, I was often told, "It's all in your head," and, "There's nothing wrong with you."

It was Dr. Billiot's care, compassion and expertise that helped me make vitality my reality again. If you want to heal your body and regain your vitality, follow the wisdom in this book very carefully!

– *Lori Finlay Hamilton*  
MS, RN, APRN (RT), BCC

**This book has the most important and correct information about hormone health. It is the place to start for any woman who has questions about her hormones.**

Dr. Billiot shows you that your hormone problems are not just from stress, not just from toxins, not just age, and not just lack of exercise; and although these problems may be common, they are not normal. It doesn't have to be this way!

I read this book to write a review and found myself learning a whole lot in the process! *Your Hormones in Harmony* is a very well thought-out and complete account of how your hormones got so out of balance, and into a downward spiral. This book will show you how to return the dynamics of your hormone system to balance and harmony.

– *Dr. Stewart Edrich DC*  
*Applied Kinesiologist, Holistic Health Solutions, Los Alamitos, CA*

**Dr. Billiot has produced a remarkably simple and practical book which portends an innovative and important approach to women's health.**

There is little doubt that the increased number of manmade, xenoestrogenic compounds we find in water, air, food and household products can disrupt normal hormonal functions. As a potent example, these chemicals have been linked to an increase in breast cancer over the past fifty years at almost

a pandemic rate. In this book, *Your Hormones in Harmony*, Dr. Billiot's patient narratives bring a decidedly real, human touch to a subject that is all too often cold, diagnostic jargon.

– *Michael Wisner*

*Research Scientist and Author of Living Healthy in a Toxic World*

**First, *Your Hormones in Harmony* is written by a woman; a trained, skillful, healthcare professional who cares about women and the quality of life we can have.**

Second, it is readable, and offers to assist us in making well-informed decisions regarding our health and welfare.

Last, my life is one of living proof that if you accept any or all of what Dr. Billiot offers us in this work there is no question that proportionately you will improve upon where you were before you became enlightened.

– *Yvette Cologne,*

*Executive-Level Government Administrator, Georgia*

**Dr. Billiot writes with passion, and a vision for a healthier tomorrow for all women!**

Her book, *Your Hormones in Harmony*, is not only insightful and educational but also very understandable. She lays out the roles of hormones and how they affect our wellbeing in a clear and concise manner.

Dr. Billiot shares the story of her own personal health and journey towards a balanced life. Through her work, Dr. Billiot deepens our understanding of what we encounter as women in everyday life, and the factors that can wreak havoc on our hormonal system. Overall, Dr. Billiot's book is filled with understanding, awareness and inspiration as she brings us full circle on the pathway to hormone harmony!

– *Stephanie Clement*

*RYT, CSYT, MT, CYT, owner of Stillness Yoga & Meditation Center*

**Dr. Billiot puts forth in a candid, understandable, appealing and personal way an explanation of many common women's issues that are often just as commonly misunderstood.**

Fifteen years of providing medical thermographic services to thousands of women has allowed me the unique opportunity to witness which methods and modalities of treatment benefit the patient the most. I also hear from

the ladies I image of their frustrations with our current healthcare options, and how confusing those can be.

Just as thermography isn't just for breasts, there is a lot more to the hormone system than the five or six sex hormones most doctors concern themselves with. True remedies and health solutions require addressing the entire body as a whole. This book offers many holistic options and lots of encouragement!

Only you can begin to make the changes necessary for your own health, and you have lots of help in *Your Hormones in Harmony!*

“Be fierce! Be beautiful! Be you!”

– *Nina Rea*  
*BCTT, PhysioTherms, Inc.*

**“This book is a MUST READ for every man and woman!”**

*Your Hormones in Harmony* is the doorway to every woman's vibrant health. Dr. Billiot walks us through that doorway with clear, simple explanations that address the causes of misery and ill health in almost every woman.

The best part is that she explains everything in a very simple, easy-to-understand language that everyone can relate to. I felt that she took me on a journey from my teens to my golden years, explaining the role of my hormones through every phase of my life.

This book is an easy and interesting read because of the wit and humor that Dr. Billiot uses to lighten up medical explanations that are so often very dry to read.

With the valuable information in this book, women can understand what is happening to their bodies and why, and as a result, be more capable of taking care of them. Men will realize why their wives, mothers, sisters and daughters are at one moment, Antheia, Goddess of Flowers, and at the next, Hekate, Goddess of the Night. Their loved ones are not crazy, only a victim of out-of-balance hormones!

The clear and comprehensive program in this book fits perfectly with holistic, empirical and time-tested nutritional and natural methods for avoiding medical pitfalls and bringing back the symphony and homeostasis of the body to sustain a blissful life.

– *Nelli Biddix*  
*ND, CBS, CHS, ACNC, MH*

**I love the theme “knowledge is power.” This book is exactly that, a powerful tool in the hands of those seeking to regain their health.**

It addresses topics that no one else is willing to discuss, and provides much needed guidance to healthy living in a world of profit-driven companies selling lies to an unassuming public. A must-read for anyone desiring to live a healthy and happy lifestyle!

– *Aubrey Van Benthem*  
*Author and Teacher*

**“If you are interested and concerned about women’s health issues, especially your breasts, this book is for you!”**

My favorite chapter is about taking charge of your body and health and not depending on a doctor to decide for you. Doctors should partner with you, which is often not the case in conventional medicine.

Dr. Billiot’s book is informative, easy to read and easy to understand. It covers hormone information, lab testing, the effects of stress on our body, female health disorders, and care options. Most importantly, *Your Hormones in Harmony* tells you how to have a lifetime of ENERGY, FOCUS, VITALITY, and more!

As an RN of fifty years, a holistic nurse practitioner, a licensed massage therapist specializing in cancer and mastectomy, and a breast health educator, I am truly impressed about the quality of information this book provides. As much as I thought I was a wealth of knowledge, Dr. Billiot’s book provided me with wonderful new information! A great read for all women regardless of age!

– *Cheryl Chapman*  
*RN, BSN, HN-BC, LMT, NCBTMB*

## Dedication

I lovingly dedicate this book to my wonderful husband and amazing sons.

To my husband Norman who loves and supports me no matter what. He is truly the wind beneath my wings. I am so grateful for his love and never-ending optimism in our life and in our business together of helping others find health. He is the motivation and the energy for all of us.

To my precious sons Alec and Drew, without you I would be a shadow of who I am today. Being a mother to two amazing sons can do that for you! To Alec, my artist, you are an inspiration, and as a result of our journey together to find your health answers, we have helped thousands. You are a blessing to me and to many others in this world. To Drew, you have been my light and encouragement and my sunbeam every day since you came to us. You keep me young, and you always make me laugh. You will be a force in this world! I can't imagine life without either of you!

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