

7 Days to Hormone Harmony

A gentle reset for midlife balance, peace, and energy

By M'Jae Brown

Midlife Wellness, Elevated

How to Use This Guide

Welcome to Your 7-Day Reset

Hey beautiful,

If your body has been whispering (or hollering) that something's off—maybe your energy feels low, your sleep is restless, or your mood has been swinging like a praise dancer on Sunday—breathe. You are not broken. You're just in transition.

7 Days to Hormone Harmony is your gentle invitation to slow down, listen in, and love your body back into balance. Each day offers one small step—something nourishing, doable, and real. You'll find a rhythm that honors your hormones, your peace, and your womanhood in this powerful midlife chapter.

You don't have to do everything at once. Just take these seven days one breath, one sip, one step at a time. God designed your body with wisdom and resilience. We're simply learning to tune back in.

So, pour your tea, grab your journal, and let's begin this journey toward harmony—body, mind, and spirit.

With grace and joy,

Coach M'Jae

Midlife Wellness, Elevated

Day 1: Reset Your Morning Rhythm

Focus

Reconnect with your body's natural rhythm.

Practice

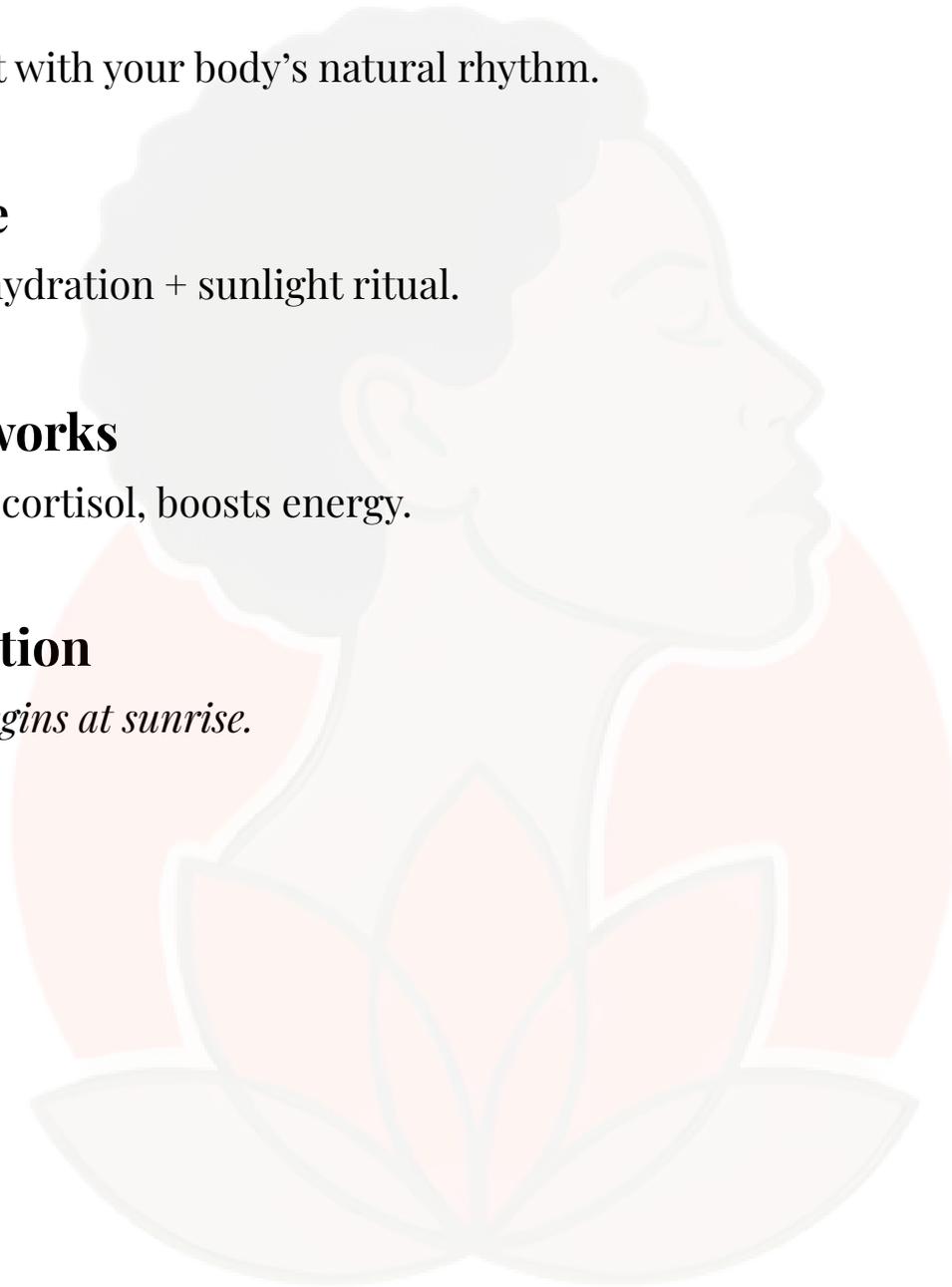
Morning hydration + sunlight ritual.

Why it works

Regulates cortisol, boosts energy.

Affirmation

Balance begins at sunrise.



Day 2: Eat for Energy

Focus

Fuel your hormones with steady energy.

Practice

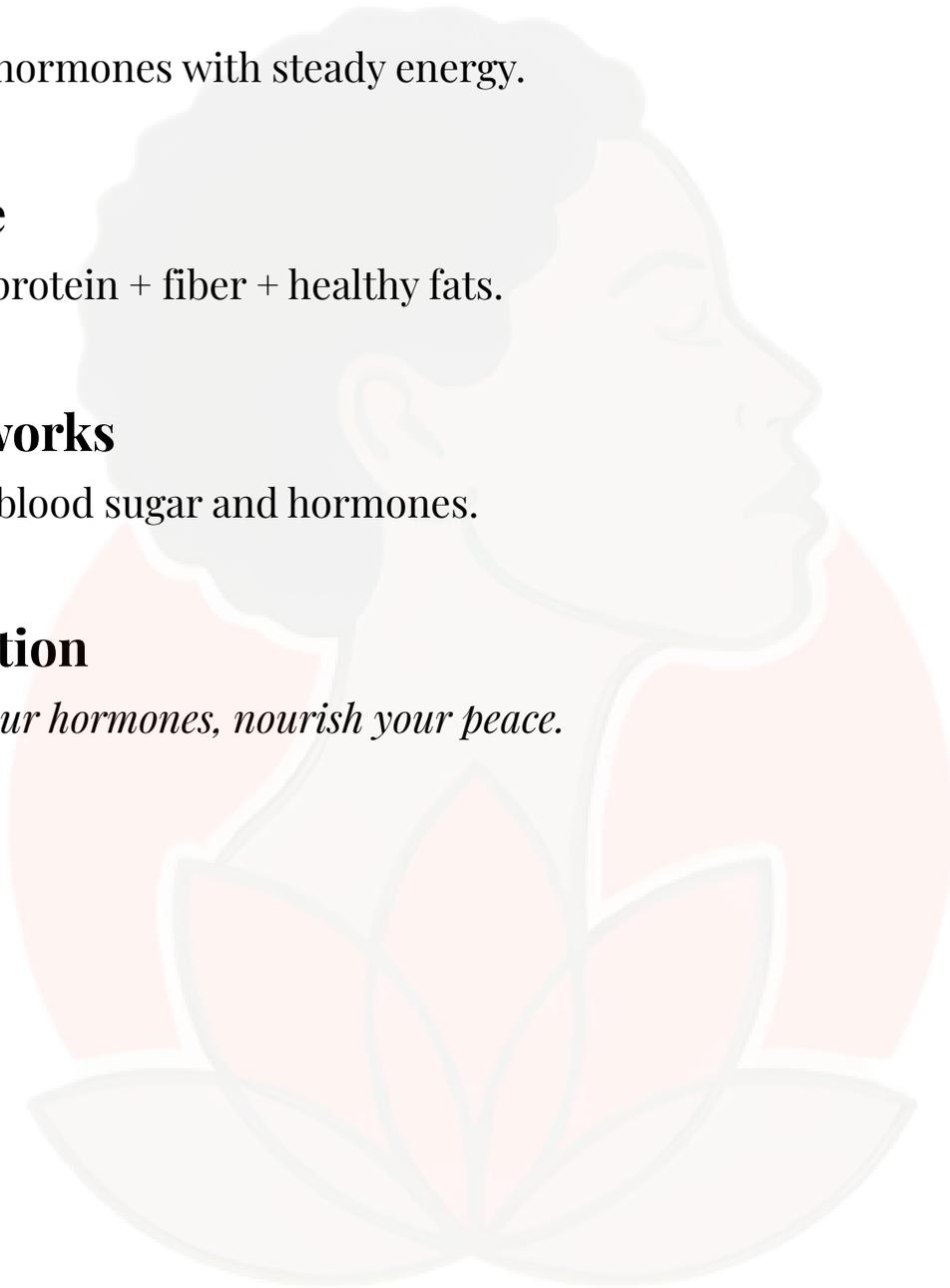
Combine protein + fiber + healthy fats.

Why it works

Stabilizes blood sugar and hormones.

Affirmation

Nourish your hormones, nourish your peace.



Day 3: Breathe for Balance

Focus

Calm your nervous system to calm your hormones.

Practice

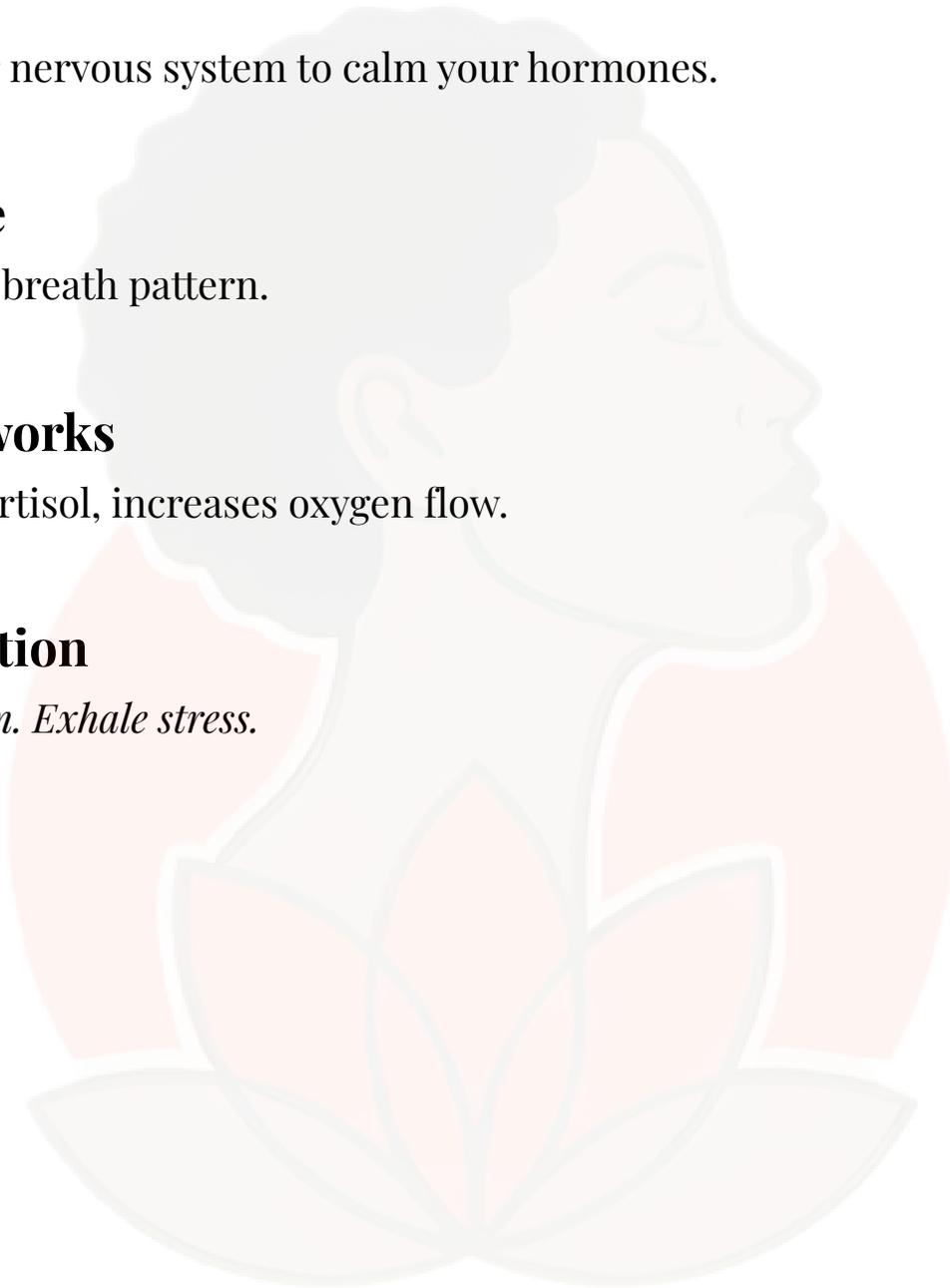
The 4-4-6 breath pattern.

Why it works

Lowers cortisol, increases oxygen flow.

Affirmation

Inhale calm. Exhale stress.



Day 4: Soothe Your Stress Hormones

Focus

Bring your body back to safety.

Practice

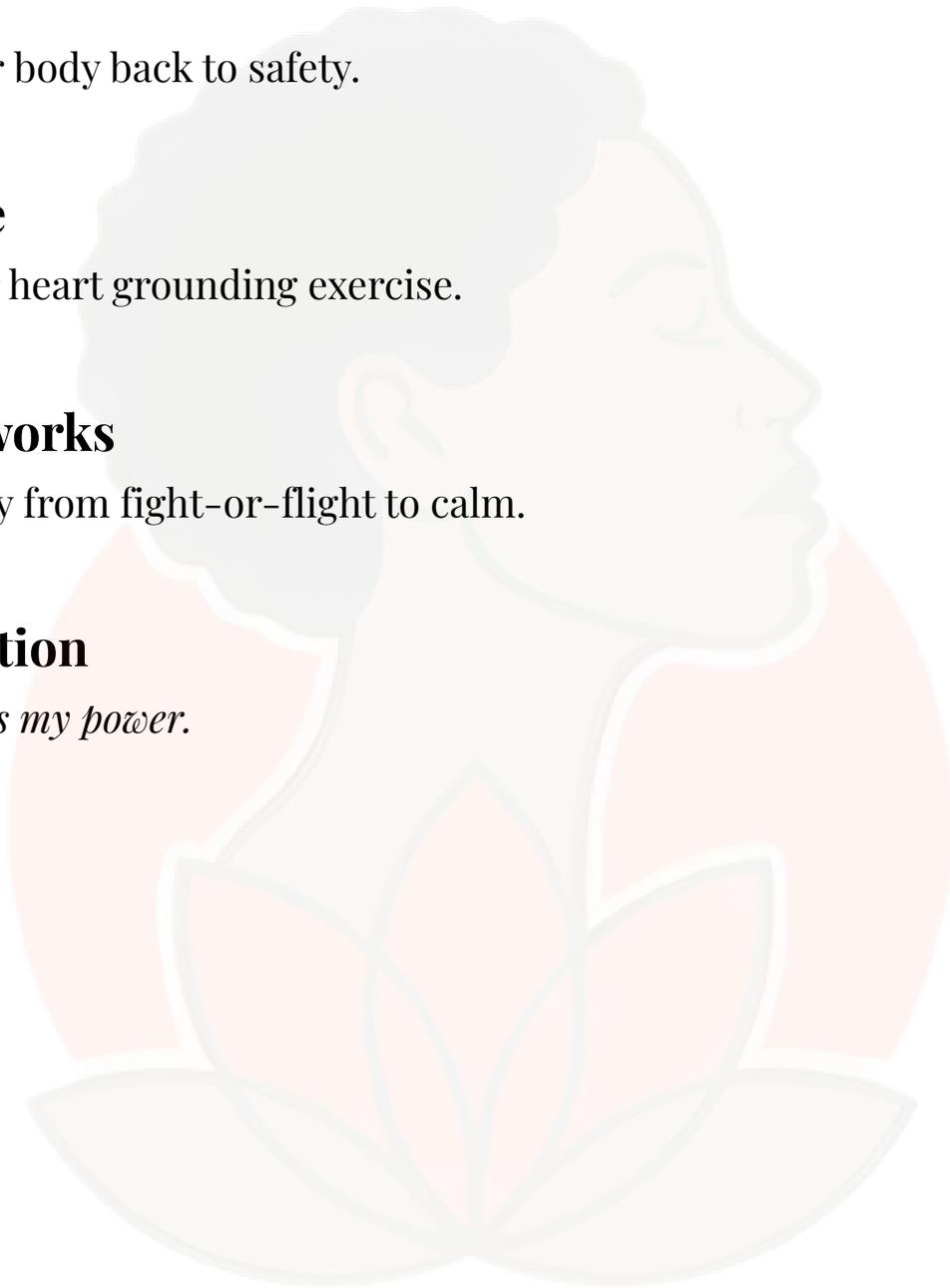
Hand over heart grounding exercise.

Why it works

Shifts body from fight-or-flight to calm.

Affirmation

My peace is my power.



Day 5: Support Your Adrenals

Focus

Nourish your stress and energy glands.

Practice

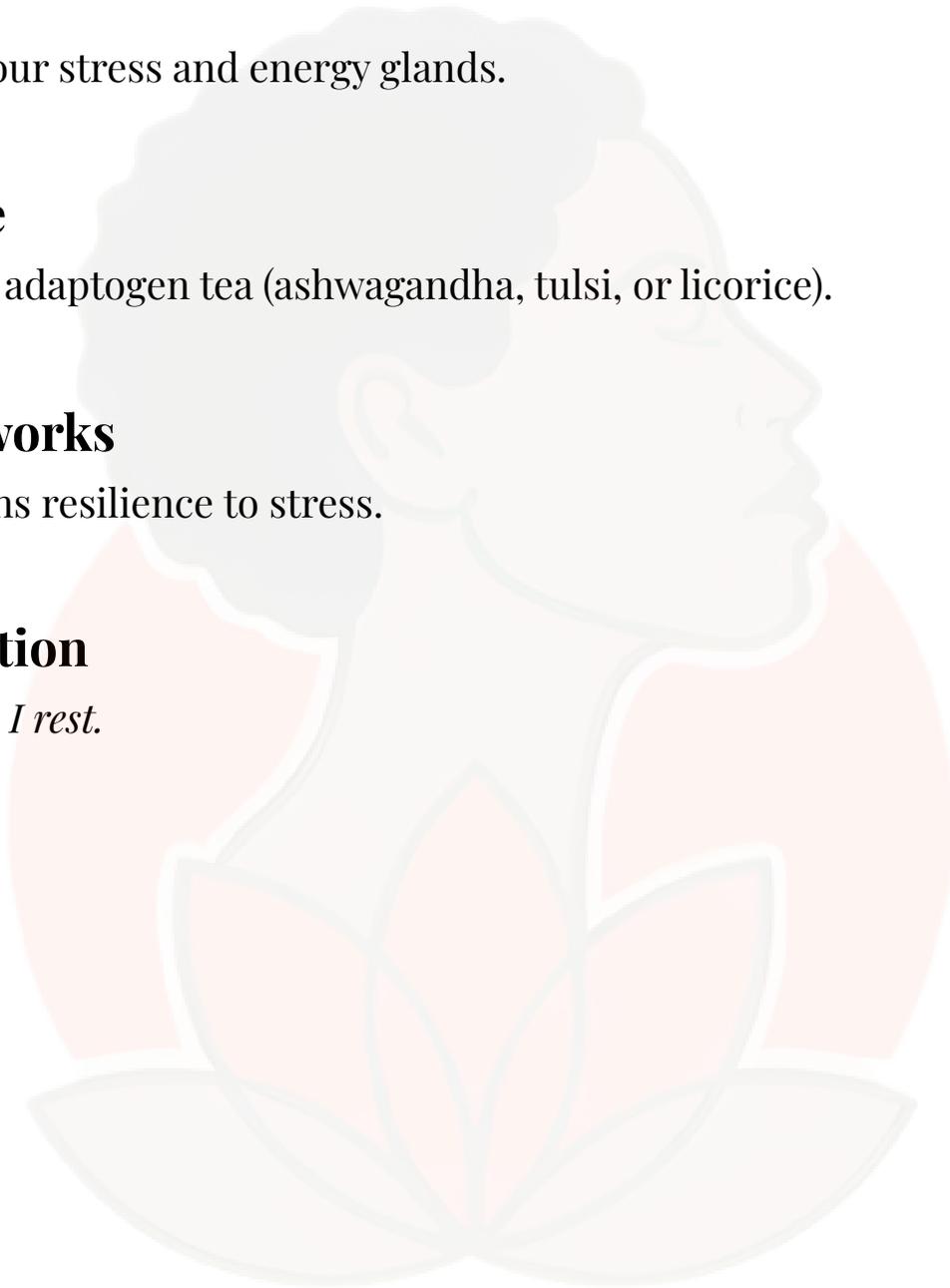
Sip herbal adaptogen tea (ashwagandha, tulsi, or licorice).

Why it works

Strengthens resilience to stress.

Affirmation

I restore as I rest.



Day 6: Move for Flow

Focus

Encourage circulation and hormone balance.

Practice

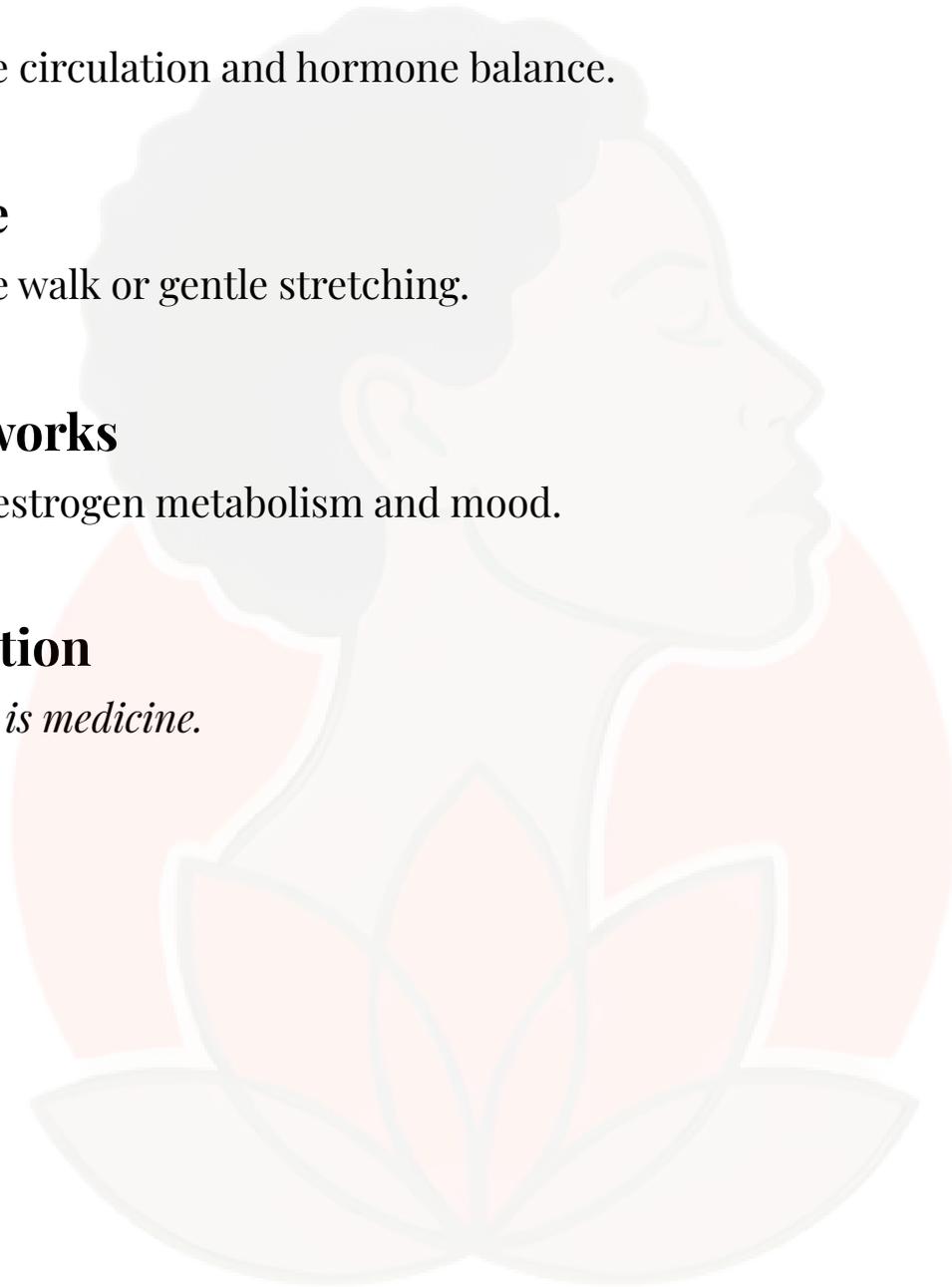
20-minute walk or gentle stretching.

Why it works

Supports estrogen metabolism and mood.

Affirmation

Movement is medicine.



Day 7: Sleep & Restore

Focus

Let your body repair and renew overnight.

Practice

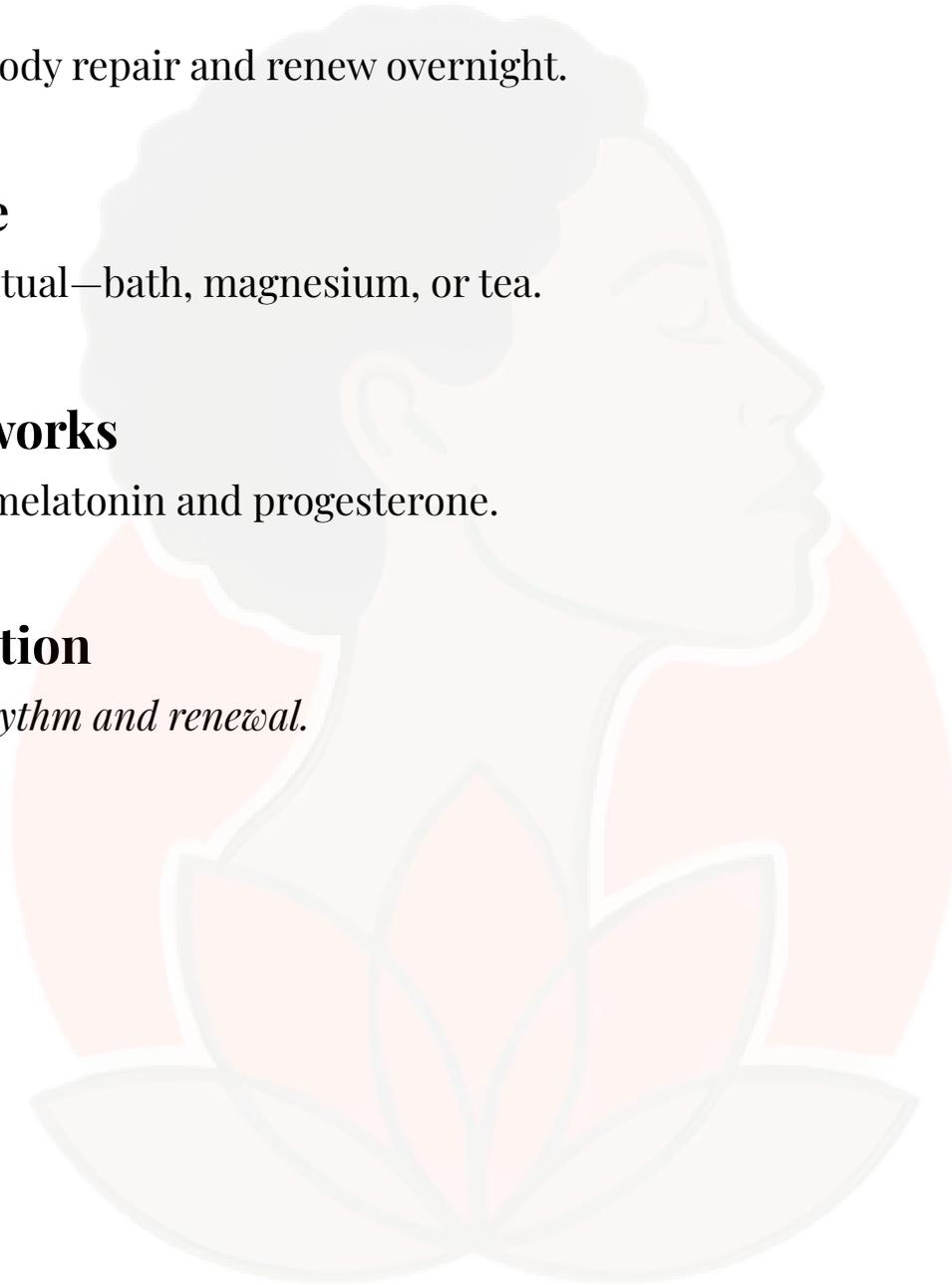
Evening ritual—bath, magnesium, or tea.

Why it works

Balances melatonin and progesterone.

Affirmation

I rest in rhythm and renewal.



Closing & Connection

Your Harmony Continues

You did it, sis. Seven days of listening to your body, honoring your rhythms, and choosing peace on purpose. That's no small thing. This is what hormone harmony feels like—not perfection, but partnership with your own body. You've reminded your nervous system what calm feels like, your hormones what flow feels like, and your spirit what alignment feels like.

Keep nurturing this connection. Keep choosing foods, thoughts, and routines that serve your healing. And when life gets loud again (because it will), come back to these pages. Come back to your breath. Come back to you.

I'm cheering you on as you continue this journey of balance, beauty, and becoming—because your midlife is not a breakdown, it's a breakthrough.

Stay in touch for more midlife resources, retreats, and wellness tools:

www.MidlifeWellnessElevated.com

@MidlifeWellnessElevated on IG and Facebook

With love and light,

Coach M'Jae