

# EP29: MORNING ROUTINE FOR HORMONE BALANCE

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## SUMMARY KEYWORDS

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## SPEAKERS

Leah Brueggemann

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Leah Brueggemann 00:05

Welcome to today's episode of the balancing hormones naturally podcast where we offer actions and steps you can take today to start supporting and balancing your hormones. This is your podcast host Leah Brueggemann, I'm honored and excited to be your guide on your way to a better understanding of hormone health and how it affects your everyday life.



Leah Brueggemann 00:36

Hi, guys. So we're gonna be talking about morning routine here all about ways to set your day up for success. And strangely enough, I actually think your morning routine starts with the night before. Okay. All right. So before we dive in, if you are loving this podcast, please take a second to go to the podcast app or iTunes app, I think is what it is, and rate and review balancing hormones naturally. I've literally read every single one of your reviews. And it means the world to me that this is reaching women who value this information and want to make the support with their body and we're not crying. But anyways, thank you for all of you who have reviewed it. And if you haven't, please do. So I know. I'm always like, I'm going to review my favorite podcast like, you know, when I get home, but I always forget unless I put an alarm on my phone. So please, please, please, please, if you have a second and you're loving the podcast, it would really mean the world to me.



Leah Brueggemann 01:40

Okay. So, morning routine morning routine starts with the night before, because we may have these great ideas of getting up early and going through this beautiful morning routine. But if we went to bed at 3am in the morning, then we're not going to want to get up and do anything with our morning. Okay, so your morning routine starts with prepping the night before that means getting to bed at a decent hour. Okay, we'll make a whole other episode on a nighttime routine. But getting to bed at a decent hour and then prepping whatever you need for the next morning, whether that's like getting your journal out prepping your water or anything like that. Okay, prep the night before. I know, I'm going to talk about our realistic morning routine. Okay, I'm going to talk you what my morning routine looks like. Okay, and I'm going to tell you what it looks like on a good day. And I'm going to tell you what it looks like

on a bad day. Because I think that a lot of times when I hear morning routines, it's this excessive like one hour, two hour routine. And does that sound amazing? Yeah, it sounds incredible. But I have a child. And I know that there's moms out there that even have more kids than me and I'm not going to get up at 5am to have an hour long morning routine. I'm sorry. I value my sleep. So we'll start first with what it looks like on a good day. So on a good day, I can typically get up about a half an hour before Mr. Landon he gets up about 730 so I get up about seven. And I will start off first with so the night before I have my phone on airplane mode, so I don't turn it off airplane mode. So if you've messaged me in the morning, that's why I don't get it or the night before That's why I don't get I have it on airplane mode. And I get up and I actually start off first with dry brushing. Okay, and I will be dry brushing and then I will put on some oils or some lotions depending on what I'm feeling for the day brush my teeth typically don't wash my face at this point. I know that's probably gross, but whatever we get dressed. And then I move into the kitchen and I drink a huge, huge, huge, huge, huge, huge glass of water. This can have lemon in it. It always has my CT minerals and Mito ATP, which is amazing for your gut. These are supplements you guys are interested in you'll have to shoot me a message because you need a practitioner code for them. But they're amazing so I get my minerals in all of that good stuff okay. And then I move right to the kitchen table and I will do my morning prayers and then I journal and I have a journal right now that like gives me prompts so that's what I'm following. It always starts with like what I'm grateful for and then typically just a prompt to like journal out what's going on. And then I will move into literally like three minutes of stretching like just to like get my back limber and my back moving. I go outside and I stand on the ground or in the grass and it's been really wet lately and literally Just for a minute and stand there with my eyes closed or my eyes open like letting the sun get on my face for my circadian rhythm in the morning I love it. Okay, and then that's it. I'm done that literally take can take me anywhere from 20 minutes to 25 minutes depending on how long I want to spend stretching



Leah Brueggemann 05:22

and then that is when I will get on my phone and I will check all my messages and answer any like DMS that I need to get to if I can get to them at that time before Landon wakes up and then Lana wakes up and we eat breakfast so that was what my morning routine looks like. When it's a bad morning routine. What I say bad morning routine as in I don't get everything that I want to do I will still show you what my non negotiables are. So let's say Landon gets up the same time that I get up because either I didn't wake up I didn't set an alarm or I just was too tired sometimes Landon still gets up in the middle of the night every once in a while. So if we get up at the same time he also sometimes likes to get up at 640 so you know there's that I will get up and I will dry brush and I will drink a massive glass of water and then Landon and I started our day that's it. I was being realistic like once Landon's up like we'll say you know our morning prayers and then we'll eat breakfast but literally those are it so those are my I guess you would say those are my two non negotiables are dry brushing and why I guess I do put my clothes on and morning so that my oils I know a few different oils right now I have a happy hormone rollerball of oils that I really really like and then I've been using immortal recently which I really really like which and then what else do I use, I have one for my liver that are used as well. Anyways so those are my non negotiables and then drinking a big glass of water I do do that every single morning no matter what. And then Linden nine will say our morning purse. And that's it. So yes, I love a little bit longer one and getting up and having that more support. But let's be real sometimes it doesn't happen. So those are two of my non negotiables I still have my phone on airplane mode when I wake up and Landon's up like I still don't go on that first thing that is also a non negotiable I don't want to be starting my day with putting out fires I don't want to be putting out fires when I first wake up I want to make sure I'm putting in positive vibes good thoughts, my morning prayers, my gratitude and starting my day off on that note opposed to like all the drama that's going on in everybody else's life or emails that I have to take care of our messages I have to get to So anyways, that's my realistic morning routine. And I'm really proud of the one that I can get done in 20 minutes. And it doesn't have to be super long you guys because let's be real most of us don't have that much time. So even if it's five minutes that you can just take to set your time for the day like for me that's drinking my water and dry brushing and not just like going for coffee or anything like that can make the world of difference. So message me please what your non negotiable is okay? Also, I think if I check the schedule correctly, the free challenge is coming back up and the next day or so you guys or the next week or so, you should be getting that notification. We have 47 people on the

hormone reset waitlist and I think we only have like 25 or 30 spots. We did I did not we did I hired another coach I hired an accountability coach to help out so that we can hopefully support more women so we will see but if you have been waiting to get on the hormone reset I will link it here below because we we do only have limited spots, so you can save your spot right now before the challenge even starts. We had over 700 people on the last challenge though I know that this is one it's going to just be amazing. All right. I'll talk with you later.



Leah Brueggemann 09:39

Thank you for listening to today's episode of balancing hormones naturally if you found this helpful, I would love for you to share it with a friend and post it on your stories and tag balancing hormones actually podcast so we can get this message out. You can find me on Instagram at Leah underscore br eg and I would absolutely love to hear from you