

Light, Minerals & the Gentle Rhythm of Hormones

Have you ever noticed how different you feel after a day outside compared to one spent under artificial lights? That refreshed feeling isn't imagined. Your body was designed to live in rhythm with light.

Every system in your body follows a 24-hour pattern called the circadian rhythm. Light is what sets that rhythm. When your eyes meet the morning sun, your brain receives a quiet signal: a new day has begun. Cortisol rises just enough to wake you. Your thyroid begins preparing energy for the day. Blood sugar becomes steadier. Even your mood benefits.

It doesn't have to be dramatic. A few minutes outside in the morning — without glasses, contacts, or a window between you and the sky — is often enough to gently reset your internal clock. Cloudy days still count. Morning light opens the dance.

> Just as important, evening darkness closes it. Dimming lights at sunset and limiting screens allows melatonin to rise naturally so you can sleep deeply. Light and dark together create the rhythm your hormones long for.

The Thyroid & Energy

The thyroid is small, but it influences nearly everything — energy, digestion, mood, even menstrual cycles. When it slows down, you may notice fatigue, brain fog, cold hands and feet, constipation, or heavier periods.

But thyroid struggles rarely begin with the thyroid alone.

Stress, poor sleep, and mineral depletion often sit underneath. The body needs iodine, selenium, zinc, magnesium, sodium, and potassium to create and use thyroid hormones properly. If minerals are low — or out of balance — hormones may be present in the blood but not effectively used by your cells.

That's why labs can look "normal" while you still feel exhausted. The deeper story is often written in your mineral balance and daily rhythm.

Minerals: The Quiet Foundation

I often call minerals the spark plugs of the body. They are small, but nothing works without them.

Magnesium helps calm the nervous system and supports progesterone. Zinc supports ovulation and immune health. Sodium and potassium help your adrenal system and move thyroid hormone into cells. Iodine fuels thyroid and ovarian function. Iron and copper must stay balanced to support energy and mood.

When minerals are depleted — often from stress, pregnancy, blood sugar swings, or chronic busyness — hormone symptoms begin to surface: PMS, migraines, irregular cycles, fertility challenges, or ongoing fatigue.

The good news? When we restore minerals gently and consistently, the body often responds beautifully.

Hormones Through the Month

Our hormones rise and fall like a tide.

During menstruation, hormones are lowest. With enough magnesium and zinc, this phase can feel reflective instead of overwhelming.

In the follicular phase, estrogen rises and energy builds.

Ovulation brings a peak — many women feel social and productive here.

The luteal phase should feel calm and steady as progesterone rises — but when magnesium or B vitamins are low, PMS often appears.

Learning to work with these phases instead of fighting them changes everything. Minerals give your body what it needs to move through each season smoothly.