

HORMONES & WEIGHT



- Do you experience...
- difficulty losing weight or weight gain?
 - decreased metabolism?
 - fatigue all day or in the afternoon?
 - mood shifts and stress?
 - difficulty falling or staying asleep?

Foundational Support

- **Nutrition:** timing, quality, and quantity
- **Movement:** strength training & aerobic exercise
- **Sleep:** cool, quiet, dark bedroom, same bedtime/day, no electronics 1-2 hours before bed
- **Stress management:** physical and emotional
- **Pain management:** pain increases cortisol

Sometimes you may need to dig deeper...

Ask your provider if the following hormone tests may be helpful to achieve your health goals.

Vitamin D

Thyroid

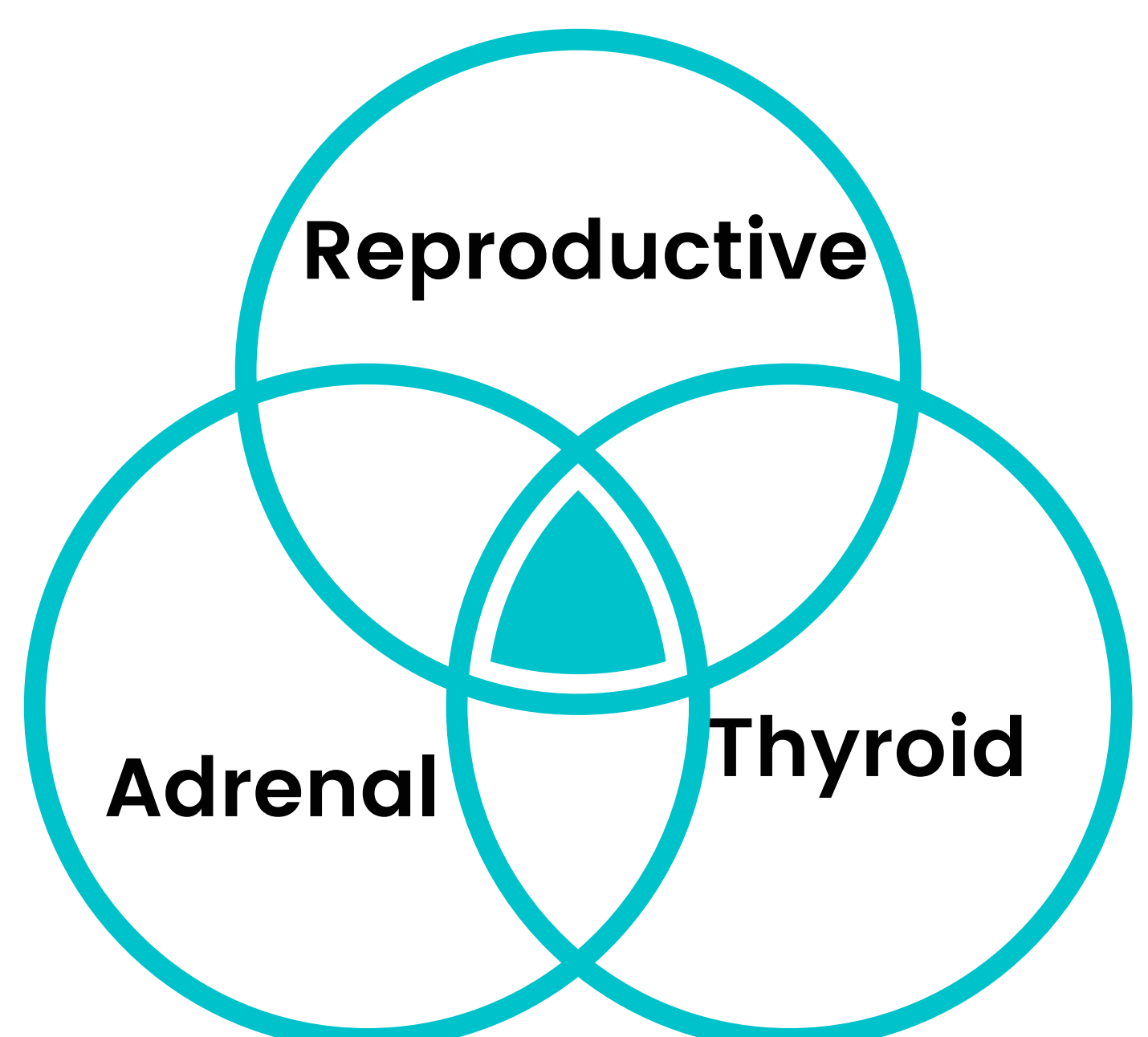
- TSH, fT3, fT4, rT3, anti-TPO Ab., anti-TG Ab

Reproductive Hormone

- Progesterone, Estradiol, Testosterone, DHEA-S

Adrenal Hormones

- Cortisol x 4 samples during day



HORMONE BALANCING



Hormones are a complex system of interactions that are impacted by our genetics, environment, and personal choices.

Outside Influences on Hormones

- **Plastic/BPA/Parabens:** hormone disruptors
- **Fragrances/Candles/Air Fresheners/Body Care Products:** interfere with hormone signaling and binding
- **Digestion:** digestion and liver function greatly impact absorption and elimination
- **Standard American Diet (SAD)**
- **Stress Management:** elevated cortisol, due to physical or mental stress, impacts thyroid & adrenal hormones, as well as resting metabolic rate
- **Pain and inflammation**
- **Sedentary lifestyle**



Action Steps to Create Change

- **Switch to glass bottles, cups & containers**
- **Choose more natural bodycare and cleaning products** -- > check EWG.org's Skin Deep for your products
- **Ask your doctor if you have consistent digestive concerns**
- **Nutrition:** small, frequent meals of whole foods, anti-inflammatory diet
- **Breathing exercises & meditation**
- **Showers:** end with 30-60 seconds of cooler water
- **Move every 45-90 minutes;** restorative options: yoga, swimming, walking, body weight exercises
- **Castor oil packs topically on abdomen**

Supporting Hormone Metabolism and Clearance

The included are a few, but not complete, options to consider researching and asking your doctor about.

They are usually used in combination within products. Supplements are not regulated by the FDA and this is for informational purposes only.

- **Fiber:** vegetables, fruit, whole grains, chia, flax
- **Hydration:** filtered/clean water with electrolytes as needed
- **Vitamins:** Vitamins D, B6, B12, folate, magnesium, and calcium
- **Supplements:** DIM, Calcium D-Glucarate, and Indole 3Carbinol
- **Herbs:** Chaste Tree, Schisandra, Pueraria, Red Clover, Bacopa, Hops, Black Cohosh, Gotu Kola, Sage, Green Tea Extract
- **Products:** I like FemGuard + by Designs for Health and EstroMend by Douglas Labs