

# HEALTHY IS UNDERSTANDING YOUR HORMONES

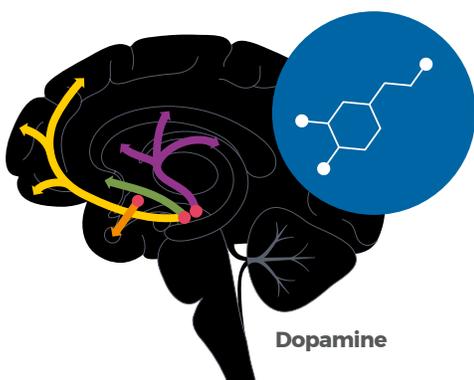
## ENDOCRINE SYSTEM

is the body's network of hormone-producing glands and organs.



**Hormones are special chemicals that travel through the bloodstream.**

They carry messages from the glands where they are produced to cells in different parts of the body. These chemical messages help to “turn on” or “turn off” cellular processes that control appetite, stress, blood sugar, sleep cycles, sex drive, and sexual function, to name a few.



**Some hormones, such as serotonin and dopamine, also function as neurotransmitters** — chemicals that relay messages between nerve cells in the brain and from neurons to muscles. Neurotransmitters help to coordinate movement and control mood and cognition.

<https://www.everydayhealth.com/hormones/guide/>

## HORMONE IMBLANCE

**50** Types of  
hormones  
in your body

**Hormonal imbalance stems from your body making too little or too much of a hormone or a series of hormones. Symptoms include:**

- Sudden or inexplicable weight gain or weight loss
- Difficulty sleeping
- Feeling very hot or very cold changes, or extreme sensitivity to heat or cold
- Excessive sweating
- Heart rate changes
- Dry skin or sudden acne
- Anxiety or other mood changes
- Sexual function or appetite shifts
- Blurred vision
- Brittle hair and nails
- Excessive hair growth
- Breast tenderness

<https://www.endocrineweb.com/hormone-imbalance>



## CAUSES



**Medical conditions, as well as the medications or treatments for those conditions can all impact your hormones.**

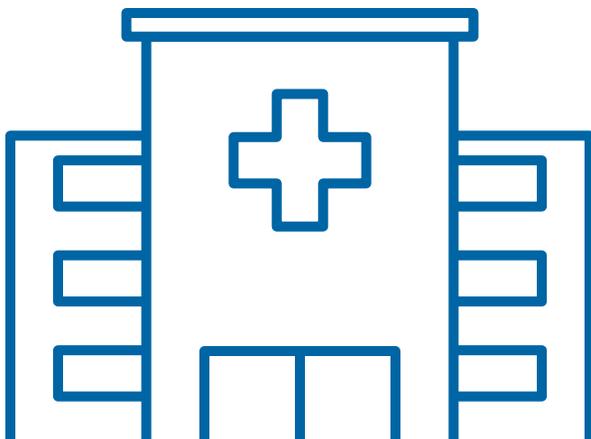


Other causes of hormonal imbalance may include Type 1 and Type 2 diabetes, hypoglycemia, and thyroid disorders such as hypothyroidism or hyperthyroidism. In women, conditions such as menopause or polycystic ovary syndrome (PCOS) may cause hormonal fluctuations. In men, hypogonadism may lead to low hormone levels.

**Other culprits include injury, trauma, or eating disorders. One of the most common causes of hormonal imbalance is stress.**



**Call 860.896.4877 to schedule an appointment with an endocrinologist and get to the bottom of your specific symptoms.**



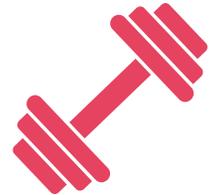
## BALANCE

**Here are 10 ways to balance your hormones.**

<https://www.healthline.com/nutrition/balance-hormones#Everything-You-Should-Know-About-Hormonal-Imbalance>

1. **Eat enough protein at every meal**

2. **Exercise regularly**



3. **Maintain a moderate weight**

4. **Take care of your gut health**

5. **Lower your sugar intake**

6. **Reduce Stress**



7. **Consume healthy fats**

8. **Get consistent, high-quality sleep**

9. **Follow a high-fiber diet**



10. **Reduce red meat consumption**