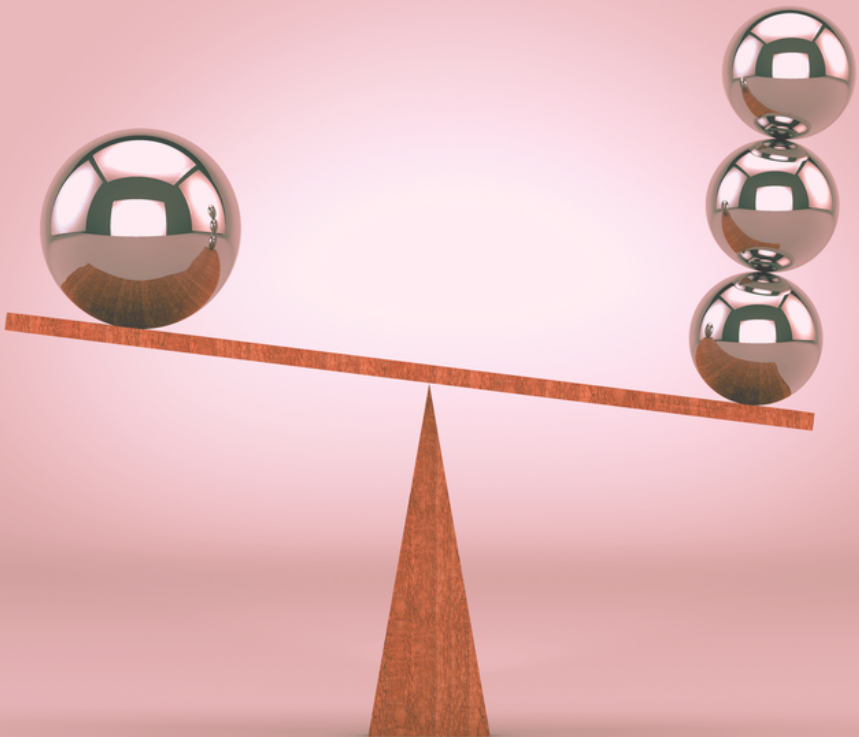




**10 SIGNS
OF**

**HORMONE
IMBALANCE**



KNOW SOME OF THE COMMON SIGNS OF HORMONE IMBALANCE:



1 FATIGUE

Experience of heavy exhaustion and fatigue, especially without exerting throughout the day can be a sign of hormonal imbalance.

Excess progesterone, a hormone primarily vital to menstruation, pregnancy, and sperm production, tends to make you a little sleepy. An underactive thyroid (the butterfly-shaped gland in your neck) can also contribute to tiredness due to the lack of thyroid hormone being released into the system. The thyroid hormone's role is to regulate metabolism. Fatigue can also be linked to low testosterone levels in the bloodstream. Testosterone is responsible for metabolism and the production of red blood cells, both of which directly contribute to energy. Testosterone levels tend to decrease with age, but with proper blood tests, you can determine where your optimum testosterone levels are and be able to maintain your energy throughout the aging process.



WEIGHT FLUCTUATIONS

Unexplained weight gain or weight loss can be another sign that hormone levels are out of balance. Having an underactive thyroid can mean your metabolism is low, which can contribute to rapid weight gain. If your thyroid is overactive, meaning too much thyroid hormone is being released into the system, this can contribute to rapid weight loss. Leptin and insulin are sex hormones & growth hormones responsible for metabolism, appetite, and body fat distribution. When imbalanced, these hormones can also contribute to losing or gaining weight.



3

RAPID AGING

Many believe that the signs and symptoms of aging are 100% unavoidable; that we are destined to lose mobility and have to deal with rapid skin changes. While we're not ever going to turn back the numerical aging clock entirely, what we can do is be further educated and proactive as we age so that the chances of having to navigate the signs of aging decrease significantly, helping us *feel* like we're in our 20's & 30's again. Joint and muscle pain, decreased collagen in the skin, hair loss, and decreased mobility, just to name a few, are all common signs of aging as women enter menopause and men enter their 50's.

Hormone balance is key factor in determining how much the aging process will affect us. After bloodwork and a full panel review, many hormone specialists will recommend remedies such as peptides. Peptides are all-natural short chains of amino acids that are shown to have a huge impact on the reversal of aging. Peptides send powerful biological signals that promote repair and rejuvenation to our tissues and cells. They are often prescribed as part of a hormone replacement therapy care plan as a way of assisting with weight, skin, muscle strength, inflammation, and immune function.



4

HAIR LOSS

Hair loss and thinning can impact both men and women pretty significantly. If your hair is falling out in clumps or thinning over time, it could indicate that your hormones are not functioning at an optimal level. The levels of estrogen, progesterone, and testosterone can all be factors to consider and have evaluated when experiencing hair loss.

During menopause, women's progesterone and estrogen levels tend to drop significantly, causing hair to grow more slowly and become thinner. Some men entering the age of 50 tend to have a decrease in their testosterone which contributes directly to the levels of dihydrotestosterone (DHT) which is found in skin, hair follicles, and the prostate. DHT can also be derived from DHEA (an adrenal hormone more common in women).

Having optimum testosterone, estrogen, DHT, and progesterone levels can help promote hair growth.

5 ANXIETY/ DEPRESSION

Hormonal imbalances can cause a lot of problems in the body's physiological and mental functions and are absolutely interconnected with mental health. Change in mood is a common symptom to look out for, especially if you're experiencing other symptoms that indicate your hormones might be off.

When progesterone and/ or estrogen levels drop, this may trigger depressive episodes in some people. Low testosterone in both men and women has also been known to contribute to depression. Even if you haven't been diagnosed with anxiety or depression, there are mood-related symptoms linked to hormone imbalance to pay attention to such as brain fog, trouble concentrating, overwhelm, sleep issues, and lack of motivation.

Additionally, the thyroid gland is responsible for producing hormones called T3 and T4 which are essential for brain development and they influence mood and behavior. Understanding thyroid levels as they relate to mental health is essential for reducing risk for anxiety and depression.



6 DIGESTIVE ISSUES

Hormones influence gut function through the microbiome and bacterial system in our intestines. Chances are high that hormone imbalance can be linked to common gut imbalance symptoms such as constipation, bloating, diarrhea, or nausea. This could be due to the impact hormone imbalance has on the population and function of overall bacteria in your gut. The combination of balancing your hormones and adopting more nutrient-dense foods into your every day diet can very much improve your overall gut function. This holistic approach of evaluating your eating habits as part of your hormone therapy plan is recommended so your body can properly retain nutrients and distribute energy.



7 SKIN CHANGES

There are several different skin changes that can occur that indicate you might be dealing with hormonal imbalances. Some could include breakouts/ irritations/ acne around the jawline, neck, or other areas of the face & body. Other signs might be skin dryness, early wrinkles, rosacea, or changes in pigmentation. Changes in progesterone and/ or estrogen levels can be the primary reason why you may notice changes in the skin. Your body cooperates with hormones to keep a balance, so even when there is one hormone that is off, these changes in skin can creep up. Increasing hydration throughout the day and decreasing ingredients like refined sugars, caffeine, and trans fats can help maintain the health of your skin. Peptides are also shown to improve skin structure.





8 LOW LIBIDO

Sexual wellness is a vital topic, and we don't shy away from it. Sluggish libido is most commonly experienced when we reach the ages of 40-60.

When sex hormones are imbalanced, there is typically a decrease in testosterone for both men and women. Though hormone-related decreases in libido are most common a little later in life, they can realistically occur at younger ages too. Erectile dysfunction, vaginal dryness, and an overall decreased interest in sex all correlate under libido changes related to hormonal imbalance. There's typically a difference between lack of interest in sex once in a while, and longer periods of time where there's little to no sex drive. If low libido persists for months, it might be a good idea to make sure your hormone levels are healthy.



9 SLEEP TROUBLE

The relationship between hormone imbalance and trouble sleeping can be a vicious cycle and it can wreak havoc on your body. Lack of sleep increases stress hormones (cortisol) in the body, contributing to things such as weight gain, trouble focusing, adrenal fatigue, cognitive function, and other life-disrupters. In the same stance, hormonal imbalance could be the very thing contributing to your sleepless nights. So even when you're trying to get adequate sleep, your hormones might be the very thing preventing you from doing so. This can be an infuriating cycle, but at least by getting your hormones checked, you can have a better idea of your sleep hormones and how they're contributing negatively to your nightly cycles.

10 BRAIN FOG

When hormones are out of balance, it can cause a condition known as brain fog. This condition is defined as a state in which you find yourself unable to focus or concentrate on daily tasks, while also experiencing a very noticeable increase in irritability and fatigue. It is highly likely many women will feel brain fog as they're going through menopause or if their T3 or T4 levels are off. They describe brain fog as feeling forgetful, confused, and unable to problem-solve or think clearly. There are medications and supplements that can assist in hormones responsible for overall brain health so that you can get your focus back on track. Life is a lot to navigate as it is, so we recommend doing what you can to learn more about the connection between your hormones and cognitive health. Our providers can offer solutions to getting you into a state of thinking and operating at more of an optimal level, especially as aging takes shape.



SUMMARY & SOLUTIONS

Seeing a provider who specializes in hormone health is ideal if you are struggling with any of these 10 common symptoms of hormones imbalance. At Amazing Meds, we offer treatment plans that are curated to your individual needs. You can start by scheduling a free consultation where you'll discuss your symptoms with our medical director. Your symptoms will determine what labs are ordered, and then you will do a lab review with our nurse practitioners and medical providers. From there, you will be prescribed medications that are individually compounded for you. After 6 weeks, our providers will follow up with you to ensure that your prescribed treatment plan is helping your hormonal imbalance symptoms.

Hormone therapy can positively contribute to your overall health and it's a topic we are looking to raise more awareness about. Why just treat the symptoms when you can treat the root of the problem?

We are always here to listen and provide you with lasting results along your wellness journey!



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