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THE GENTLE HORMONE reset



DISCLAIMER

This ebook does not take the place of medical advice; rather, it is intended to help you better understand your body and support your journey toward wellness.

The information provided here should not be interpreted as medical advice or treatment because I am not a doctor.

Before beginning any new health regimen, please consult your healthcare provider, particularly if you are pregnant or nursing, take medication, or have preexisting health issues.

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INTRODUCTION

WHAT ARE HORMONES?

Hormones are biochemical messengers that influence nearly every process in the human body.

They control growth, metabolism, reproduction, emotions, and energy balance.

Simply, they are chemical signal substances produced by endocrine glands and transported through the bloodstream to target organs.

There, they bind to specific receptors and trigger reactions that regulate bodily functions.

Key Features:

- Act at extremely low concentrations
- possess particular target cells
- Collaborate with the nervous system

Principal Endocrine Glands:

- The pituitary gland
- The thyroid gland
- The adrenal glands
- The pancreas
- Testes and ovaries

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HORMONES & FUNCTIONS

WHAT ARE THE MOST IMPORTANT HORMONES AND THEIR FUNCTIONS?

INSULIN

The pancreas produces insulin, which controls blood sugar levels and encourages cells to absorb glucose.

A deficiency leads to diabetes mellitus.

ADRENALINE

The adrenal medulla produces adrenaline.

Function: causes the body to go into “fight or flight” mode when under stress.

Function: raises blood pressure, heart rate, and energy metabolism.

CORTISOL

The adrenal cortex produces cortisol, which controls inflammation, metabolism, and the stress response.

Disorder: prolonged high levels cause exhaustion and weight gain.

ESTROGEN AND PROGESTERONE

The ovaries produce progesterone and estrogen.

Function: control bone metabolism, fertility, and the menstrual cycle

Disorder: PMS, mood swings, or irregular cycles can be brought on by an imbalance

TESTOSTERONE

The testes (in men) and ovaries produce trace amounts of testosterone.

Function: encourages libido, energy, and muscle growth

Disorder: fatigue, weak muscles, and decreased libido can result from deficiencies.

THYROID HORMONES (T3, T4)

Thyroid gland production

Function: Regulate body temperature, energy consumption, and metabolic rate

Disorder: Fatigue is caused by hypothyroidism, while anxiety and weight loss are caused by hyperthyroidism.

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HORMONAL BALANCE

CAUSES AND SYMPTOMS OF HORMONE IMBALANCE

A balanced hormonal system is essential for health and well-being.

Even small deviations can have major effects.

CAUSES OF IMBALANCE

- Chronic stress
- Lack of sleep
- Unhealthy diet
- Environmental toxins
- Lack of exercise
- Aging

SYMPTOMS OF IMBALANCE

- Mood swings
- Weight gain or loss
- Fatigue
- Skin problems
- Menstrual irregularities
- Loss of libido

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SUPPORT HORMONAL BALANCE

NATURAL WAYS TO SUPPORT HORMONAL BALANCE

NUTRITION

- Sufficient amounts of fiber, healthy fats, and protein
- Steer clear of sugar and highly processed foods.
- Flaxseed, soy, and legume phytoestrogens

EXERCISE

- Frequent exercise raises endorphins and decreases cortisol.
- Strength training increases the production of testosterone.

SLEEP

- 7–9 hours per night support regeneration and hormone regulation

STRESS MANAGEMENT

- Meditation, breathing exercises, and mindfulness help lower cortisol

ENVIRONMENTAL AWARENESS

- Limit your exposure to chemicals and plastics that contain hormone-like compounds.

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AGE & HORMONES

HOW HORMONES CHANGE WITH AGE

PUBERTY

- Activation of sex hormones
- Physical and emotional changes

PREGNANCY

- Increased production of estrogen, progesterone, and hcG
- The body adapts to support fetal growth

MENOPAUSE

- Decrease in estrogen production
- Symptoms include hot flashes, sleep disturbances, and mood swings

AGING

- General decline in many hormones
- Affects energy, muscle strength, and metabolism

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MEDICAL SUPPORT

LEARN WHEN MEDICAL HELP MATTERS

A medical evaluation might be required if the symptoms don't go away.

Blood tests can reveal hormone levels.

Therapeutic approaches include:

- Hormone therapy (bioidentical or synthetic hormones)
- Lifestyle and dietary adjustments
- Herbal supplements and micronutrients

BONUS

OVERVIEW OF KEY HORMONES

Hormone	Gland	Main Function
Insulin	Pancreas	Regulates blood sugar
Adrenaline	Adrenal medulla	Stress response
Cortisol	Adrenal cortex	Metabolism, stress
Estrogen	Ovaries	Cycle, bones, skin
Progesterone	Ovaries	Cycle, pregnancy
Testosterone	Testes	Muscle growth, libido
T3/T4	Thyroid gland	Metabolism, energy
Melatonin	Pineal gland	Sleep-wake rhythm
Serotonin	Gut, brain	Mood, well-being

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CONCLUSION

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Hormones are the invisible conductors of the body.

A harmonious interplay of these messengers forms the foundation for health, vitality, and emotional stability.

Through conscious living, balanced nutrition, and stress reduction, hormonal balance can be supported naturally and sustainably.