



THE HEALTHY HORMONES GUIDE

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What Are Hormones?

The Cycle Starts Here

Our hormones are essential to our general well being and overall health. Most women say “It’s just my hormones”, but what does mean and what are they?

Hormones are a class of chemical substances that act like little messenger molecules in the body. After being made in one part of the body, they travel to other parts of the body where they tell other cells and organs what to do. For women, the ovary is the primary producer of female sex steroids. The ovary acts as a powerhouse and works 24/7 producing estrogen, progesterone and small amounts of testosterone. Then every month after puberty, we are greeted by our “Aunt Flow” and our menstrual cycles begin.

This time period (pun intended) is called a cycle for a reason. Namely because our hormones will rise and fall along a predictable course. The cycle starts on your first day of flow. This time period marks the elevation of follicle stimulating hormone or FSH which is released from the pituitary gland in the brain. This hormone travels down to the ovary and tells the ovary to start maturing an egg for fertilization and for the ovary to produce estrogen. At around day 14, the leutenizing hormone is released from the pituitary gland and stimulates ovulation or the egg to be released from the ovary. The egg then starts its wondrous journey down the fallopian tube. After the egg is released from the ovary, the ovary will start to produce progesterone in lager quantities. If at the end of the cycle there is no fertilization, estrogen and progesterone will start to fall and the lining the uterus will be shed resulting in a period.

Our hormones undoubtedly have a huge influence on our lives and menses can be a frustrating time for many women. However, now that we understand how the cycle works, we can make positive changes to optimize our hormonal balance. So let’s get started and make your hormones happy!



What Does It All Mean?

There is a delicate balance of hormones occurring in the body at all times. When that balance is disturbed, signs and symptoms of hormonal imbalance can occur. You might experience menstrual migraines, volatile moods, low energy, poor sleep, painful periods, no periods at all or other premenstrual syndrome effects. So how do you know what your hormones are saying?.

What Are Your Hormones Saying?

The first step to balanced hormone health is to determine what your current hormone cycle is. The best way to figure this out is with the Hormone Health Questionnaire. The questionnaire is easy to follow and is broken down into key hormonal groups. Keep your score as you go along and find out which hormone category fits you best. Once you have determined your hormone health profile, you will be able to identify optimal treatment protocols to make your hormones happy.

Happy Hormones
This Way

