



# IS IT YOUR HORMONES? 10 SIGNS TO CHECK

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| <p><b>Persistent Fatigue</b><br/>Do you feel exhausted, even after a full night's sleep? Hormone imbalances like low testosterone, thyroid issues, or adrenal fatigue could be the cause.</p>   |  |
| <p><b>Unexplained Weight Gain or Difficulty Losing Weight</b><br/>Struggling to lose weight despite diet and exercise? Hormones play a significant role in metabolism and fat storage.</p>  |  |
| <p><b>Mood Swings, Anxiety, or Depression</b><br/>Are you experiencing mood changes, irritability, or feelings of sadness that seem unrelated to life events? Hormonal changes can affect neurotransmitter function, impacting your mood.</p> |  |
| <p><b>Decreased Sex Drive</b><br/>Has your libido taken a nosedive? Low testosterone or imbalanced estrogen levels may be affecting your interest in intimacy.</p>  |  |
| <p><b>Brain Fog or Difficulty Concentrating</b><br/>Is it hard to focus or remember simple things? Estrogen, testosterone, and thyroid hormones all play a role in cognitive function.</p>  |  |
| <p><b>Insomnia or Poor Sleep Quality</b><br/>Are you tossing and turning at night? Imbalances in cortisol, melatonin, or progesterone can disrupt your sleep cycle.</p>   |  |
| <p><b>Digestive Issues</b><br/>Do you frequently experience bloating, constipation, or other digestive problems? Hormones like cortisol and estrogen influence gut health and digestion.</p>  |  |
| <p><b>Hair Loss or Thinning Hair</b><br/>Noticing more hair in your brush or thinning patches? Hormonal imbalances, particularly thyroid issues or low testosterone, can affect hair health.</p>  |  |
| <p><b>Chronic Stress or Anxiety</b><br/>Do you feel overwhelmed or anxious most of the time? High cortisol levels from stress can disrupt your entire hormone system.</p>   |  |
| <p><b>Low Energy or Lack of Motivation</b><br/>Do you find it hard to get through the day without caffeine or naps? Low testosterone, adrenal fatigue, or thyroid issues could be zapping your energy.</p>                                    |  |