

ROOT-CAUSE WELLNESS · HORMONE HEALTH GUIDE

Hormone health starts with the root cause

Why irregular cycles, mood swings, weight changes, and poor sleep are signals worth following.

If you've been told your labs are "normal" but still feel off, your experience deserves attention. Symptoms alone cannot tell us whether a hormone condition is present, but they can help guide a thoughtful conversation.

Ask what may be driving the change

A functional approach considers your health history, daily habits, life stage, and medical findings. It asks what may be contributing to symptoms, rather than focusing only on which hormone is low.

Hormones work as a network

Thyroid hormones, adrenal hormones, blood sugar regulation, and sex hormones influence one another. Looking at their connections helps put individual symptoms in context.

Taylor Lang, IFNCP, NBC-HWC · Root-Cause Wellness

Common root causes, and what to look into

Several factors may contribute to symptoms. Start with your pattern, not a presumed diagnosis.

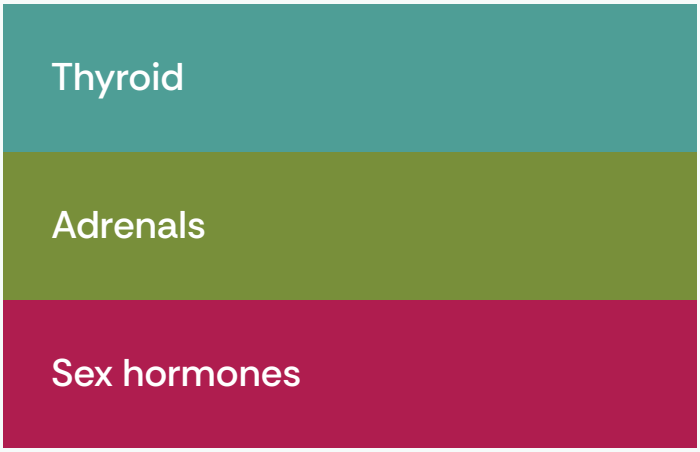
Notice the signals

Irregular or painful periods, PMS, hot flashes, low libido, weight changes, hair thinning, trouble sleeping, and mood swings are worth discussing with a qualified healthcare professional.

Explore possible contributors

Chronic stress and cortisol patterns, blood sugar swings, thyroid imbalance, gut and liver function, nutrient gaps, poor sleep, and environmental exposures may warrant discussion.

Hormone network



These systems interact through shared signals and feedback. Blood sugar and sleep also influence the network.

Bring your timeline

When did symptoms begin? How do they track with your cycle or life stage? What changed in stress, diet, or sleep?

Book a discovery call

Explore whether working together feels right for you.

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This guide is for education and doesn't replace medical advice. Seek medical evaluation for new, persistent, or worsening symptoms.