

Functional Nutrition for Hormonal Balancing Program

Overview

Program Goal: Develop your personalized hormonal wellness protocol: reset and rebalance key hormones (insulin, cortisol, thyroid, estrogen, progesterone, leptin, ghrelin) through functional nutrition, targeted supplementation, and lifestyle alignment.

Program Materials

- Functional Hormone Assessment Quiz
- Weekly food templates and grocery lists
- Supplement protocols with dosage ranges
- Tracking journal (mood, sleep, energy, cycle)
- Lifestyle checklists (detox, sleep, stress)
- Lab interpretation guide

Module 1 – Hormones 101: Understanding Your Body’s Control System

- What hormones actually do (messengers that control metabolism, energy, mood, and weight).
- The key hormones of balance: **insulin, cortisol, thyroid, estrogen, and progesterone.**
- How to identify your own imbalances
- Create your own baseline

Module 2 – Balance Blood Sugar, Calm Cortisol

- Why insulin resistance = the root of hormonal chaos.
- How stress hormones (cortisol) block fat loss and estrogen/progesterone balance.

Module 3 – The Adrenal Reset: From Burnout to Balance

- Adrenal physiology: cortisol, DHEA, and the HPA axis.
- Signs of adrenal dysfunction: salt cravings, wired-but-tired, dizziness, fatigue.
- Connection between adrenals, thyroid, and sex hormones.

Module 4 – Support the Liver: Detox Pathways for Estrogen Balance

- Estrogen dominance & poor detox = PMS, fibroids, weight gain, mood swings.
- How liver detox (Phase I & II) + gut elimination = hormone recycling.

Module 5 – Rebuild the Gut, the Hormone Highway

- Gut microbiome = hormone balance + detox control.
- Leaky gut and dysbiosis cause cortisol and thyroid issues.
- **Education:** How dysbiosis affects estrogen, thyroid, and mood.

Module 6 – Nourish the Thyroid & Adrenals

- Thyroid-adrenal connection and nutrient cofactors (selenium, zinc, iodine, iron).
- How low thyroid and chronic stress sabotage hormones.

Module 7 – Develop your Personalized Hormonal Balancing protocol.

- Long-term rhythm, maintenance, and bio-individualization.
- .Compare baseline to Week 7