



Phase 3: Hormonal Happiness

“Hormonal Happiness” is a 4-month program that includes 6 in-person appointments, the DUTCH test (Precision Analytical Laboratories), complete thyroid panel with antibodies (Spectracell Laboratories), Advanced Cardiometabolic/Prediabetes Screening Test (Spectracell Laboratories), and a 4-month membership to our Nutrition Club, which includes InBody 570 body composition testing.

What we accomplish:

- We develop diet and supplement recommendations based on your hormonal picture that will promote hormonal balance based on a spectrum of tests:
 - We assess the adrenal glands by looking at your daily cortisol rhythms which help to identify issues with your body’s stress response and sleep.
 - Sex hormones levels, their metabolites, neurotransmitters, and related vitamins are looked at to obtain information connecting symptoms you have to possible hormonal imbalances. For example, different hormonal issues can be related to high testosterone levels, elevated or low estrogen, low progesterone, genetics, and over or under methylation.
 - We will evaluate risks for diabetes and identify if insulin resistance is present. This helps further personalize diet strategies and highlight the importance of improved body composition, if applicable.

We purposely put our hormone balancing program *after* our gut healing program because if we first jumped into hormonal testing and identified issues, it would bring us back to questioning gut health and its influence on inflammation in the body. Many hormonal imbalances are rooted in inflammation. We prefer to heal your gut so we are addressing a “root cause” to hormonal imbalances before running labs on hormones and initiating a plan.