

# HORMONE WORKBOOK

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## Your Hormones Were Made to Give You Super Powers!

If you're navigating a hormonal imbalance, it's a great idea to get your hormones tested. This helps you and your doctor work together to address the root cause of your symptoms.

Chances are, you're going to have very important conversations with your doctor. It's vital that you know the right questions to ask, and know how to interpret the information being shared with you. That's why I created this quick reference guide to prepare you so that when you hit the doctor's office, you can do it with confidence and understanding.



# 7 Hormones Every Woman Should Know

Hormones are our body's primary system of communication, and they're highly dependent upon one another for proper function. Which means if one is out of balance, the others are likely to follow.

This guide covers the primary hormones women should be aware of, their approximate reference ranges, and each hormones' main function.

***Here's to happy hormones!***

## #1: Thyroid

Commonly referred to as the master hormone, thyroid hormones are produced by a small, butterfly-shaped gland at the base of the neck. These hormones regulate metabolism, body temperature, heart and digestive function, and SO much more. Nutrient considerations: iodine, B vitamins, zinc.

Hormone	Goal Range
TSH	1-2 mU/L
T3	100-200 ng/dL
T4	5-11.5 ug/dL

## WILL BIRTH CONTROL BALANCE MY HORMONES?

Hormonal birth control (HBC) is a valuable treatment option for many women, but one common misconception is that it 'regulates' your hormones and menstrual cycle. HBC does contain synthetic versions of estrogen and/or progesterone, but they are not the same as the sex hormones your body produces. If your provider prescribes HBC to treat symptoms of hormonal imbalance, you can still work to restore balance to the root cause of the issue with or without HBC.

# 7 Hormones Every Woman Should Know

## #2: Insulin

The blood sugar balance hormone. Produced by the pancreas, and allows cells to uptake glucose for use as fuel. It increases in response to eating, but should decrease shortly after.

When it remains high, it triggers inflammation and fat storage. Nutrient considerations: avoid refined sugars, and incorporate healthy fats and proteins.

Insulin	Goal Range
Fasting level	3-5 uIU/mL
HbgA1c	5-5.5

## #4: Estrone

The storage form of estrogen, produced by not only the ovaries, but the adrenal glands and adipose tissue as well.

Estrone is a weaker form of estrogen, and can be an indicator whether or not you are detoxing or metabolizing estrogen properly. Nutrient considerations: avoid refined sugars, incorporate fiber, cruciferous veggies (broccoli, cabbage, Brussels sprouts).

Estrone	
Never more than	150 pg/mL

## #3: Estradiol

Abbreviated as E2, estradiol is the strongest form of estrogen in the body, and is highest just before ovulation. Nutrient considerations: avoid refined sugars, incorporate fiber, cruciferous veggies (broccoli, cabbage, Brussels sprouts).

**E2 will vary depending on cycle day, but there are benchmarks regardless of where you are in your cycle.**

Estradiol	
Never less than	50 pg/mL*
Never more than	200 pg/mL

\*unless in menopause

## #5: Progesterone

Produced mainly by the ovaries, and is highest after ovulation. Low progesterone (or excessive estrogen levels) during the second half of your cycle is a common cause for worse PMS symptoms and mood swings. Nutrient considerations: Zinc, B6, iron-rich foods.

**Progesterone will vary depending on cycle day, but should never be lower than 0.5 ng/dL**

# 7 Hormones Every Woman Should Know

## #6: Testosterone

Vital for energy and libido. Produced primarily in the ovaries and adrenal glands. Nutrient considerations: Fatty fish, leafy greens, proteins

Testosterone	Goal Range
Total T	20-40 ng/dL
Free T	1-2 ng/dL

## #7: Adrenals

The adrenal glands make dozens of hormones, but DHEA is one of the most important precursors for our primary sex hormones (estrogen, testosterone, and progesterone). If we don't have enough DHEA, our body will struggle to make any hormones we need.

DHEA	100-200 ng/dL
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If below 100 ng/dL, hormone production is compromised. If higher than 200 ng/dL, can be a sign of excessive stress, hair loss, and anxiety.

## HORMONE BALANCE CHECKLIST:

- Keep your levels in check. Be sure to have regular blood tests to understand your hormone levels so you can better strategize your approach to hormone balance.
- Get your gut moving! Regular bowel movements are necessary to eliminate excess estrogen.
- Support your liver. Stay hydrated, eat your greens, including cruciferous vegetables like broccoli, cauliflower, and kale.
- Manage stress. Chronic stress exhausts adrenal glands, and puts hormone production on the back burner.
- Sleep. Consistent, adequate sleep supports healthy hormone balance.

# Your Hormone Type by Age Range

While everyone's unique hormone profile can dramatically differ, there are common themes that can arise with certain age brackets.

In the next section, locate your age bracket and read up on Hormone Red Flags, possible causes, and what to check at your next blood test to identify possible hormone imbalances.

You'll also find actionable steps and supplementation that you can implement in your daily routine immediately to start taking control of your health.



# AGE 13 - 19 ROCKSTARS

No- it's not too early to start your hormone journey- and sometimes the earliest cues to your future hormone journey start in these early years. From getting your gut health on track to regulating your periods, now is the time to own your health and be the rockstar that you are!

Many girls I meet assume that it's normal to skip periods, that birth control pills are the only way to regulate hormones or that cramps, mood swings and bloating- are all a part of the game. Well, none of this is true and in the next few pages, I want to help you break down what your hormones and your body may be telling you.

# COMMON SYMPTOMS

Here's a handy cheat sheet of symptoms you may be experiencing- and what they mean.

## Hormone Red Flags

Symptom	Cause	Hormones to Check
Bloating	Eating the wrong foods Too much estrogen Low progesterone	Estrogen, progesterone
Cramps/Pain (with period)	Diets high in sugar, dairy Low progesterone Ovarian cysts Endometriosis	Estrogen, progesterone
Acne	Diet - high in sugar, processed foods Candida Gluten intolerance	DHT, testosterone, free testosterone, DHEAs
Anxiety	Low progesterone, thyroid instability, high androgens, high DHEAs, low magnesium	Progesterone, TSH, total and free t4/t3
Depression	Low methylated B vitamins, high estrogen, low progesterone, high insulin	Methyl b12, methyl folate, estradiol, estrone, progesterone
Irregular periods	Low progesterone, high insulin, high testosterone, high DHT	Progesterone, insulin, total and free testosterone, estradiol, estrone

## DIAGNOSIS/ CONDITIONS

As you can see from the symptom list above, some of the most common causes of hormone irregularities in young women include the following:

- Food Intolerances
- Food Allergies
- Fat malabsorption
- Candida
- PCOS
- Endometriosis
- Thyroid Disorders
- Insulin Resistance

## 3 THINGS YOU CAN DO - RIGHT NOW

- 1.Clean up your gut.
- 2.Add in 1 green smoothie per day
- 3.Add in 2 cups of dandelion tea per day

## 5 MUST HAVE SUPPLEMENTS FOR HEALTHY HORMONES

- 1.Probiotic 20-50 billion cfu per day
- 2.Chastetree- 1 tab per day to boost progesterone
- 3.Saw Palmetto 400 mg to lower androgens
- 4.Methylated B vitamins
- 5.Magnesium 200 mg nightly

# AGE 20 - 28 THE HUSTLERS

I am so desperate to get hormone information to my hustlers — because, I too, was once a hustler, and this is where I started to get into trouble- and did not even know it. If you are like me, you are working it, busting it and making it- in all areas of your life; school, work, family, relationships (oh the relationships) and all of that fire, can bring on a full out hormone FIRE.

Worst, if you emerged out of adolescence, stressed or with trauma, the hormones start going haywire even earlier in this decade. Why? While it may seem illogical, Chinese and Ayurvedic medicine teach us that all stress, anger and emotions are stored in the liver- which is where hormones are metabolized, built and processed. This is why stress brings on heavy periods (estrogen dominance) or too many sleepless nights triggers insulin resistance (new belly fat) or too many nights hungover leads to high testosterone and androgens (acne, hair loss).

I want you ahead not behind the hormone game, and aware of when the tide starts to turn so you can catch it, before you have some crazy doctor telling you that you have low ovarian reserve, need to get pregnant right away or need 8 medications to manage mystery symptoms that are actually hormone symptoms.

As I sit and think about you hustlers, I think the best tool I can give you is to learn YOU. Here are the signs and symptoms and self checks you should be doing every month — before you see the doctor.

## Hormone Red Flags

Symptom	Could Be...
Fatigue	Adrenal fatigue/Thyroid Imbalance
Hair Loss	High testosterone, DHT, Androgens
Acne	High testosterone, DHT, Dheas, Androgens
Weight Gain	High estradiol, estrone, insulin
Painful Periods	High estradiol, estrone, low progesterone, Ovarian Cysts, Endometriosis
Joint Pain	Low Progesterone, Candida, Food Intolerances
Rectal pain	Endometriosis
Mid cycle Spotting	High estradiol, estrone, fibroids

## DIAGNOSIS/ CONDITIONS

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- Fat malabsorption
- Candida
- PCOS
- Endometriosis
- Thyroid Disorders
- Insulin Resistance
- Fibroids
- Adrenal- Thyroid Imbalance
- Adrenal Fatigue
- Chronic Inflammation

## 3 THINGS YOU CAN DO- RIGHT NOW

1. Create a stress management plan- start consistent acupuncture, yoga, or massage to help keep cortisol levels low.
2. Prioritize and preserve sleep- aim for 6-8 hours of consistent sleep, at least 5 nights per week.
3. Start reducing the intake of gluten, dairy, and sugar to 2-3 servings per week.

## 5 MUST HAVE SUPPLEMENTS FOR HEALTHY HORMONES IN YOUR 20'S

1. Probiotics- aim for one with at least 50 billion cfu per day with at least 6 different strains of bacteria.
2. Methylated B vitamins- aim for a multi B with methylated b12, methylfolate, p5p and b1, b2, b5.
3. Magnesium- helps to regulate hormones- 200 mg nightly is usually a good starting point.
4. Ashwagandha- This adrenal adaptogen helps to support the adrenals, especially during this busy decade.
5. Selenium 200 ug to support thyroid function.

# AGE 29 - 38 THE SUPERSTARS

Full out juggle mode begins right here- this is where the pull of family, motherhood, busy careers and work teams starts to really fray at our health and hormone balance. This is a physically and emotionally demanding few years for women; as they may be trying to get pregnant, stay pregnant, breast feed, get pregnant again- phew- all while trying to maintain their careers- truly our hustlers mature into superstars.

I have sat with so many women who enter this phase unprepared, and like me, assume that motherhood and work life balance will be easy and seamless- after all, didn't we just bust it through how ever many years of school?

The truth, unfortunately, is that its not easy or simple to wear the many hats that we as women do- and our hormones ultimately rebel, tired of our ongoing demand to push through and forward- without powering up. Sooner or later, there is a price to pay in the hormone world, whether its estrogen dominance, thyroid instability or unexplained weight gain.

I want you ahead of this game, and I am hoping the information below will prevent you from having to walk this journey- and allow you to stay and be the Superstars that you all are. Lets take a second to understand the common hormone patterns that get women in trouble- during this busy time of life.

## Hormone Red Flags

Symptom	Could Be...
Estrogen dominance (estrone high, stored estrogen)	Breast tenderness, mid cycle spotting, migraines, endometriosis, weight gain, depression
Thyroid Instability (Hashimotos, Graves)	Can be hyper (too much) or hypo (too little) - or just inflamed- any of which can cause hair loss, weight gain, constipation, infertility, joint pain, heavy periods- and estrogen dominance.
Insulin Resistance	High circulating blood sugars spike insulin, causing more belly fat- and this can be an unwelcome surprise to so many of us- and seems to sneak up out of the blue. Belly fat, weight gain, and back fat are some of the symptoms of insulin resistance- which then impacts estrogen, thyroid and the other hormones.
High Androgens	The juggling can be stressful right? and as we get stressed, the androgens - testosterone, dht, free testosterone and dheas all go up as well- causing acne, hair loss, irregular cycles and insulin resistance.
Adrenal Fatigue	Wired but tired? So many women I meet fall into this category- they are up all night and tired all day. As the stress hormone cortisol becomes unstable, sleep, focus, and energy all get disrupted and many women find themselves more anxious, depressed or having signs of inflammation; joint pain, memory loss, or just chronic fatigue.

## HORMONE CHECK

How do you identify these hormone patterns that develop in this time frame? Work with a practitioner that is fully hormone literate; helping you to identify which pattern may need more immediate action to prevent future difficulties.

## 3 THINGS YOU CAN DO - RIGHT NOW

1. Add in 1 tbsp olive oil daily - unheated - this helps to metabolize estrogen
2. Aim for 6-8 servings of cruciferous vegetables per week (these include broccoli, cauliflower, brussel sprouts, and kale)
3. Lower sugar to under 3 tsp per day - this will help to prevent insulin resistance.

## 5 SUPPLEMENTS FOR SUPERSTARS

1. Methylated b vitamins to help prevent estrogen dominance
2. Calcium d glucarate to support the liver and clean "dirty estrogen"
3. Milk thistle for liver support
4. Iron 15 mg per day to help overall energy
5. Mag chelate 200-400 mg to help with hormone metabolism, anxiety

# AGE 39 - 55 SUPERWOMEN

Superwoman Syndrome is real- and I wrote about it in my 2017 book, *The Superwoman RX*. Here's the deal; this is a critical phase for women- a time where many diseases show up and the sum of our adventures from previous decades hands down a report card that may or may not be to our liking.

This is also a time of incredibly shifting hormone levels, most women will enter menopause at some point, and the majority are experiencing a variety of perimenopausal symptoms; hot flashes, night sweats, irregular cycles, fatigue, anxiety, depression and weight gain- and that's just the start of the list.

We have to own our health and change the trajectory of the conversations happening in the exam room- no, its not in your head if you are starting to feel differently, but the explanation is not that you are just getting old. Instead, a proactive approach to your health and hormone health is mandatory, and so much of what women feel and experience is reversible when they are following their own personalized roadmap to wellness.

When I think about all the amazing Superwomen out there, doing amazing things- I want this decade to be a celebration of all that has been accomplished, refined, learned and created- you are no longer a twinkling superstars - you are a true Superwoman- and you need to look and feel every bit the part- and you can.

**Here are the Top 10 Most Commonly Gaslit Symptoms of SuperWomen**

<b>Symptom</b>	<b>Cause/Hormone Connection</b>
Fatigue	Adrenal fatigue, Thyroid imbalance, low iron, b vitamins, d
Brain Fog	Low progesterone, pregnalone, estradiol
Anxiety	Low progesterone, high or low cortisol
Depression	High or low estrogen, thyroid imbalance
Insomnia	Low progesterone, low estrogen
Weight Gain	Insulin resistance, estrogen dominance, thyroid instability
Joint Pain	Low progesterone, High estradiol
Inflammation	Low progesterone, candida, bacterial overgrowth
Hair Loss	Thyroid Instability, High Androgen, High dht
Constipation	Low magnesium, thyroid instability, high estradiol, high estrone

## HORMONE CHECK

These are all symptoms that Superwoman face everyday and get gaslit. Stay on track of your hormones- and find the root cause of why you may not be feeling quite like yourself.

## 3 THINGS YOU CAN DO RIGHT NOW FOR SUPERWOMAN HORMONE SUPPORT

1. Correct your sleep cycle- reduce alcohol to under 4 drinks per week.
2. Reduce your carbohydrate load- limit to plant based foods, reduce grain.
3. Increase fiber - cont 6-8 servings of fruits and vegetables per day and add in 1 tbsp psyllium husk per day.

## 5 SUPPLEMENTS FOR SUPERWOMAN SUPPORT

1. Omega 3 fats - 2-3 grams per day for brain health, hormone health and reduction of inflammation.
2. Methylated b vitamins for mood, energy support
3. Pregnenalone to help brain fog associated with reduction in progesterone
4. Adrenal adaptogens- tulsi, rhodiola, ashwaghandha to help cortisol management and sleep cycle.
5. Mag chelate 200-400 mg nightly to help with sleep and anxiety.

# AGE 55+

## THE SUPERHEROES - STAYING SUPERPOWERED

True Superheroes, is what I call this amazing group of women- gifted in knowledge, strength, resilience and so much more. By now, you know your SuperPowers- you know your strengths, weaknesses, how to eat and take care of yourself and you have a personalized roadmap to wellness- at least I hope you do. As we move forward, staying Superpowered is the goal and bringing your gifts and superpowers to those around you is often the next chapter.

These years are all about protecting your gut and liver health, coming back full circle to how we started this conversation with the early adolescent years. Some women benefit from continued hormone replacement, others don't seem to need or want it- but all women need to stay on top of their gut and liver health. These two organs are our primary organs of detoxification, filtering out toxins, environmental pollutants, hormone metabolites and other chemicals that cause disease.

Staying superpowered means understanding your physiology and what your body needs to thrive- we cant have our superheroes fall apart. They all still have a lot to give and live in our world.

What I think would be most helpful for most of my superheroes is knowing the common health pitfalls- that stop Superheroes in their tracks- and what we can do to keep them SuperPowered. Take a look at my list on the next page.

<b>The Pitfalls/Health Traps</b>	<b>Issues/Hormone Connection</b>
Cognitive Decline/ Brain Fog	Low progesterone, estradiol, vitamins D, B
Inflammation	Leaky Gut/ Low omega 3/ Low D/ Hormone Depletion/ High Insulin
Joint Pain/ Musculoskeletal	Leaky Gut/ Low estradiol, progesterone, High insulin
Bone Health	Leaky Gut, Thyroid imbalance, Low estradiol, progesterone, insulin
Gut Health	Candida, Fat Malabsorption, Pancreatic Insufficiency
Heart Health	Low estradiol, High Insulin, Leaky Gut
Cancer Prevention	Liver sluggishness, Mitochondrial dysfunction, Inflammation

## HORMONE CHECK

Although we expect your hormone levels to be low, (especially estrogen, testosterone, and progesterone), it is still important to track these and know the direction they are headed in- this is why testing the metabolites is so important- because we can then see stored versus active levels.

Track your levels and work with your functional and integrative team to stay on top of additional markers that avoid the major pitfalls and health traps that take away your Superpowers.

## 3 THINGS YOU CAN DO RIGHT NOW

- 1.Focus on improving gut health with a detox or probiotic.
- 2.Eliminate sugar, alcohol and inflammatory foods to protect your gut health. Have these on an occasional cheat day every now and then but this should not be a part of your daily diet.
- 3.Add 1 green smoothie daily to flush the liver.

## 5 SUPPLEMENTS TO START RIGHT NOW

- 1.Probiotic with 50 billion cfu per day
- 2.Digestive enzymes with oxbile, lipase - 1 tab with meals 1-2x per day
- 3.Glutamine - 1 gram daily
- 4.Milk thistle for liver support 200 mg daily
- 5.Magnesium chelate 200 mg nightly