



Women's Health: Stress, Cycles & Weight

Women's hormonal systems are highly sensitive to metabolic and stress signals. Symptoms often appear before labs change. Stress and under-fueling worsen outcomes. Addressing metabolism restores balance.

Elevated cortisol disrupts progesterone and thyroid signaling. Insulin resistance worsens estrogen imbalance and PCOS. Excessive exercise without recovery amplifies stress hormones.

Labs may appear "normal" while insulin and triglycerides are elevated. Symptoms progress despite reassurance.

Without intervention, cycle irregularity, fatigue, and weight gain worsen across life stages.

01 FOR EXAMPLE

A woman with irregular cycles and fatigue has normal estrogen labs but elevated insulin. Addressing metabolic stress restores cycles and energy.

02 Try This Today

Measure: Track cycle regularity or symptoms

Do: Eat balanced meals with protein and carbs

Reflect: Consider whether stress is driving symptoms



Select a plan:

<https://tinyurl.com/healthyu-amaze>

