



It's time to restore your balance.
It's time to restore your energy.
It's time to GLOW.

Thank you for downloading our free Glow Guide to Balanced Hormones.

We created this guide to help you clearly understand the hormonal changes happening in your body and why you may be experiencing fatigue, mood shifts, weight changes, sleep struggles, and more. We hope the information inside brings you valuable knowledge, clarity, validation, and real hope that you can feel balanced, energized, and like yourself again. You are not alone, and we are here to support you every step of the way.

Your Empowering Guide to Hormonal Balance:

Understanding Your Hormones, Reclaiming Your Energy, and Feeling Like Yourself Again at Glow Health and Wellness

It's time to restore your balance. It's time to restore your energy. It's time to GLOW!

At Glow Health and Wellness, we created this guide because we know how confusing and frustrating hormonal changes can feel. You may have been told your labs are “[normal](#),” yet you wake up exhausted, struggle with stubborn weight, battle [brain fog](#), or feel like your body is no longer on your side. These symptoms are real. You are not alone. And most importantly, they are often fixable once you understand exactly which hormones are involved and how they affect you. Hormones are the chemical messengers that orchestrate nearly every function in your body, from mood and metabolism to sleep, libido, skin health, and even how you respond to stress. When they fall out of harmony, the effects ripple through every system. This guide walks you through the science in simple, relatable terms so you can finally connect the dots between how you feel and which specific hormones are driving those changes. You will learn common symptoms, which hormones are most often responsible, root causes, the nutrients your body craves during this phase of life, and the personalized solutions that help women at our clinic feel vibrant, confident, and in control again.

GLOW
HEALTH AND WELLNESS

It's time to *restore* your balance.
It's time to *restore* your energy.
It's time to **GLOW.**

Balance
Identify root causes and restore hormonal harmony.

Energy
Reclaim your energy, focus, and zest for life.

Confidence
Feel like yourself again—inside and out.

Personalized
Solutions tailored to your body, your hormones, your life.

Real answers. Real solutions. Real results.
You are not alone. You are not broken.
WE ARE HERE TO HELP. ♥

SCIENCE. COMPASSION.
Transforming Lives.
INSIDE & OUT.

Hormone 101: The Key Players That Shape How You Feel Every Day

Your hormones work together like a beautiful symphony. When they are balanced, you feel steady, energetic, clear-headed, and alive. When they shift, the music can feel off-key. The main hormones we focus on at Glow Health and Wellness are [estrogen](#), [progesterone](#), [testosterone](#), [thyroid hormones](#), [cortisol](#), and [insulin](#). Estrogen keeps your skin supple, your bones strong, your mood stable, and your vaginal tissues healthy while regulating body temperature and supporting metabolism. Progesterone helps you sleep deeply, calms anxiety, balances estrogen, and supports a healthy menstrual cycle. Testosterone, essential for women, fuels libido, muscle tone, motivation, mental sharpness, and overall vitality. Thyroid hormones act as your body's metabolism master switch, controlling energy production, weight management, temperature regulation, and cognitive function. Cortisol, your stress hormone, should rise in the morning and fall at night to help you handle daily demands, but chronic elevation disrupts everything else. Insulin manages blood sugar, and when it becomes resistant, it promotes fat storage, cravings, and fatigue. Understanding these connections is the first step to feeling better. At Glow Health and Wellness we test comprehensively so we can see the full picture rather than guessing from a single number.

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HORMONE 101: The Key Players That Shape *How You Feel* Every Day

Your hormones work together like a beautiful symphony. When they are balanced, you feel steady, energetic, clear-headed, and alive. When they shift, the music can feel off-key. Understanding these connections is the first step to feeling better.

 ESTROGEN Keeps your skin supple, your bones strong, your mood stable, and your vaginal tissues healthy while regulating body temperature and supporting metabolism.	 PROGESTERONE Helps you sleep deeply, calms anxiety, balances estrogen, and supports a healthy menstrual cycle.	 TESTOSTERONE Essential for women, fuels libido, muscle tone, motivation, mental sharpness, and overall vitality.	 THYROID HORMONES Act as your body's metabolism master switch, controlling energy production, weight management, temperature regulation, and cognitive function.	 CORTISOL Your stress hormone, should rise in the morning and fall at night to help you handle daily demands, but chronic elevation disrupts everything else.	 INSULIN Manages blood sugar, and when it becomes resistant, it promotes fat storage, cravings, and fatigue.
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AT GLOW HEALTH AND WELLNESS we test comprehensively so we can see the full picture rather than guessing from a single number.

You Deserve Answers.
YOU DESERVE TO FEEL LIKE YOU AGAIN.

Science. Compassion.
Personalized Care.
Better Balance. Better You.

Recognizing the Symptoms of Hormone Imbalance

Hormonal shifts rarely affect just one area of life. In fact, most women experience clusters of symptoms that can feel completely unrelated at first, from stubborn weight gain and crushing fatigue to sudden mood swings, brain fog, sleepless nights, and even changes in how their body feels during intimacy. You might find yourself wondering why you are suddenly hot one minute and freezing the next, why simple tasks now feel overwhelming, or why your once-reliable energy and confidence seem to have quietly slipped away. These changes are not random, nor are they “just part of getting older” or something you have to accept. They are often the direct result of your body’s most powerful chemical messengers, estrogen, progesterone, testosterone, thyroid hormones, cortisol, and insulin, falling out of balance and sending ripple effects throughout every system. At Glow Health and Wellness we want you to know that your symptoms are real, they are connected, and they make perfect sense once you understand the hormonal thread tying them together.

If several of the experiences described below sound familiar, your body is likely sending you clear signals that it needs support. The good news is that once you can see which specific hormones are most often responsible for each group of symptoms, everything starts to click into place. You stop feeling lost or dismissed and begin to feel empowered with real answers. In the sections that follow we break down the most common symptom categories in clear, relatable detail and explain the key hormonal players involved so you can finally make sense of what you have been going through. This knowledge is the first empowering step toward reclaiming your balance, your energy, and the vibrant version of yourself you remember. You do not have to keep guessing or struggling in silence. Understanding the “why” behind how you feel is the beginning of feeling better, and we are here to walk you through every part of that journey with compassion and clarity.

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Recognizing the Symptoms of Hormone Imbalance

Hormonal shifts rarely affect just one area of life. Most women notice clusters of symptoms that seem unrelated until they learn the common hormonal thread. If several of the following feel familiar, your body may be asking for support. Below we break down each category and explain which hormones are most often responsible so you can finally make sense of what you are experiencing.

Symptom Category	Associated Hormones
ENERGY & FATIGUE Low energy, burnout, exhaustion, and feeling wired but tired.	Thyroid, Cortisol, Iron, Progesterone
WEIGHT & METABOLISM Stubborn weight, belly fat, slow metabolism, and sugar cravings.	Insulin, Cortisol, Thyroid, Estrogen
MOOD & MENTAL CLARITY Irritability, anxiety, depression, brain fog, poor focus, and memory issues.	Estrogen, Progesterone, Cortisol, Thyroid
SLEEP & RESTORATION Trouble falling asleep, waking up often, or not feeling refreshed.	Progesterone, Cortisol, Melatonin, Thyroid
REPRODUCTIVE & MENSTRUAL HEALTH Irregular cycles, heavy or light periods, PMS, painful periods, or fertility challenges.	Estrogen, Progesterone, Testosterone, Thyroid
SKIN, HAIR & NAILS Acne, dryness, hair thinning, brittle nails, or aging skin.	Estrogen, Androgens, Thyroid, Cortisol
LIBIDO & INTIMACY Low libido, vaginal dryness, discomfort, or difficulty with arousal.	Testosterone, Estrogen, Progesterone

You are not imagining it. Your body is communicating. The right support can help you feel like yourself again—*balanced, energized, and in control.*

LET'S GET TO THE ROOT CAUSE AND HELP YOU *Feel Your Best Again.*

Metabolism and Weight Changes

Many women notice unexplained weight gain, especially around the midsection, even when their diet and exercise habits have stayed exactly the same. You might look in the mirror and wonder why your favorite jeans suddenly feel tighter, why the scale refuses to budge despite consistent effort, or why extra pounds seem to settle stubbornly around your belly while the rest of your body stays relatively unchanged. The struggle to lose weight can feel incredibly frustrating and defeating, no matter how hard you try, and it is often accompanied by intense cravings for carbohydrates or sweets, unpredictable blood sugar crashes that leave you shaky and irritable, or a metabolism that feels like it has slowed to a crawl. These changes are not a reflection of laziness or lack of willpower. They are the direct result of shifting hormones that quietly reprogram how your body stores fat, burns calories, and regulates energy.

Declining estrogen is one of the biggest culprits during [perimenopause](#) and [menopause](#) because it causes fat to redistribute to the abdomen, a pattern often described as the “menopause belly.” Elevated cortisol from fluctuating hormones adds another powerful layer by signaling your body to hold onto belly fat as a protective mechanism and increasing cravings for quick-energy foods. Insulin resistance often develops or worsens during this transition, making it harder for your body to burn fuel efficiently and leading to more fat storage and blood sugar swings. These four hormones, estrogen, thyroid, cortisol, and insulin, create a perfect storm that makes weight management feel completely out of reach. Many women experience easier fat loss, fewer cravings, steadier energy, and a noticeable reduction in belly fat as their estrogen, thyroid, cortisol, and insulin levels are brought back into balance. Your body is designed to feel vibrant and strong, and with the right support it can return to that natural state.

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Metabolism and Weight Changes

Hormones play a major role in how your body stores fat, burns fuel, and regulates your appetite.

HORMONAL IMBALANCES CAN LEAD TO:

- STUBBORN WEIGHT GAIN**
Especially around the midsection, even with no changes to diet or exercise.
- CRAVINGS & BLOOD SUGAR CRASHES**
Hormonal imbalances can cause intense cravings and energy dips throughout the day.
- SLOW METABOLISM**
Low thyroid hormones can slow your metabolic rate, making it harder to maintain a healthy weight.
- STRESS & CORTISOL**
Chronic stress raises cortisol levels, leading to belly fat storage and increased hunger.
- INSULIN RESISTANCE**
When your body can't use insulin effectively, it stores fat instead of burning fuel.

Your comfort.
Your balance.
Our expertise.

Small changes.
Big results.
Real you.

The good news? When we address the root cause, your body can heal, your metabolism can reset, and lasting results are possible. ♥

BALANCED HORMONES.
HEALTHY WEIGHT.
A Brighter You.

Temperature Regulation Issues

Night sweats, hot flashes, sudden waves of warmth, excessive sweating, or feeling chilled when everyone else seems perfectly comfortable are classic signs that your body's internal thermostat has gone haywire. You might wake up in the middle of the night drenched in sweat, your sheets soaked and your heart racing, only to feel freezing cold an hour later. Or you could be in the middle of a meeting, a workout, or even a quiet evening at home when a sudden flush creeps up your chest and face, leaving you embarrassed and desperate for relief. These unpredictable temperature swings can happen multiple times a day or night, robbing you of restful sleep, making you dread social situations, and leaving you exhausted before the day has even truly begun. Many women describe feeling like their body is betraying them, wondering why something that used to be so automatic now feels completely out of control. These are not random annoyances or "just part of getting older." They are clear signals that your hormones are shifting and need attention.

Low or fluctuating estrogen is the primary culprit because it directly disrupts the hypothalamus, the small area in your brain that acts as your body's thermostat. When estrogen levels drop or swing wildly, this control center becomes overly sensitive to even tiny changes in core temperature, triggering hot flashes, night sweats, and sudden chills as it tries to cool you down or warm you up. At Glow Health and Wellness we see women regain control quickly once these key hormones are properly identified and gently supported through personalized care. Targeted treatment often brings fast and lasting relief, letting you sleep through the night, stay cool and comfortable during the day, and finally feel like yourself again.

GLOW HEALTH AND WELLNESS

Temperature Regulation Issues

When your hormones are out of balance, your body's thermostat can't keep up. You shouldn't have to live in extremes.

- HOT FLASHES**
Sudden warmth, flushing, and discomfort.
- NIGHT SWEATS**
Waking drenched and disrupting your sleep.
- EXCESSIVE SWEATING**
More sweating than normal, even at rest.
- SENSITIVITY TO COLD**
Feeling cold when others are perfectly comfortable.
- THERMOSTAT DISRUPTION**
Hormones affect your brain's temperature control center.

Your comfort. Your balance. Our expertise.

You deserve to feel comfortable in your body again. *Balanced hormones. Better days. Real relief.*

TARGETED SUPPORT FOR ESTROGEN AND THYROID LEVELS CAN BRING FAST, LASTING RELIEF.

Energy and Fatigue

Persistent tiredness, afternoon energy crashes, feeling completely exhausted after normal everyday activities, relying heavily on caffeine just to get through the day, or waking up still feeling unrefreshed even after a full night's sleep are incredibly common complaints among women going through hormonal transitions. You may drag yourself out of bed in the morning already feeling behind, push through your responsibilities with sheer willpower, and then hit a wall by mid-afternoon where even simple tasks feel overwhelming. Many women describe this as “running on empty”, a deep, bone-tired exhaustion that no amount of rest or coffee seems to fix. It can affect your productivity at work, your patience with family, your enjoyment of hobbies, and your overall sense of joy in life. This constant fatigue is not because you are lazy or not trying hard enough. It is a powerful signal from your body that your hormones are out of balance and need support.

Declining estrogen and testosterone levels further sap your stamina, motivation, and mental drive, making it harder to feel excited or energized about anything. At the same time, high cortisol from chronic stress relentlessly drains your adrenal reserves, while low progesterone often prevents you from getting deep, restorative sleep, so you never truly recover overnight. The combination of these hormonal shifts creates a vicious cycle of exhaustion that feels impossible to break on your own. At Glow Health and Wellness, we see women regain their natural, steady vitality once these key hormones are properly tested and gently rebalanced. Many patients are amazed at how quickly their energy returns and how little they need caffeine once their body is supported the right way.



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Energy and Fatigue

Hormones play a powerful role in your energy levels every single day. When they're out of balance, **exhaustion becomes your normal.**

 LOW THYROID Slows your metabolism and reduces cellular energy production, leaving you tired and sluggish.	 DECLINING ESTROGEN & TESTOSTERONE Decrease stamina, motivation, and overall vitality, making even simple tasks feel harder.	 HIGH CORTISOL Chronic stress keeps cortisol elevated, draining your energy reserves throughout the day.	 LOW PROGESTERONE Impacts deep, restorative sleep so your body can't fully recharge while you rest.	 RUNNING ON EMPTY You wake up tired, crash in the afternoon, and rely on caffeine just to get through the day.
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You don't have to live this way.
Balanced hormones = natural energy. ♥

 RESTORE BALANCE.
RECLAIM YOUR ENERGY.
FEEL LIKE YOU AGAIN.

Small changes. Big results. Real you.

Mood, Mental Wellness, and Brain Fog

Anxiety, irritability, mood swings, feeling emotionally flat, or a “short fuse” can make even the most ordinary day feel completely overwhelming and exhausting. One moment you might feel relatively steady, and the next you are snapping at your partner or children over something small, fighting back unexpected tears in the middle of a meeting, or sitting in a fog of emotional numbness where nothing brings the joy it once did. Many women describe waking up already on edge, struggling to handle normal stressors that used to roll off their backs, or feeling disconnected from their own emotions as if a gray cloud has settled over everything. These changes can strain relationships, affect performance at work, chip away at your confidence, and leave you feeling guilty, embarrassed, or even afraid that you are “losing it.” The emotional rollercoaster is draining and isolating, making you wonder why you no longer feel like the steady, patient, motivated woman you used to be. This is not because you are weak or failing. It is a powerful signal from your body that your hormones are shifting and need support.

Low progesterone often heightens anxiety and irritability because it normally acts as nature’s calming hormone, soothing the nervous system and promoting emotional balance. Declining estrogen affects serotonin and other key mood-regulating chemicals in the brain, which can trigger mood swings, tearfulness, and that flat, disconnected feeling. Low testosterone reduces drive, resilience, and motivation, making it harder to feel enthusiastic or bounce back from stress. These hormonal shifts work together to erode your emotional steadiness and self-confidence. At Glow Health and Wellness we see women regain their calm, steady mood and mental clarity once these key hormones are properly tested and gently rebalanced. Many patients are amazed at how quickly the anxiety lifts, the irritability fades, the brain fog clears, and their natural emotional resilience returns, allowing them to feel like themselves again.

GLOW
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Mood, Mental Wellness, and Brain Fog

Your hormones influence your thoughts, emotions, and how you handle everyday stress. Balance brings clarity, calm, and confidence.

- ANXIETY & IRRITABILITY**
Low progesterone can heighten stress and make you feel on edge.
- MOOD SWINGS**
Hormonal fluctuations impact serotonin and mood-regulating chemicals.
- EMOTIONAL FLATNESS**
Low estrogen and testosterone can reduce motivation, joy, and emotional connection.
- BRAIN FOG**
Low thyroid and high cortisol can impair focus, memory, and mental clarity.
- OVERWHELMED & SHORT FUSE**
High cortisol amplifies stress responses and emotional reactivity.

You are not “too sensitive.” Your body is asking for support.
Balance your hormones. Reclaim your joy. ♥

WHEN HORMONES ARE BALANCED, SO IS YOUR MIND.
CLEARER. CALMER. STRONGER.

Cognitive Function and Brain Fog

Trouble focusing, forgetfulness, misplacing everyday items, difficulty finding the right words mid-sentence, or feeling like your brain is moving through molasses are incredibly frustrating and surprisingly common during hormonal transitions. You might walk into a room and completely forget why you went there, stare at your computer screen unable to concentrate on a simple task you used to finish in minutes, or struggle to recall names or details in conversations that once flowed effortlessly. Many women describe it as “brain fog”, a heavy mental cloud that makes multitasking feel impossible, decisions overwhelming, and even reading or following a conversation is exhausting. These changes can shake your confidence at work, make you doubt your abilities, and leave you feeling embarrassed or anxious about whether something more serious is happening. The mental slowdown is not because you are not trying hard enough or “just getting older.” It is a direct message from your body that key hormones are shifting and need support.

Declining estrogen plays a major role because it helps maintain healthy blood flow to the brain and supports the production of neurotransmitters responsible for memory, focus, and clear thinking. Low testosterone reduces mental clarity, motivation, and the sharp drive that once made quick thinking second nature. These hormonal changes work together to create that thick fog so many women experience. At Glow Health and Wellness we see women regain their sharp, focused minds once these key hormones are properly identified and gently rebalanced. Many patients are amazed at how quickly the fog lifts, concentration returns, and their natural mental clarity and confidence come back, often within just a few weeks of targeted support.

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Cognitive Function and Brain Fog

When your hormones are out of balance,
so is your clarity.
Restore balance. Restore your focus.

TROUBLE FOCUSING
Difficulty concentrating or staying on task makes everything feel harder.

FORGETFULNESS
Names, appointments, and details slip through the cracks more often.

MISPLACING ITEMS
Constantly searching for things you know you just had.

WORD RECALL DIFFICULTY
Struggling to find the right words or finish a sentence.

MENTALLY SLOW OR FOGGY
Thinking feels cloudy, slow, or not as sharp as before.

Hormones impact the way your brain thinks, remembers, and processes information.
Balance the hormones.
Clear the fog.
Sharpen your mind.

Better hormones. Better brain.
You've got this, and we've got you.

SUPPORT YOUR HORMONES.
SUPPORT YOUR BRAIN.
**CLEARER TODAY.
STRONGER TOMORROW.**

Sleep Disruptions

Trouble falling asleep, waking between 2 and 4 a.m., restless or light sleep, or feeling wired and alert at night while completely exhausted during the day can rob you of the deep, restorative rest your body desperately needs. You might lie in bed for hours staring at the clock, your mind racing with thoughts that refuse to quiet down, only to finally drift off and then jolt awake drenched in sweat or with your heart pounding in the middle of the night. Mornings often feel just as tiring as the night before, leaving you dragging through your day with heavy eyelids, short patience, and a foggy brain that makes even simple decisions feel overwhelming. Many women describe this as a vicious cycle where poor sleep worsens every other symptom, from mood swings and cravings to low energy and lack of motivation. It can strain relationships, reduce productivity at work, and leave you feeling irritable, anxious, or simply not like yourself. This is not because you are doing something wrong or “just need to relax more.” It is a clear signal that your hormones are shifting and disrupting your body’s natural sleep rhythms.

Low progesterone is often a primary cause because it normally acts as nature’s calming hormone, helping your nervous system relax and promoting deep, restorative sleep. Fluctuating or low estrogen can trigger night sweats and sudden awakenings by interfering with your body’s temperature regulation, while high cortisol from hormone fluctuations keeps your mind racing and your body in a state of alertness when it should be winding down for rest. Thyroid imbalances further interfere by affecting how your body regulates energy and temperature throughout the night. These hormonal shifts create a frustrating loop where you never truly recover, making daytime fatigue even more intense. At Glow Health and Wellness we see women consistently report falling asleep faster, staying asleep longer, and waking up feeling genuinely refreshed once these key hormones are properly tested and gently rebalanced through personalized care. Many patients are amazed at how quickly their sleep transforms and how much better they feel overall when their nights finally become peaceful and restorative again.

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Sleep Disruptions

When hormones are off, *restful sleep* becomes difficult.

- TROUBLE FALLING ASLEEP
- WAKING 2-4 AM
- NIGHT SWEATS
- RESTLESS SLEEP
- TIRED BUT WIRED

COMMON HORMONE DRIVERS:

- LOW PROGESTERONE
- LOW / FLUCTUATING ESTROGEN
- HIGH CORTISOL
- THYROID IMBALANCE

Balanced hormones.
Better sleep.
Better you.

Balanced hormones *restore* deep, restful sleep.

Skin, Hair, and Beauty Changes

Hair thinning or shedding, brittle nails that split and break easily, dry crepey skin that feels rough and paper-thin, loss of elasticity that makes fine lines and wrinkles appear more noticeable, sudden new acne breakouts, or that overall dullness in your complexion can be incredibly frustrating and disheartening. You might find yourself staring at the shower drain clogged with more hair than usual, avoiding mirrors because your skin no longer has that healthy glow, or feeling self-conscious when friends comment on how “tired” you look even after a good night’s sleep. These visible changes can quietly erode your confidence, make you feel older than you are inside, and affect how you show up in photos, at social events, or even in intimate moments. Many women describe it as losing a little piece of their femininity or vitality with every brush stroke or glance in the mirror. This is not simply “aging gracefully” or something you have to accept. It is a direct reflection of shifting hormones that once kept your skin, hair, and nails looking and feeling youthful and resilient.

Declining estrogen is one of the main drivers because it dramatically reduces collagen production and skin thickness, leading to dryness, crepiness, loss of elasticity, and faster wrinkle formation. Low testosterone further affects hair density and overall skin vitality, sometimes leading to unexpected acne as hormone ratios shift. Your body simply produces less of the hormones responsible for maintaining strong, hydrated, and vibrant tissue. At Glow Health and Wellness we see women regain a more radiant, youthful appearance once these key hormones are properly identified through comprehensive testing and gently rebalanced with personalized care. Many patients are thrilled when their hair thickens, skin regains its softness and glow, and nails grow stronger, often noticing visible improvements within weeks to months.

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Skin, Hair, and Beauty Changes

When hormones are out of balance,
your natural beauty fades.

HAIR THINNING OR SHEDDING
Hormonal shifts can slow growth and cause excess shedding.

BRITTLE NAILS
Weaker, splitting nails are often a sign of hormonal imbalance.

DRY, CREPEY SKIN
Lower estrogen reduces hydration, thickness, and glow.

NEW ACNE OR BREAKOUTS
Hormonal fluctuations can increase oil production and breakouts.

LOSS OF ELASTICITY & NEW WRINKLES
Less collagen and elastin lead to fine lines, wrinkles, and sagging skin.

HORMONES THAT IMPACT YOUR BEAUTY

ESTROGEN
Supports collagen, hydration, and skin thickness.

THYROID
Essential for healthy hair growth and cell regeneration.

TESTOSTERONE
Supports hair density, skin vitality, and overall tissue health.

NOURISH YOUR HORMONES.
RESTORE YOUR *natural glow.*
FROM THE INSIDE OUT.

Balanced hormones. *Radiant you.*

Reproductive and Sexual Wellness

Low libido, vaginal dryness, painful intercourse, decreased sensitivity, irregular cycles, heavier or more painful periods, worsening PMS symptoms, or unexpected spotting between cycles can feel deeply isolating and confusing. You might notice that intimacy, which once felt natural and enjoyable, now brings discomfort, [anxiety](#), or even avoidance. Many women describe a quiet loss of desire that leaves them wondering what happened to their spark, or they experience physical pain that makes them pull away from their partner out of fear of hurting. The emotional weight can be heavy, affecting closeness in your relationship, your sense of femininity, and your overall confidence as a woman. These changes can make you feel like something is wrong with you personally, or that this is simply “what happens with age,” leading to frustration, sadness, or even guilt. The truth is these symptoms are incredibly common during hormonal transitions and are not your fault. They are clear signals that your body’s delicate hormonal balance is shifting and needs gentle support.

Low estrogen is the main driver of vaginal dryness, thinning tissues, and discomfort during intercourse because it keeps the vaginal walls thick, moist, and elastic. Low testosterone directly reduces sexual desire, arousal, and sensitivity, making pleasure feel muted or distant. Low progesterone often worsens PMS symptoms, contributes to heavier or irregular periods, and disrupts cycle predictability. These hormonal shifts together can create a frustrating cycle that impacts not only physical intimacy but also your emotional connection to your body and your partner. At Glow Health and Wellness we see women regain comfortable, pleasurable intimacy and a renewed sense of confidence once these key hormones are properly tested and gently rebalanced through personalized care. Many patients are amazed at how quickly dryness and pain resolve, desire returns, cycles stabilize, and they feel like themselves again in every way.

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Reproductive and Sexual Wellness

When hormones are imbalanced, *intimacy and confidence* can suffer.

YOU MAY BE EXPERIENCING:

- LOW LIBIDO**
Reduced desire and interest in intimacy.
- VAGINAL DRYNESS**
Discomfort, dryness, and irritation.
- PAINFUL INTERCOURSE**
Discomfort or pain during intimacy.
- DECREASED SENSITIVITY**
Lower arousal and reduced response.
- IRREGULAR CYCLES**
Irregular, missed, or unpredictable periods.
- HEAVIER PERIODS**
Longer, heavier, or more painful flow.
- PMS & SPOTTING**
Worsening PMS or spotting between cycles.

KEY HORMONES BEHIND THESE CHANGES:

- LOW ESTROGEN**
Main driver of vaginal dryness, discomfort, and decreased tissue quality.
- LOW PROGESTERONE**
Can worsen PMS symptoms and contribute to irregular cycles.
- LOW TESTOSTERONE**
Directly reduces desire, arousal, and sexual response.

Your hormones.
Your health.
Your confidence.
We can help.

Hormonal balance can
*restore comfort,
desire, and confidence
naturally.*

Balanced hormones. *Better intimacy. Better you.* ♥

RESTORE COMFORT | RECLAIM DESIRE | FEEL LIKE YOURSELF AGAIN

Urinary and Pelvic Symptoms

Frequent urinary tract infections, sudden and urgent trips to the bathroom, bladder discomfort, pelvic floor weakness, or the frustrating reality of vaginal atrophy can turn everyday activities into sources of discomfort, embarrassment, and limitation. You might catch yourself constantly scanning for the nearest restroom, avoiding long drives, workouts, or even simple outings because of the fear of leakage or sudden urgency. Laughing, coughing, sneezing, or exercising can trigger worry instead of joy, while intimacy may feel painful or something to avoid altogether. Many women endure these symptoms quietly for months or even years, feeling self-conscious, frustrated, or resigned to them as “just part of getting older.” These changes can erode your confidence, restrict your freedom, and quietly affect your relationships and sense of well-being. This is not something you have to accept or suffer through in silence. These symptoms are very common during hormonal transitions and are often directly tied to shifting hormone levels.

Declining estrogen is almost always the primary culprit because it plays a vital role in maintaining the strength, thickness, moisture, and elasticity of the vaginal, urethral, and bladder tissues. When estrogen levels drop, these delicate tissues become thinner, drier, and more fragile, making them highly susceptible to irritation, infection, and weakness. This leads to more frequent UTIs, urinary urgency and frequency, bladder discomfort, pelvic floor issues, and [vaginal atrophy](#). The good news is that once estrogen levels are properly identified and gently restored to healthier ranges through personalized care, women often experience dramatic and relatively quick relief. Tissues regain moisture and resilience, infections become far less frequent, urgency decreases, and comfort during daily life and intimacy is often restored. At Glow Health and Wellness we see this transformation regularly and are here to help you regain control, confidence, and comfort in this important area of your health.

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Urinary and Pelvic Symptoms

When estrogen declines, pelvic tissues become *weaker, drier, and more vulnerable*.

YOU MAY BE EXPERIENCING:

- FREQUENT UTIs
- URINARY URGENCY
- BLADDER DISCOMFORT
- PELVIC FLOOR WEAKNESS
- VAGINAL ATROPHY

Declining estrogen thins and dries pelvic tissues, making them more prone to irritation and infection. Restoring estrogen brings relief.

RESTORE BALANCE. Restore comfort.

Balanced hormones. *Stronger tissues. Better life.* ♥

- FEWER UTIs
- STRONGER PELVIC HEALTH
- MORE COMFORT EVERY DAY

Healthy hormones. Healthy tissues. Better quality of life. ♥

Digestive Changes

Bloating, constipation, new or sudden food sensitivities, and uncomfortable water retention can appear seemingly overnight and quickly become a frustrating daily struggle. You might notice your belly feeling swollen and tight after meals that never used to bother you, struggle with sluggish or infrequent bowel movements that leave you feeling heavy and uncomfortable, or suddenly react poorly to foods you used to enjoy without issue. Many women describe looking pregnant by the end of the day despite no change in their diet, dealing with painful gas, or feeling constantly bloated and puffy. These digestive issues can affect how you feel in your clothes, your confidence in social situations, your energy levels, and even your mood. What used to be a simple part of life becomes a source of discomfort and embarrassment that lingers throughout the day. This is not random or something you just have to live with. It is often a direct result of hormonal shifts that impact how your digestive system functions.

Estrogen and progesterone play important roles in regulating gut motility, inflammation levels, and the smooth movement of food through your intestines. When these hormones fluctuate or decline, digestion can slow down significantly. These hormonal changes work together to create an environment where your digestive system struggles to work efficiently. At Glow Health and Wellness we see women experience noticeable improvement in bloating, regularity, and overall digestive comfort once these key hormones are properly tested and gently rebalanced. Many patients report that their digestion becomes smoother, more predictable, and far less uncomfortable, allowing them to feel lighter, more energetic, and more confident in their bodies again.

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HEALTH AND WELLNESS

Digestive Changes

When hormones are out of balance, digestive discomfort shows up.

YOU MAY BE EXPERIENCING:

- BLOATING**
Full, tight, uncomfortable.
- CONSTIPATION**
Irregular, sluggish, or infrequent.
- NEW FOOD SENSITIVITIES**
Reactions, irritation, or inflammation.
- WATER RETENTION**
Puffiness, swelling, and discomfort.

HORMONAL DRIVERS:

- ESTROGEN & PROGESTERONE**
Influence gut motility and inflammation.
- HIGH CORTISOL**
Slows digestion and increases bloating.
- THYROID IMBALANCES**
Contribute to sluggish bowels.
- HORMONE IMBALANCE**
Leads to digestive discomfort.

When your hormones are balanced, digestion improves and you feel lighter, more comfortable, and more like yourself.

NOURISH YOUR BODY
SUPPORT YOUR HORMONES

Balanced hormones. Smoother digestion. Less discomfort.

- LESS BLOATING**
- REGULAR & COMFORTABLE**
- MORE ENERGY, BETTER YOU**

Cardiovascular and Physical Sensations

Heart palpitations, chest tightness, sudden dizziness, aching joints, or unexpected muscle weakness can be alarming and disruptive, often appearing out of nowhere and leaving you wondering if something more serious is happening. You might feel your [heart](#) flutter or race while sitting quietly, experience a tight or heavy sensation in your chest that makes you pause mid-task, or feel lightheaded when standing up too quickly. Joint pain and stiffness can make simple movements like getting out of bed, walking up stairs, or even holding a coffee cup feel uncomfortable, while muscle weakness can turn once-easy activities into exhausting efforts. These sensations can cause anxiety, limit your daily life, and make you feel older or more fragile than you actually are. Many women worry silently about these changes, questioning whether they are “normal” or if they should be concerned. The truth is these symptoms are very common during hormonal transitions and are rarely random. They are often your body’s way of signaling that key hormones are out of balance and need support.

Low estrogen is frequently the primary link because it normally protects the cardiovascular system, helps regulate heart rhythm, and keeps joints well-lubricated and flexible. When estrogen declines, women often notice more frequent palpitations, chest tightness, and dizziness, along with increased joint pain and muscle aches. Low thyroid hormones can compound these issues by slowing circulation and reducing oxygen delivery throughout the body, leading to similar sensations of weakness, dizziness, and discomfort. Once these hormonal imbalances are properly identified through comprehensive testing, the symptoms usually improve quickly and dramatically with personalized support. At Glow Health and Wellness we see women regain comfort, steadiness, and strength as their estrogen and thyroid levels are gently rebalanced, allowing them to move through life with greater ease and confidence once again.

GLOW
HEALTH AND WELLNESS

Cardiovascular and Physical Sensations

When hormones are out of balance,
your body feels the impact.

Balanced hormones.
*Stronger heart.
Better you.*

YOU MAY BE EXPERIENCING:

- HEART PALPITATIONS**
Fluttering, racing, or skipped beats.
- CHEST TIGHTNESS**
Pressure, heaviness, or discomfort.
- DIZZINESS**
Lightheadedness or feeling off balance.
- JOINT PAIN**
Aching, stiffness, or reduced mobility.
- MUSCLE WEAKNESS**
Fatigue, weakness, or low endurance.

Low **estrogen** reduces cardiovascular protection and joint lubrication.

Low **thyroid** slows circulation and can cause similar sensations.

With proper hormonal support, symptoms often improve quickly.

Estrogen supports heart health, healthy circulation, and joint comfort. Thyroid supports energy and overall function.

You don't have to just live with it.

Balanced hormones. *Stronger heart.* Better every day.

SUPPORT YOUR HEART | REDUCE DISCOMFORT | RESTORE YOUR ENERGY

Emotional and Overall Well-Being

Feeling “not like yourself,” a profound loss of motivation, decreased confidence, social withdrawal, or heightened emotional sensitivity can be among the most distressing and isolating experiences during hormonal transitions. You might wake up with a heavy sense of apathy, struggling to find joy or excitement in activities that once energized you, or feel an overwhelming urge to cancel plans and retreat from friends and family. Simple decisions can feel exhausting, compliments may bounce off you, and you might catch yourself tearing up over small things or feeling emotionally numb when you want to feel connected and present. Many women describe it as losing their spark or inner drive; that vibrant, resilient part of themselves that used to light up a room and handle life’s ups and downs with ease. This emotional disconnect can strain relationships, dim your sense of purpose, and leave you wondering if this is the new normal or if something deeper is wrong. These changes are not a sign that you are weak, failing, or “just in your head.” They are clear signals from your body that your hormones are shifting and need compassionate support.

A combination of low estrogen, low progesterone, low testosterone, and high cortisol often creates this emotional disconnect. Low estrogen affects serotonin and other mood-stabilizing chemicals, leading to emotional flatness and sensitivity. Low progesterone removes its natural calming effect on the nervous system, while low testosterone reduces drive, resilience, and motivation. High cortisol from hormone imbalances amplifies every feeling and keeps your body in a constant state of alert, draining your emotional reserves. At Glow Health and Wellness we see women regain their natural spark once these key hormones are properly identified through comprehensive testing and gently rebalanced with personalized care. Many patients are amazed at how quickly motivation returns, confidence rebuilds, emotional steadiness returns, and life begins to feel joyful and vibrant again.

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Emotional and Overall Well-Being

When hormones are out of balance, it can change how you feel, think, and show up in life.

YOU MAY BE EXPERIENCING:

- NOT LIKE YOURSELF**
Feeling disconnected or unlike who you are.
- LOSS OF MOTIVATION**
No drive or desire to do the things you used to.
- DECREASED CONFIDENCE**
Self-doubt, low self-esteem, and feeling not enough.
- SOCIAL WITHDRAWAL**
Pulling away from others and wanting to be alone.
- EMOTIONAL SENSITIVITY**
Easily overwhelmed, tearful, or feeling on edge.
- LOSS OF SPARK**
Feeling flat, uninspired, or like something is missing.

HORMONAL DRIVERS BEHIND THESE FEELINGS:

- LOW ESTROGEN**
Impacts mood, serotonin levels, and emotional resilience.
- LOW PROGESTERONE**
Reduces calming effects and worsens anxiety and irritability.
- LOW TESTOSTERONE**
Lowers drive, motivation, energy, and sense of confidence.
- HIGH CORTISOL**
Keeps your body in stress mode and steals your joy.

You're not broken.
It's your hormones.

With the right support, you can feel like yourself again—stronger, clearer, and more you.

Balanced hormones. Renewed you. Joyful life. ♥

- RECLAIM MOTIVATION
- REBUILD CONFIDENCE
- FEEL LIKE YOURSELF AGAIN
- ENJOY LIFE FULLY

Common Causes of Hormonal Imbalance


Hormonal changes are a normal part of a woman's life journey, yet many women experience imbalances that go far beyond the expected transitions of aging and begin to significantly impact how they feel every single day. You may have been doing everything "right", eating well, exercising, trying to manage stress, and still find yourself dealing with symptoms that seem to appear out of nowhere or worsen over time. These deeper imbalances often stem from multiple overlapping factors rather than one single cause, which is why they can feel so complex, confusing, and frustrating. Many women feel dismissed when basic lab results come back "normal," leaving them wondering why they still feel off. At Glow Health and Wellness, we believe it is essential to dig deeper, know how to read hormone panels, and identify the true root causes so we can provide meaningful, lasting relief instead of simply treating symptoms in isolation.

Perimenopause, menopause, and post-menopause are among the most common culprits, as they involve a gradual or sometimes dramatic decline in estrogen, progesterone, and testosterone that creates widespread effects on energy, mood, metabolism, sleep, and intimacy. PCOS (Polycystic Ovary Syndrome) disrupts multiple hormone systems, including insulin and androgens, often leading to irregular cycles, weight challenges, acne, excess hair growth, and increased long-term metabolic risks. Hormonal birth control can suppress your body's natural rhythms and suppress hormones, sometimes causing lingering effects even after stopping. Other important contributors include nutrient deficiencies, underlying thyroid disorders, chronic inflammation, long-term sleep deprivation, and certain medications. At Glow Health and Wellness we take a thorough, whole-person approach. Through advanced lab testing and careful listening to your unique story, we investigate all possible causes so nothing is overlooked and you can finally receive the personalized support you deserve.

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Common Causes of Hormonal Imbalance

Hormonal changes are a normal part of life, yet many women experience imbalances that go beyond typical transitions. At Glow Health and Wellness, we look for the root causes so we can address them effectively.

 <p>PERIMENOPAUSE, MENOPAUSE & POST-MENOPAUSE</p> <p>Often involve declining estrogen, progesterone, and testosterone that create widespread symptoms.</p>	 <p>PCOS</p> <p>Disrupts multiple hormones including insulin and androgens, leading to irregular cycles and metabolic challenges.</p>	 <p>CHRONIC STRESS</p> <p>Keeps cortisol elevated, which throws off estrogen, progesterone, testosterone, and thyroid function.</p>	 <p>HORMONAL BIRTH CONTROL</p> <p>Can suppress natural rhythms and lower testosterone.</p>	 <p>OTHER FACTORS</p> <p>Include nutrient deficiencies, thyroid disorders, inflammation, sleep deprivation, and certain medications.</p>
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WE INVESTIGATE ALL POSSIBILITIES
through advanced testing so nothing is overlooked.

ADVANCED TESTING **ROOT CAUSE FOCUSED** **PERSONALIZED SOLUTIONS** **REAL RESULTS THAT LAST**

Balance starts with understanding. *We're here to help you feel like you again.*

You Do Not Have to Navigate This Alone

If you recognize yourself in these pages, if the symptoms have felt all too familiar and you have been quietly wondering whether this is simply how life is supposed to feel now, please know that your experiences are completely valid, your struggles are real, and there is genuine hope for meaningful, lasting change. You do not have to keep pushing through the fatigue, mood swings, brain fog, weight challenges, sleep struggles, or the quiet loss of joy and confidence on your own. Far too many women have felt dismissed by well-meaning providers who say everything looks normal or this is just part of aging, leaving them feeling unseen and hopeless. At Glow Health and Wellness we see you, we hear you, and we know these changes are not something you have to simply accept or learn to live with.

At Glow Health and Wellness we take a whole-person, root-cause approach that goes far beyond basic symptom management. We combine advanced lab testing to uncover exactly what is happening inside your body with functional medicine principles that consider every aspect of your health. From there we create a truly personalized plan that may include bioidentical hormone replacement therapy when appropriate, targeted nutritional guidance, peptide therapy, lifestyle modifications, and ongoing support tailored to your unique needs and goals. Our focus is not just on balancing numbers on a lab report but on helping you feel energized, emotionally steady, confident, and vibrant again from the inside out. You deserve to feel like the strong, radiant version of yourself you remember, and our compassionate team is here to walk beside you every step of the way on your journey back to balance.



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You Do Not Have to Navigate This Alone

If you recognize yourself in these pages, know that **your symptoms are valid and there is real hope.** At Glow Health and Wellness we take a whole-person, root-cause approach.

You deserve to feel like you again.

OUR WHOLE-PERSON, ROOT-CAUSE APPROACH INCLUDES:

 ADVANCED LAB TESTING We dig deeper to find the why behind your symptoms.	 FUNCTIONAL MEDICINE We treat the root cause, not just the symptoms, for lasting change.	 BIOIDENTICAL HORMONE REPLACEMENT THERAPY Personalized therapy when appropriate to restore balance.	 NUTRITIONAL GUIDANCE Nourish your body with personalized nutrition that supports healing.	 PEPTIDES Targeted support to optimize hormones, energy, and recovery.	 LIFESTYLE SUPPORT Sleep, stress, movement, and mindset—because it all matters.
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We're here to help you feel *balanced, empowered, and vibrant* again.

Nutrients That Support Your Hormones During Perimenopause and Menopause

As your hormones shift during perimenopause and menopause, your body's nutritional needs change in important and sometimes surprising ways. What once felt like a balanced diet may no longer be enough to keep energy steady, hot flashes at bay, bones strong, or stress under control. You might notice that even when you eat well, you still feel depleted, your skin looks drier, your joints ache more, or your mood and sleep never quite recover. These subtle gaps happen because declining estrogen, progesterone, and other hormones place extra demands on specific [vitamins](#) and minerals that help your body adapt, reduce inflammation, support your adrenal glands, and protect tissues that are now more vulnerable. Many women are amazed at how much better they feel once they give their bodies the targeted nutrients they truly need during this transition. The right nourishment can become a powerful ally, helping ease symptoms and restoring a greater sense of balance and vitality from the inside out.

Vitamin E is especially helpful because it calms hot flashes and night sweats while supporting adrenal function and lowering inflammation throughout the body. The B vitamins, particularly B5, play a critical role in the actual creation of steroid hormones like estrogen and progesterone. They also help manage stress, promote steady mood, and support clearer mental focus. Vitamin C acts as a powerhouse for your adrenal glands, boosting collagen production for healthier skin and stronger bones while helping your body better handle daily stress. Calcium paired with vitamin D becomes increasingly important for protecting bone density as estrogen levels naturally decline. These key nutrients work synergistically and tend to deliver the best results when they are part of a comprehensive plan that includes proper hormone evaluation and support. At Glow Health and Wellness we help you identify exactly which nutrients your body needs most based on your symptoms and lab results, so you can feel more energized, resilient, and like yourself again.



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Nutrients That Support Your Hormones

— DURING PERIMENOPAUSE AND MENOPAUSE —

Your body's nutrient needs change as hormones shift. The right vitamins and minerals can ease symptoms, protect your bones, support energy, and *help your adrenals thrive.*

- VITAMIN E**
Helps calm hot flashes and night sweats while supporting adrenal function and reducing inflammation.
- B VITAMINS (ESPECIALLY B5)**
Essential for creating steroid hormones, managing stress, and maintaining steady mood and mental clarity.
- VITAMIN C**
Powers your adrenal glands, boosts collagen for skin and bone health, and helps manage stress.
- CALCIUM + VITAMIN D**
Protects bone density as estrogen declines and supports overall bone strength.
- THE POWER OF SYNERGY**
These nutrients work best when combined with proper hormone support.

♥ | Nourish your body. Support your hormones. *Feel like you again.* | 🌊

Your Thyroid: The Metabolism Master Switch

Even subtle [thyroid imbalances](#) can quietly sabotage your metabolism, leaving you with stubborn fatigue, brain fog that refuses to lift, noticeable hair thinning or shedding, and weight gain that feels impossible to reverse no matter how carefully you eat or how consistently you move. You might wake up already tired, struggle to concentrate through the afternoon, watch your hair collect in the shower drain, or step on the scale week after week with the same discouraging number staring back at you. These changes can feel especially confusing because they often creep up slowly and overlap with other hormonal symptoms, making you wonder why your body suddenly seems to be working against you. Many women describe it as though their internal engine has been turned down to a low idle, where everything just takes more effort and recovers more slowly. This is not laziness, poor willpower, or simply “getting older.” It is often your thyroid signaling that it needs attention.

Your thyroid gland acts as the metabolism master switch for your entire body. Thyroid hormones tell every cell how fast to burn fuel, produce energy, regulate temperature, and maintain healthy hair, skin, and cognitive function. Even mild underactivity can slow your metabolic rate dramatically, reduce calorie burning, contribute to fatigue and brain fog, trigger hair loss, and promote weight gain. At Glow Health and Wellness we never rely on a basic TSH test alone. We run complete thyroid panels that include all the key markers so we can see the full picture and optimize your levels precisely. Once your thyroid function is properly supported, many women are amazed at how quickly their metabolism begins working with them again, energy returns, mental clarity sharpens, hair regrows stronger, and weight loss finally becomes achievable and sustainable.



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Your Thyroid: The Metabolism Master Switch

Even subtle thyroid imbalances can slow metabolism, cause fatigue, brain fog, hair loss, and weight gain. We run complete thyroid panels and optimize levels so your body can burn fat efficiently again.

- REGULATES METABOLISM**
Controls how your body uses energy and burns fat.
- FIGHTS FATIGUE**
Supports energy production and reduces exhaustion.
- IMPROVES BRAIN FOG**
Enhances focus, memory, and mental clarity.
- SUPPORTS HEALTHY HAIR & SKIN**
Promotes growth and overall vitality.
- HELPS MANAGE WEIGHT**
Optimized thyroid function helps your body burn fat efficiently.

Balance your thyroid. Boost your metabolism. *Feel like you again.*

Insulin Resistance and Its Impact

Elevated insulin tells your body to store fat instead of burning it, turning what should be a natural energy process into a frustrating cycle of stubborn weight gain, intense cravings, and unpredictable blood sugar crashes. You may notice your midsection expanding even when your diet has not changed, feel shaky or irritable between meals, or experience a constant sense of hunger that no amount of food seems to satisfy. Many women describe it as though their body has switched into “storage mode,” holding onto every calorie while energy levels stay low and motivation fades. This pattern can feel especially defeating during perimenopause, menopause, PCOS, or periods of chronic stress, because it compounds other hormonal symptoms and makes weight management feel completely out of reach. The emotional toll is real. You might feel discouraged, self-conscious about your changing shape, or guilty for struggling when you are doing everything you think you should.

This pattern is very common in perimenopause, menopause, PCOS, and chronic stress because declining estrogen, elevated cortisol, and shifting progesterone all make your cells less responsive to insulin over time. When insulin resistance develops, your pancreas produces more and more insulin to try to move sugar out of the bloodstream, but the excess insulin signals your body to store fat, particularly around the abdomen, while preventing efficient fat burning. At Glow Health and Wellness we see this connection clearly in women every day. The good news is that once insulin resistance is properly identified through targeted testing and addressed as part of a comprehensive hormone-balancing plan, your body can shift back into fat-burning mode.

Many patients are thrilled to finally experience easier weight loss, steadier energy, fewer cravings, and a renewed sense of control over their metabolism.

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Insulin Resistance and Its Impact

Elevated insulin tells your body to store fat instead of burning it.

This pattern is very common in perimenopause, menopause, PCOS, and chronic stress.

THE IMPACT OF INSULIN RESISTANCE

- WEIGHT GAIN, ESPECIALLY AROUND THE MIDSECTION**
- FATIGUE AND LOW ENERGY**
- INCREASED CRAVINGS AND BLOOD SUGAR FLUCTUATIONS**
- HORMONE IMBALANCES WORSEN**
- INFLAMMATION AND SLOWER METABOLISM**

OUR APPROACH

We identify the root cause and create a personalized plan to restore balance, improve insulin sensitivity, and help your body burn fat efficiently.

Balance your hormones. Improve insulin sensitivity. Restore your health. *Feel like you again.*

How GLP-1 Medications Can Help

For many women, even when other hormones are being addressed, stubborn [weight gain](#), constant cravings, and insulin resistance can still make fat loss feel nearly impossible no matter how clean the diet or consistent the exercise. You may find yourself doing everything right yet still battling intense hunger, energy crashes, and frustration as the scale barely moves and the midsection fat refuses to budge. These challenges often intensify during perimenopause, menopause, or with PCOS, leaving you feeling discouraged and wondering if your metabolism has simply given up. This is where GLP-1 medications can become a true turning point for the right candidates, offering a science-backed way to finally shift your body out of fat-storage mode and back into balance.

When appropriate, GLP-1 medications such as semaglutide and [tirzepatide](#) work by mimicking natural hormones in your body that regulate appetite, digestion, and blood sugar. They improve insulin sensitivity so your cells can use sugar for energy instead of storing it as fat, dramatically reduce cravings, slow gastric emptying so you feel fuller longer after meals, lower inflammation, and help stabilize blood sugar spikes. At Glow Health and Wellness we only recommend GLP-1 therapy when it fits your unique health picture and always as part of a comprehensive, personalized plan that includes hormone optimization. When combined with proper support for estrogen, progesterone, thyroid, and cortisol, these medications help many women achieve sustainable fat loss, steadier energy, fewer cravings, and a renewed sense of control over their bodies. The results are often life-changing because your metabolism finally begins working with you instead of against you.



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HEALTH AND WELLNESS

How GLP-1 Medications Can Help

When appropriate, GLP-1 medications improve **insulin sensitivity, reduce cravings, and support healthy fat loss** when combined with hormone optimization.

- IMPROVES INSULIN SENSITIVITY**
Helps your body use insulin more effectively so you can burn energy, not store fat.
- REDUCES CRAVINGS**
Helps quiet food noise and reduces appetite for easier, sustainable choices.
- SUPPORTS HEALTHY FAT LOSS**
Promotes steady fat loss while preserving lean muscle for a healthier metabolism.
- BALANCES BLOOD SUGAR**
Helps stabilize blood sugar levels and reduces spikes and crashes.
- SUPPORTS LONG-TERM WELLNESS**
When combined with hormone optimization, nutrition, and lifestyle support for lasting results.

Target the root cause. Support your hormones. Achieve lasting results.

Peptides and NAD+ for Extra Metabolic Support

Even when hormones are being gently rebalanced, many women still struggle with lingering fatigue, slow recovery from workouts or daily stress, gradual muscle loss, stubborn fat that refuses to budge, and sleep that never feels truly restorative. You may notice that your energy never quite rebounds the way it used to, old injuries or everyday aches take longer to heal, or you wake up feeling only partially refreshed despite doing all the right things. These frustrations are common during perimenopause and menopause because the cellular engines inside your body, your mitochondria, begin to slow down as hormone levels shift and age-related changes accumulate. This is where peptides and [NAD+](#) therapy can provide powerful additional support, working at the deepest cellular level to reignite your body's natural vitality and help everything else in your wellness plan work even better.

Peptides and NAD+ are advanced therapies that enhance cellular energy production, optimize mitochondrial function, preserve and build lean muscle, promote efficient fat burning, speed up recovery, and dramatically improve sleep quality. NAD+ acts like a spark plug for your cells, replenishing the fuel they need to produce energy efficiently, while targeted peptides send precise signals to repair tissue, reduce inflammation, and support metabolism. When combined with personalized hormone optimization, these therapies help many women break through plateaus, regain steady all-day energy, protect muscle tone, and finally experience the deep, restorative sleep they have been missing. At Glow Health and Wellness we carefully evaluate whether peptides or NAD+ are the right fit for your unique needs and incorporate them seamlessly into your plan so you can feel stronger, more resilient, and truly vibrant again from the inside out.

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HEALTH AND WELLNESS

Peptides and NAD+ for Extra Metabolic Support

These advanced therapies enhance **cellular energy, mitochondrial function, muscle preservation, fat burning, recovery, and sleep quality.**

- ENHANCES CELLULAR ENERGY**
Boosts ATP production for more energy throughout the day.
- SUPPORTS MITOCHONDRIAL FUNCTION**
Improves cellular efficiency and overall metabolic performance.
- PRESERVES LEAN MUSCLE**
Helps protect and maintain muscle mass while supporting strength.
- PROMOTES FAT BURNING**
Enhances metabolism to help your body burn fat more efficiently.
- SUPPORTS FASTER RECOVERY**
Reduces inflammation and supports tissue repair and recovery.
- IMPROVES SLEEP QUALITY**
Supports deeper, more restorative sleep for better overall wellness.

Advanced support for your metabolism. More energy. Better results.

The Glow Approach: Personalized Care That Works

At Glow Health and Wellness we never use a one-size-fits-all plan. We begin with comprehensive testing, listen carefully to your story, and create a customized program that may include bioidentical hormone replacement therapy, nutritional support, peptides, targeted supplements, stress management, and lifestyle changes. Women who work with us often report renewed energy, clearer thinking, better sleep, restored libido, comfortable intimacy, easier weight management, and a profound sense of feeling like themselves again. You deserve to feel balanced, strong, and radiant. Your hormones are not your enemy. They are simply asking for the right kind of support.

We hope this guide has helped you understand exactly which hormones are affecting your symptoms and given you hope that real, lasting change is possible. If you are ready to take the next step, we invite you to schedule a consultation at Glow Health and Wellness. Together, we will create a plan that honors your unique needs and helps you glow from the inside out.



GLOW
HEALTH AND WELLNESS

The Glow Approach: *Personalized Care That Works*

WOMEN WHO WORK WITH US OFTEN REPORT:

- RENEWED ENERGY
- CLEARER THINKING
- BETTER SLEEP
- RESTORED LIBIDO
- COMFORTABLE INTIMACY
- EASIER WEIGHT MANAGEMENT
- A PROFOUND SENSE OF FEELING LIKE THEMSELVES AGAIN

You deserve to feel *balanced, strong, and radiant*. Your hormones are not your enemy. They are simply asking for the right kind of support.

TELEHEALTH AVAILABLE IN FLORIDA & ALABAMA!

Expert hormone care from the comfort of your home.
Real support. Real results. Wherever you are.

YOUR Health.
YOUR Hormones.
YOUR Glow.

Personalized care.
Real results. *You deserve to glow.*

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