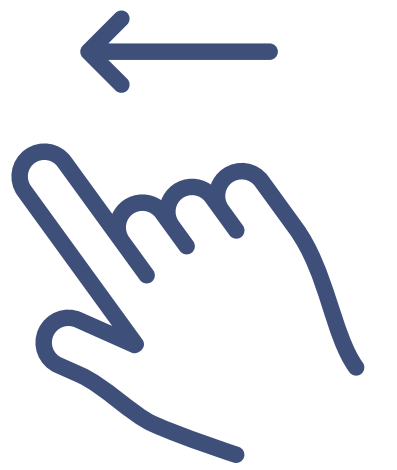


10 Surprising Facts About Women's Hormones!

Your hormones are powerful chemical messengers for your overall health.

SWIPE TO READ



Hormones are everywhere.

Dozens of glands are pumping out various hormones all the time. No hormone is inherently good or bad.

Tiny shifts have massive consequences.

For instance, as thyroid-stimulating hormone (TSH) gets out of range, even by milliunits, memory, body temperature, and many other functions can be altered.

**Testosterone is important
for women too.**

Women with low testosterone
(low T) may experience decreased
libido and persistent fatigue.

Insulin is a hormone.

Type 2 diabetes occurs when your body can't properly use the hormone insulin, which is supposed to lower the amount of blood glucose.

Body weight affects hormones.

Gaining or losing weight can impact insulin, estrogen, progesterone, testosterone, thyroid hormones, and leptin and ghrelin (the hunger and satiety hormones, respectively).

A little-known hormone plays a big role in bone health.

Parathyroid hormone is produced by the parathyroid gland, and its job is to track your calcium supply.

Toxins can throw hormones out of whack.

Chemicals in our food, water, personal-care products, and environment can enter our bodies and mimic or block hormones or otherwise keep them from doing their jobs.

Women have a higher rate of developing thyroid dysfunction.

About 10 percent of women have some form of hypothyroidism, in which the thyroid gland can't make sufficient thyroid hormones.

Thank You!

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