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25_always_and_forever Out of the SIX most common things women deal with, WHICH ONE bothers you the most? I've started #project23 and noticed an immediate difference in my sleep and hair!! So many #woman experiencing relief from their cycles!! This is for #everywoman #everycycle #everywhere #hormonehealth #fyp message me for a di\$count code ((please feel@free to share and repost!

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6
SIGNS OF

HORMONE IMBALANCE IN WOMEN

1

hair loss

According to the American hair loss association, the hormone dihydrotestosterone (DHT), a by-product of testosterone (a male hormone) can wreak havoc on your hair follicles. In women, hair loss, thinning, loss of texture and fullness are all signs of excess DHT, or androgen hormones, in your body. Low progesterone and estrogen will often start with hair loss or thinning at the crown of the head.



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2

low libido

The mayo clinic points to a lack of sex drive as a prime indicator of hormonal imbalance in women. Oftentimes, decreased libido will start with trouble sleeping (insomnia), which causes hormone levels to plummet. Women can experience a lagging libido due to hormonal changes during pregnancy, just after delivering a baby (while breastfeeding), during the transition into menopause, and with extreme periods of stress and fatigue.



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3

mood

Estrogen levels are closely related to mood disruptions, including depression, irritability, anxiety, crying, and roller coaster mood swings, in women. Low estrogen levels can result in postpartum depression in new moms. Estrogen specifically impacts the brain's emotional center. An estrogen imbalance can modify endorphins (or "feel good") brain chemicals. Uneven estrogen levels can alter serotonin receptors and can even lead to nerve damage.



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4 *weight*

Sudden and unexplained weight loss or gain in women is another predictor of hormonal imbalance. Dr. Lena Edwards, the director of the balance health and wellness center in Lexington, Kentucky, says hormones can be responsible for appetite, cravings, metabolism, and weight distribution. For instance, the sudden development of heavy breasts can signify an estrogen imbalance, whereas the sudden emergence of a belly bulge can indicate the body isn't responding properly to the hormone that regulates glucose in the blood.



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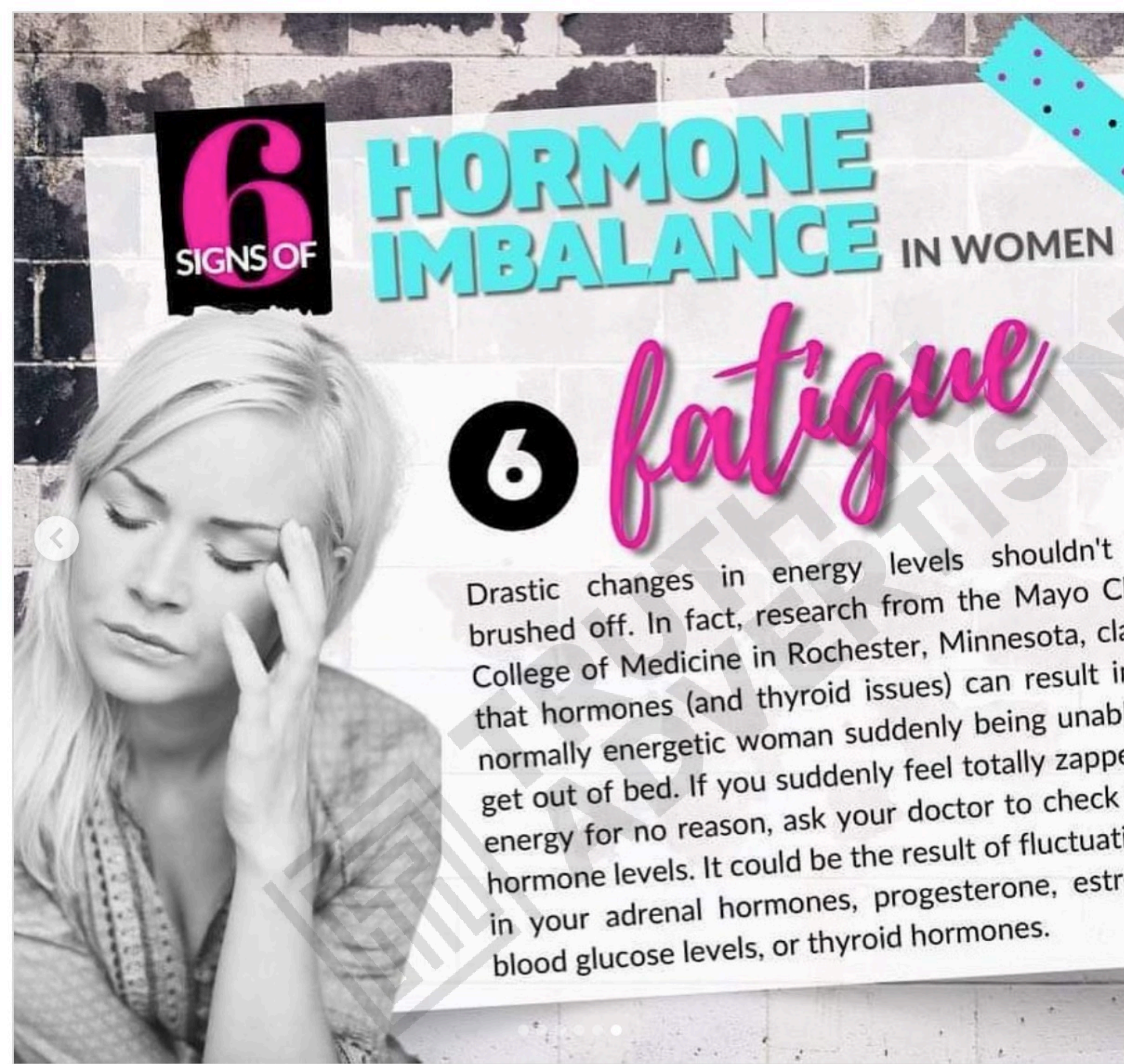
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