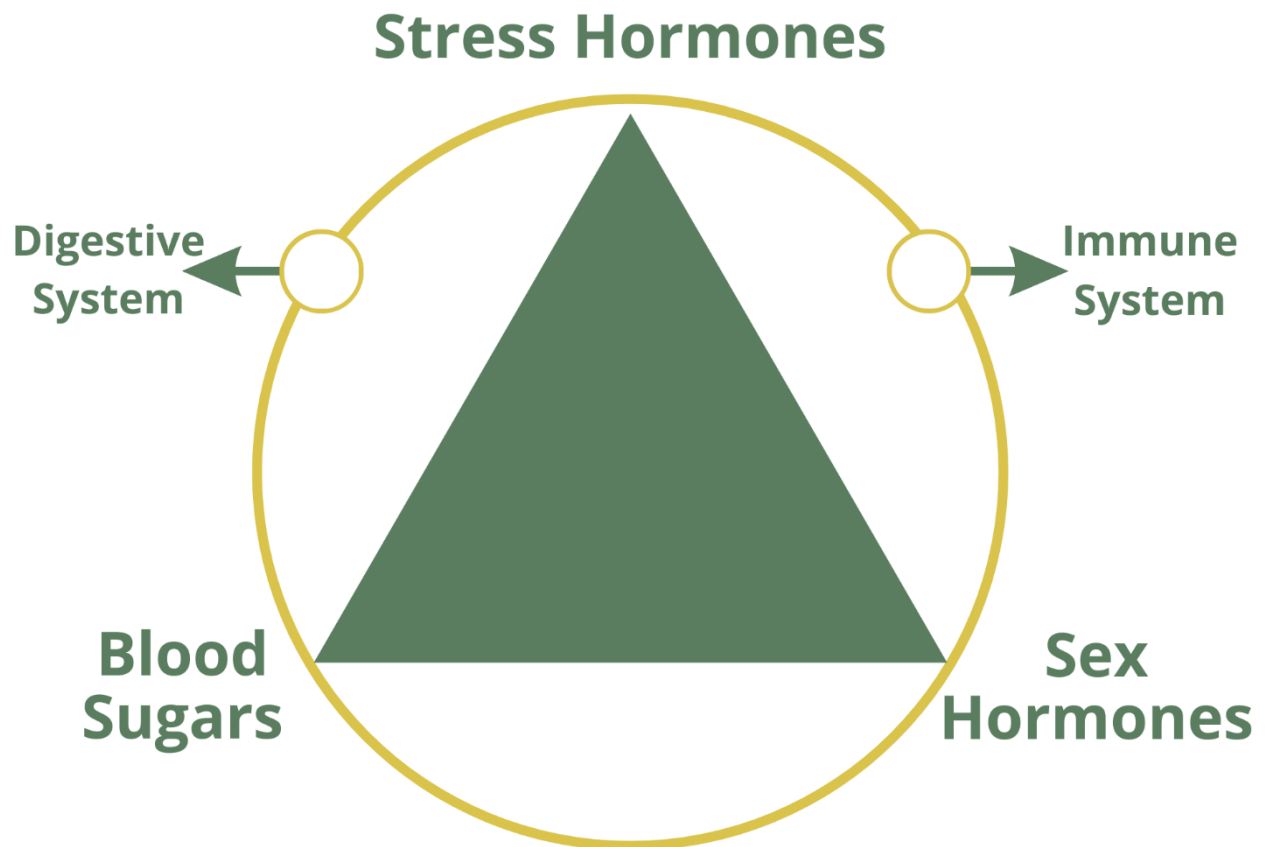


## The Triangle of Hormonal Health



In our clinical experience, there is a huge connection that is widely overlooked between stress hormones, blood sugars and sex hormones. We call it The Triangle of Hormonal Health.

Many of today's widespread conditions reside in these arenas but most people don't know how to support their bodies to fix the issue.

The interplays include

- When blood sugars drop, the body produces adrenaline and cortisol to ensure you act and find food
- High levels of the blood sugar hormone insulin increase oestrogen production making periods irregular, heavier and more painful
- The sex hormones oestrogen and progesterone affect how cells respond to the blood sugar hormone insulin making it more resistant or more sensitive
- High levels of the stress hormone cortisol will trigger an increase in blood sugar to provide the body with glucose
- The endocrine prioritises the stress response above reproduction so stressed women often have period symptoms
- The body prioritises stress over digestive function so often stressed clients will have impaired digestive function
- The pancreas is an endocrine organ for blood sugar management as well as being an organ responsible for digestive enzymes. If the pancreas is sugar overloaded, digestive enzyme function is compromised
- Changing oestrogen levels cause motility and spasms in the digestive tract - it is why women make up 75% of IBS sufferers
- Oestrogen and adrenaline are immune stimulators
- Progesterone and cortisol are immune suppressants
- When the hormones in the triangle are imbalanced, this overworks the liver causing ineffective metabolic waste clearance which stresses the elimination organs - the bowels and kidneys

So you can see, for us to have good health, we need to be focusing our energies on balancing the 3 corners of the Triangle of Hormonal Health.