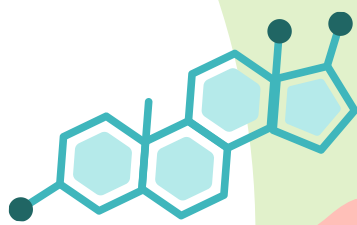


# THE GUT-HORMONE CONNECTION



## The Gut Regulates Hormone Production

The gut isn't just responsible for digestion... it plays a crucial role in producing, regulating, and metabolizing hormones:

**SEROTONIN**  
(THE "FEEL-GOOD" HORMONE)

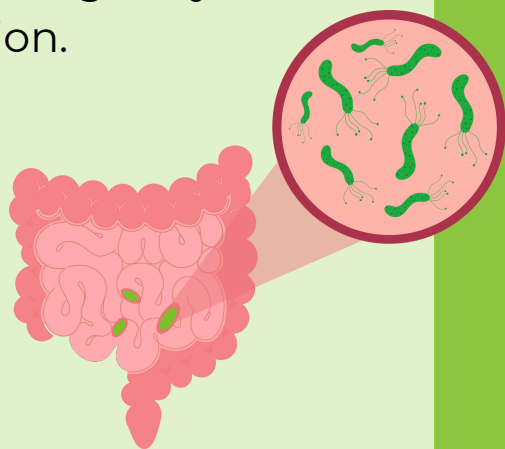
**ESTROGEN**  
(THE FEMALE SEX HORMONE)

**CORTISOL**  
(THE STRESS HORMONE)

## Gut Bacteria Directly Influence Hormonal Balance

The gut microbiome contains trillions of bacteria that help regulate hormone production and metabolism. When gut bacteria are imbalanced, this can result in gut dysbiosis and hormonal disregulation.

**Gut dysbiosis can present in several ways. And when left unchecked, it can contribute to serious health conditions such as Irritable Bowel Syndrome (IBS)!**



### SIGNS OF HORMONAL IMBALANCE:

- **WEIGHT GAIN**
- **IRREGULAR PERIODS**
- **FATIGUE**
- **MOOD SWINGS**
- **DECREASE IN SEX DRIVE**
- **HAIR LOSS**



***Your gut and hormones work together — so should your treatment!***



INSTITUTE FOR  
PEAK HEALTH