

A woman with long dark hair, wearing a yellow floral dress and brown boots, is sitting outdoors on a rocky surface. She is smiling and looking to her right. The background is a blurred green landscape with trees and a stone wall.

# The 7 Hidden Reasons Your Hormones Feel Out of Balance

And What You Can Do About Them Naturally

Dr. Stephanie Bartolotti, DACM, AP  
New Direction Natural Medicine

# Do You Feel Like Your Hormones Have a Mind of Their Own?

If you've been struggling with:

- ✓ Fatigue
- ✓ Weight gain
- ✓ Anxiety
- ✓ Poor sleep
- ✓ Brain fog
- ✓ Mood swings
- ✓ Low libido
- ✓ Irregular periods
- ✓ Perimenopause symptoms

You are not alone.

Many women are told their symptoms are simply part of aging, stress, or that everything is "normal."

But your symptoms are not random.

Your body may be trying to communicate that something deeper is out of balance.

Let's explore some of the most common root causes I see in my practice.

# #1: Chronic Stress & Elevated Cortisol



## When stress becomes your body's default setting

Stress is not just emotional—it creates physical changes throughout the body. When cortisol remains elevated for long periods, it can disrupt hormone production, blood sugar balance, sleep quality, and metabolism.

Many women don't realize that their body may still be responding to stress even when they don't feel particularly stressed.

### Could this be affecting you?

- ✓ You feel tired but wired
- ✓ You wake up between 1–3 AM
- ✓ You rely on caffeine to function
- ✓ You feel overwhelmed easily
- ✓ Your stress tolerance isn't what it used to be

### Why It Matters

The body prioritizes survival over reproduction. When stress remains high, hormone balance often becomes a lower priority.

## TRY THIS:

**Take a 10-minute walk after meals and spend 5 minutes each day doing slow breathing exercises.**

# #2: Blood Sugar Imbalance



## One of the most overlooked hormone disruptors

Blood sugar swings can create a roller coaster of cravings, fatigue, irritability, anxiety, and hormone symptoms.

Many women unknowingly start the day with coffee and carbohydrates but very little protein, setting the stage for energy crashes later in the day.

### Could this be affecting you?

- ✓ Afternoon energy crashes
- ✓ Intense cravings
- ✓ Feeling shaky when hungry
- ✓ Irritability between meals
- ✓ Difficulty losing weight

### Why It Matters

Stable blood sugar helps support cortisol balance, hormone production, metabolism, and energy throughout the day.

## TRY THIS:

**Aim for 25–35 grams of protein at breakfast.**

**Example: eggs & turkey sausage, Greek yogurt & berries, oatmeal & protein powder**

# #3: Poor Sleep



## The foundation of hormone health

Sleep is when the body repairs, detoxifies, regulates hormones, and supports healthy brain function.

Even a few nights of poor sleep can affect hunger hormones, cortisol, blood sugar balance, and emotional resilience.

### Could this be affecting you?

- ✓ Trouble falling asleep
- ✓ Waking during the night
- ✓ Feeling exhausted in the morning
- ✓ Brain fog
- ✓ Increased anxiety

### Why It Matters

You cannot out-supplement poor sleep. Sleep is one of the most powerful tools for supporting hormone health naturally.

## TRY THIS:

**Wear a sleep mask, keep your room cool, and avoid screens for one hour before bed.**

# #4: Digestive Dysfunction



## Your gut influences more than digestion

Your digestive system plays a critical role in hormone balance, inflammation, immune function, and nutrient absorption.

When digestion is not functioning optimally, hormones may not be metabolized efficiently and symptoms can begin to appear throughout the body.

### Could this be affecting you?

- ✓ Bloating after meals
- ✓ Constipation
- ✓ Reflux
- ✓ Food sensitivities
- ✓ Irregular bowel movements

### Why It Matters

A healthy digestive system supports better hormone balance, nutrient absorption, and overall wellness.

### TRY THIS:

Slow down while eating, chew thoroughly, and avoid eating while distracted.

# #5: Chronic Inflammation



## The silent stressor affecting your hormones

Inflammation is one of the most common root causes behind fatigue, weight gain, joint pain, brain fog, and hormone imbalance.

While inflammation is a normal healing response, chronic inflammation can interfere with how the body functions and communicates.

### Could this be affecting you?

- ✓ Joint aches
- ✓ Brain fog
- ✓ Chronic fatigue
- ✓ Difficulty recovering from exercise
- ✓ Puffiness or swelling

### Why It Matters

Inflammation can affect hormone signaling, insulin sensitivity, metabolism, and overall health.

### TRY THIS:

**Focus on whole foods, colorful vegetables, quality protein, fiber, and healthy fats while reducing ultra-processed foods.**

# #6: Nutrient Deficiencies



## Your hormones cannot function without the right building blocks

Hormones rely on vitamins, minerals, amino acids, and healthy fats to function properly.

Unfortunately, stress, digestive issues, restrictive dieting, and poor food quality can all contribute to nutrient deficiencies.

### Could this be affecting you?

- ✓ Fatigue
- ✓ Hair loss
- ✓ Anxiety
- ✓ Poor sleep
- ✓ Low energy

### Why It Matters

Nutrients such as magnesium, vitamin D, zinc, iron, and B vitamins are essential for healthy hormone production and nervous system function.

### TRY THIS:

**Prioritize protein-rich meals and include a variety of colorful fruits and vegetables each day.**

# #7: Nervous System Dysregulation



**Your body needs safety before it can heal**

Many women spend years in a constant state of doing, rushing, worrying, and pushing through exhaustion.

Over time, the nervous system can become stuck in a pattern of chronic stress, making it harder for the body to regulate hormones, digestion, sleep, and energy.

### **Could this be affecting you?**

- ✓ Feeling overwhelmed by small tasks
- ✓ Difficulty relaxing
- ✓ Constant mental chatter
- ✓ Anxiety
- ✓ Burnout

### **Why It Matters**

When the nervous system is supported, the body is often better able to regulate hormones, improve sleep, and heal more effectively.

## **TRY THIS:**

**Choose one calming activity daily: walking, acupuncture, stretching, reading, prayer, journaling, time outdoors**

# The Good News?

**Your body is constantly working to heal and rebalance.**

If you've been struggling with fatigue, anxiety, weight gain, poor sleep, brain fog, digestive issues, or hormone symptoms, it can be easy to feel frustrated or discouraged.

The good news is that your body is incredibly adaptable.

Many of the underlying factors that contribute to hormone imbalance—such as chronic stress, poor sleep, blood sugar instability, inflammation, nutrient deficiencies, digestive dysfunction, and nervous system overload—can often be improved with the right support and a personalized approach.

You do not have to be perfect.

You do not have to change everything overnight.

Small, consistent changes often create the biggest results over time.

**Remember:**

- ✓ Your symptoms are not random.
- ✓ Your body is not working against you.
- ✓ Feeling exhausted, anxious, or inflamed is not something you should simply accept as normal.
- ✓ There is hope, even if you've been struggling for a long time.

Every step you take toward supporting your health matters, and your body has an incredible capacity to heal when given the right tools and support.

Start with one small change today.

Sometimes the first step is simply understanding what your body has been trying to tell you all along.

# Ready to Look Deeper?

At New Direction Natural Medicine, we combine:

- ✓ Acupuncture
- ✓ Chinese Herbal Medicine
- ✓ Functional Medicine
- ✓ DUTCH Hormone Testing
- ✓ Nutrition Support
- ✓ Personalized Treatment Plans

to help uncover the root causes behind hormone symptoms and support lasting wellness.

## Schedule a Consultation

409 Montgomery Rd. Suite 145  
Altamonte Springs, FL 32714  
321-972-2940

## Book Online:

[newdirectionnaturalmedicine.janeapp.com](http://newdirectionnaturalmedicine.janeapp.com)

## Instagram:

@newdirectiondoctor