

# Hormones

## Is it Hormones, Thyroid, Something Else?

*“Patients frequently come to my office seeking an evaluation of hormonal imbalances. In many cases, hormones are out of balance and we prescribe bioidentical hormone therapy. In other cases, thyroid imbalances are uncovered and treated as well. Functional Medicine goes beyond simply treating symptoms, and the key point here is to determine whether hormones are the only issue (not likely). The human body is wonderfully complex and research shows us that imbalances in one body system can have a profound effect on other seemingly unrelated body systems. Hormone imbalances can be related to gut issues, diabetes, weight gain, cancers, depression, and adrenal function. Medications or supplements can also have a significant effect on hormone levels. I have seen many patients who were taking supplements that created further imbalances, resulting in a worsening of symptoms. Our goal at Health Partners is to determine why hormones are out of balance, to address the cause of those imbalances, and to help bring the entire system back to healthy functioning.”*

*- Lynn Kettell-Slifer, APRN, Owner of Health Partners LLC*

## Useful Articles:

### Hormones and Athletic Performance

<https://www.zrtlab.com/blog/archive/how-your-hormones-affect-athletic-performance/>