

Outline

The Hormone Web: An Inter-Connected System

How each hormone affects the other vs in isolation

Lab testing:

- Subjective vs objective
- Options available
- Pros/cons to each

Conventional vs functional lens

Who can order?

When to refer out

Gut Function Impact on Hormone Balance

You are 'what you digest, absorb, and use'

Intestinal permeability: leaky gut

Microbiome: enter the estrabolome

How the gut impacts each of the 6 hormone systems

5R protocol: 5 steps to repairing your gut

Lab testing options

REBALANCE Hormones and Reduce Unwanted Symptoms

Cortisol

Related disorders/conditions: anxiety, insomnia, high blood sugar, high blood pressure

Underlying causes: stressors – physical, emotional/psychological, nutritional, environmental, physiological

Common symptoms:

- High: nervousness, irritability, anxiety, insomnia, sugar cravings, belly fat
- Low: apathy, fatigue, low libido, insomnia, lightheaded when rising, salt cravings

Lab testing options

Lifestyle strategies to naturally rebalance cortisol

Insulin

Related disorders/conditions: prediabetes, metabolic syndrome, diabetes, hypercholesterolemia

Underlying causes: high sugar diet, deficient minerals/vitamins, obesity, environmental toxicity, lack of exercise, stress, lack of sleep

Common symptoms: energy roller coaster during the day, headaches, foggy brain, weight gain around spare tire or scapular region

Lab testing options

Lifestyle strategies to naturally rebalance insulin

Thyroid

Related disorders/conditions: hypothyroidism, Hashimotos thyroiditis, hyperthyroidism, Grave's disease

Underlying causes: stress, nutrient deficiencies, toxins, estrogen dominance, liver or kidney dysfunction, gut dysfunction, infections

Common symptoms:

- Persistent fatigue, weight gain, fluid retention, depression, constipation, cold extremities; dry hair/ skin, brittle nails, hair loss

Lab testing options

Lifestyle strategies to naturally rebalance thyroid

Estrogen

Related disorders/conditions: estrogen dominance, PMS, fibrocystic breasts, uterine fibroids, endometriosis, perimenopause, menopause

Underlying causes: gut dysfunction, stress, xenoestrogen exposure, obesity, medications (oral contraceptives, HRT), conventional animal products

Common symptoms:

- Low: menopause, depression, increase in UTI's
- High: fibrocystic & swollen/painful breasts, cystic ovaries, uterine fibroids, endometriosis

Lab testing options

Lifestyle strategies to naturally rebalance estrogen

Progesterone

Related disorders/conditions: infertility

Underlying causes: stress, xenoestrogen exposure, obesity, medications (oral contraceptives, HRT), conventional animal products

Common symptoms:

Headaches, mood changes, irregular menstrual cycle

Lab testing options

Lifestyle strategies to naturally rebalance progesterone

Testosterone

Related disorders/conditions: andropause, hypercholesterolemia, increased blood pressure, pre-diabetes, diabetes, erectile dysfunction, dementia, PCOS

Underlying causes: stress, xenoestrogen exposure, obesity, insulin resistance, poor diet, gut dysfunction

Common symptoms:

- High: acne, hair loss on head, facial hair (women), deeper voice, increased muscle mass, irregular periods, mood changes
- Low: burned out, belly fat, decreased libido, decreased strength & stamina, muscle loss, mood changes, erectile dysfunction, poor concentration & focus

Lab testing options

Lifestyle strategies to naturally rebalance testosterone

Help Clients Prioritize an Effective Lifestyle Intervention

Client assessment first – what do they need?

Prioritize lifestyle factors for:

- Sleep & circadian rhythms
- Food as medicine approach
- Stress management
- Exercise
- Simple ways to reduce exposure to environmental toxins

Case Studies related to estrogen dominance, andropause, & hypothyroid

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A Healthcare Professional's Guide to Hormone Imbalance

Nutrition and Lifestyle Solutions to Rebalance Cortisol, Insulin, Thyroid, Estrogen, Progesterone & Testosterone



Featuring Integrative & Functional Nutritionist: Cindi Lockhart, RDN, LD, IFNCP



Live Interactive Webinar Monday, February 6, 2023

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Featuring Integrative & Functional Nutritionist: Cindi Lockhart, RDN, LD, IFNCP

- Quickly identify triggers & root cause
- Nutrition and lifestyle solutions to rebalance hormones and reduce symptoms
- Specific strategies for: women's health, insulin resistance, hypothyroidism, adrenal fatigue and more!



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## A Healthcare Professional's Guide to Hormone Imbalance

Weight gain, insomnia, anxiety, cravings for sugar or salt, constipation, brain fog, menstrual irregularities... many of these symptoms are tied to hormonal imbalances and seemingly everyone is dealing with at least one of them.

The hormonal web (HPATG Axis) creates a cascade of reactions throughout the entire body – it can seem daunting and overwhelming to decipher...

But with this evidence-based approach, you can accurately identify the root cause of imbalance and confidently create a customized treatment plan for your clients! Join Cindi Lockhart, RDN, LD, IFNCP, **to learn how to curate a nutrition and lifestyle-based program to naturally rebalance hormones and reduce unwanted symptoms BEFORE your patient turns to meds!** You'll explore:

- An in-depth tour of the HPATG axis and systemic implications imbalances with cortisol, insulin, thyroid, estrogen, progesterone, and testosterone
- How to identify triggers & root cause of hormone imbalance
- Solutions for a variety of conditions: insulin resistance, hypothyroidism, estrogen dominance, endometriosis, adrenal fatigue, PCOS, perimenopause, andropause and more!
- When to refer for lab testing...and what kind!
- Proven methods to lock in long term behavior change

Hormonal disruption leads to crippling symptoms, but you will discover the keys to restoring the delicate balance and improving health. With solutions for seemingly healthy patients to those with chronic conditions, you don't want to miss out on this new functional and integrative approach that gets results – **register today!**

## Objectives

1. Inspect the 6 core hormone systems and how they are inter-related – cortisol, insulin, thyroid, estrogen, progesterone, and testosterone.
2. Determine how the gut affects hormone balance via digestion, intestinal permeability, and the microbiome.
3. Investigate common symptoms of specific hormone imbalances through subjective and objective assessments.
4. Determine how to identify triggers and root causes of hormone imbalance.
5. Differentiate how the 6 lifestyle-based root causes affect hormone balance - standard American diet, obesity, too much or too little exercise, chronic stress, inadequate sleep, and environmental toxins.
6. Assess how the 5 key lifestyle strategies naturally rebalance hormone systems - diet, exercise/activity, stress management, sleep optimization, and reduction in toxin exposures.
7. Determine a prioritized and systemized approach for effective lifestyle interventions.

### Live Webinar Schedule (Times listed in Mountain)

**8:00** Program begins

**12:00-1:00** Lunch Break

**4:30** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
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## Meet Your Speaker



**Cindi Lockhart, RDN, LD, IFNCP**, is board-certified as an integrative and functional nutrition practitioner with over 30 years in professional practice. She has trained nutrition, fitness, and medical practitioners throughout most of her career, yet maintains a personal practice with clients as she believes that the only way she can effectively educate and inspire other practitioners is through her own practical experience with clients. In addition to educating on how Food is Medicine, Cindi also specializes in coaching clients and practitioners on the importance of managing stress, optimizing sleep, proper exercise and movement, and reducing exposure to environmental toxins. Cindi has extensive expertise in women's health issues including hormonal imbalances, thyroid dysfunction, and autoimmunity as well as gut health, weight management, histamine intolerance, and immune health.

Speaker Disclosure:

Financial: Cindi Lockhart is the owner and founder of Lockhart Wellness Solutions, LLC. She receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Cindi Lockhart is a member of the Academy of Nutrition and Dietetics, Dietitians in Integrative & Functional Medicine, the Institute for Functional Medicine and the Integrative & Functional Nutrition Academy.



*"Loved the easy options to improve health immediately."* – Jessica C, PT

*"Cindi is very organized and easy to follow with her handouts. I appreciated the examples from her professional and personal experiences."* – Julia P, NP

*"Thank you so much. Very helpful personally and professionally."* – Sandra S, PT

*"I learned a great deal. Cindi is an excellent speaker and is very knowledgeable. I would take more courses with Cindi."* – Constance L, PA

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Registered Nurses • Dietary Managers • Chiropractors • Physical Therapists • Coaches  
Occupational Therapists • Occupational Therapy Assistants • Personal Trainers • Athletic Trainers

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