# **Outline**

# The Hormone Web: An Inter-Connected

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

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

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

Lab testing options

Lifestyle strategies to naturally rebalance insulin

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

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

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

High: fibrocystic & swollen/painful breasts, cystic ovaries, uterine fibroids,

endometriosis

Lab testing options

Lifestyle strategies to naturally rebalance

#### **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

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,

Lab testing options

Lifestyle strategies to naturally rebalance

poor concentration & focus

# Help Clients Prioritize an Effective Lifestyle

Client assessment first - what do they need? Prioritize lifestyle factors for:

Sleep & circadian rhythms

Food as medicine approach

Stress management

Exercise

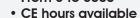
Simple ways to reduce exposure to environmental toxins

Case Studies related to estrogen dominance, andropause, & hypothyroid



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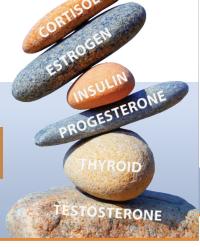
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# A Healthcare Professional's Guide to Hormone Imbalance

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



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



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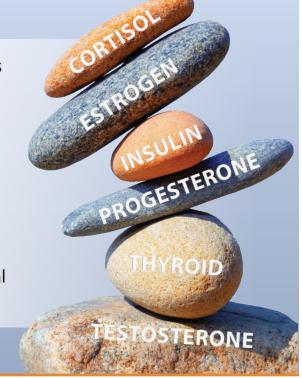
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**Nutrition and Lifestyle Solutions to Rebalance Cortisol,** Insulin, Thyroid, Estrogen, Progesterone & Testosterone



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
- 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. A more detailed schedule is available upon request.



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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

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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