



## **ASK DR OLZ — HORMONE HEALTH CHEAT SHEET**

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### **WHAT ARE HORMONES?**

Hormones are your body's chemical messengers. They regulate:

- Metabolism
  - Sleep cycles
  - Mood and emotional balance
  - Focus and mental clarity
  - Appetite and cravings
  - Menstrual health and fertility
  - Stress response
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### **SIGNS YOUR HORMONES MAY BE OUT OF BALANCE**

- Constant fatigue even after a full night's sleep
  - Unexplained weight gain, especially around the belly
  - Brain fog or poor memory
  - Mood swings, anxiety, or depression
  - Adult acne, hair thinning, or excess facial/body hair
  - Low libido or painful intercourse
  - Irregular or heavy periods
  - Trouble falling or staying asleep
  - Vaginal dryness or loss of self-confidence
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### **COMMON ROOT CAUSES OF HORMONAL IMBALANCE**

- Chronic stress and high cortisol levels

- Poor gut health or slow digestion
  - Liver overload and poor detoxification
  - Blood sugar issues or insulin resistance
  - Poor sleep hygiene and late-night screen exposure
  - Nutrient deficiencies (magnesium, B vitamins, zinc)
  - Endocrine disruptors in plastics, cosmetics, or water
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## **RECOMMENDED HORMONE TESTS**

- Saliva or blood hormone panel (estrogen, progesterone, testosterone, cortisol, DHEA)
- Full thyroid panel (TSH, Free T3, Free T4, Reverse T3, antibodies)
- Fasting insulin and glucose
- Vitamin D, Vitamin B12, and Magnesium RBC

*Ask Dr Olz offers virtual consultations and lab test interpretation for women in South Africa.*

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## **NATURAL STRATEGIES TO BALANCE HORMONES**

- Eat protein and fibre at every meal to stabilise blood sugar
  - Supplement with magnesium, zinc, and B-complex daily
  - Use DIM, calcium-d-glucarate, or flaxseeds for estrogen balance
  - Take adaptogens like ashwagandha or rhodiola for stress support
  - Eliminate processed sugar and alcohol for 21 days
  - Support liver function with cruciferous vegetables and hydration
  - Track your menstrual cycle and adapt nutrition and activity to each phase
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## **DAILY HORMONE RESET ROUTINE**

### **Morning**

- Get morning sunlight and hydrate with lemon water
- Eat a protein-rich breakfast

- Move your body with light exercise or walking

### **Afternoon**

- Eat every 4–5 hours to avoid blood sugar crashes
- Take short breaks to breathe and reduce stress hormones

### **Evening**

- Limit screen time before bed
- Drink herbal tea and supplement with magnesium
- Use journaling or a warm bath to support restful sleep

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## **EVERY WOMAN'S HORMONES ARE DIFFERENT**

Ask Dr Olz helps you:

- Understand your lab results and symptoms
- Build a targeted supplement and nutrition plan
- Heal the root causes like gut, thyroid, or liver dysfunction
- Regain energy, clear skin, stable mood, and hormonal confidence

**Book a virtual hormone consult at [askdrolz.com](https://askdrolz.com)**