

Ask Dr Olz

HORMONE

SYMPTOM

DECODER GUIDE



The Complete Expert Guide to What Your Body's Been Trying to Tell You

Why You Need This Guide

- If you're struggling with:
- Fatigue you can't shake
- Weight gain around the middle
- PMS that feels like war
- Anxiety, brain fog, low libido
- Hot flashes, night sweats, or hormonal acne
- You're not crazy. You're not broken.

Your hormones are out of balance—and this guide will decode exactly which ones.

How to Use This Guide

- Step 1: Find the symptom(s) you struggle with
- Step 2: Learn which hormones are likely out of balance
- Step 3: See how Ask Dr Olz approaches the root cause—naturally

Symptom-by-Symptom Breakdown

SYMPTOM: Chronic Fatigue / Burnout

- **Feels like:**
 - Always tired, even after sleep
 - Brain fog, zero motivation
 - Afternoon crashes
- **Likely Hormones:**
 - Cortisol (adrenal fatigue)
 - Thyroid (underactive)
- **Root-Cause Fixes:**
 - Adaptogens like ashwagandha and rhodiola
 - Magnesium glycinate for nervous system
 - Blood sugar balancing meals
 - Morning sunlight and evening tech detox
 - Test: Saliva cortisol, TSH + T3/T4

SYMPTOM: Anxiety, Panic, Overthinking

- **Feels like:**
 - Racing thoughts
 - Easily overwhelmed
 - Trouble winding down or sleeping
- **Likely Hormones:**
 - Low progesterone
 - High cortisol
 - Estrogen dominance

- **Root-Cause Fixes:**
 - Increase GABA production with B6 and magnesium
 - Herbal support like chasteberry and lemon balm
 - Nervous system reset through breathwork and better sleep hygiene
 - Test: Day 21 progesterone, cortisol

SYMPTOM: Mood Swings & PMS Rage

- **Feels like:**
 - Crying or snapping before your period
 - Feeling "possessed" monthly
 - Breast tenderness, bloating, headaches
- **Likely Hormones:**
 - Low progesterone
 - High estrogen
- **Root-Cause Fixes:**
 - Liver support with broccoli sprouts and DIM
 - Vitex (chasteberry) to boost progesterone
 - Seed cycling and magnesium support
 - Test: Estrogen, progesterone (day 21)

SYMPTOM: Hot Flashes & Night Sweats

- **Feels like:**
 - Sudden flush of heat, sweating
 - Nighttime wakings soaked in sweat
 - Irritability and poor sleep
- **Likely Hormones:**
 - Low estrogen

- Fluctuating FSH/LH (perimenopause)

- **Root-Cause Fixes:**

- Black cohosh, red clover, sage
- Cooling foods and layered bedding
- Blood sugar regulation
- Test: FSH, estradiol

SYMPTOM: Weight Gain (Especially Belly Fat)

- **Feels like:**

- No change in diet but gaining weight
- Stubborn fat around the middle
- Cravings for sugar or salty snacks

- **Likely Hormones:**

- High cortisol
- Insulin resistance
- Low thyroid

- **Root-Cause Fixes:**

- Chromium, berberine, alpha-lipoic acid
- Strength training and high-protein meals
- Carb curfews and caffeine regulation
- Test: Fasting insulin, HbA1c, thyroid panel

SYMPTOM: Low Libido / Dryness / Disconnection

- **Feels like:**

- No desire for intimacy
- Vaginal dryness or pain
- Emotionally flat or withdrawn

- **Likely Hormones:**

- Low testosterone
- Low estrogen
- Low DHEA

- **Root-Cause Fixes:**

- Maca root, zinc, Tribulus
- Omega-3s and vaginal tissue support
- Blood flow and intimacy re-connection practices
- Test: Free testosterone, estradiol, DHEA-S

SYMPTOM: Hormonal Acne / Oily Skin / Chin Hair

- **Feels like:**

- Breakouts along jawline
- Facial hair growth
- Oily skin and clogged pores

- **Likely Hormones:**

- High androgens (testosterone, DHT)
- Insulin resistance
- Estrogen imbalance

- **Root-Cause Fixes:**

- Spearmint tea, saw palmetto, zinc
- Reduce dairy and sugar
- Support liver detox pathways
- Test: Free testosterone, DHT, insulin

SYMPTOM: Irregular or Heavy Periods

- **Feels like:**

- Periods too close together or too far apart
- Heavy flow, clots, pain
- Long cycles or spotting mid-month
- **Likely Hormones:**

- Estrogen dominance
- Low progesterone
- PCOS or fibroid-related imbalance

- **Root-Cause Fixes:**

- Vitex, DIM, calcium d-glucarate
- Castor oil packs for pelvic circulation
- Eliminate endocrine disruptors
- Test: Estrogen, progesterone, pelvic ultrasound

SYMPTOM: Insomnia / Waking at 2AM

- **Feels like:**

- Can't fall asleep or stay asleep
- Racing mind at night
- Wired but tired

- **Likely Hormones:**

- High nighttime cortisol
- Low melatonin
- Blood sugar dips

- **Root-Cause Fixes:**

- Magnesium and phosphatidylserine
- High-protein dinners and stable blood sugar
- Blue light blockers and sleep rituals
- Test: PM cortisol, melatonin

SYMPTOM: Cold Hands, Cold Feet, Hair Thinning

- **Feels like:**
 - Sluggish metabolism
 - Dry skin, thinning hair, constipation
 - Always cold
- **Likely Hormones:**
 - Low thyroid hormones (T3, T4)
 - Possibly high reverse T3
- **Root-Cause Fixes:**
 - Selenium, iodine, tyrosine
 - Remove gluten/dairy if autoimmune
 - Support T4 to T3 liver conversion
 - Test: TSH, free T3, free T4, anti-TPO antibodies

SYMPTOM: Frequent Miscarriages or Fertility Struggles

- **Feels like:**
 - Irregular cycles
 - Difficulty maintaining pregnancy
 - Frustration with no clear answers
- **Likely Hormones:**
 - Low progesterone
 - Insulin resistance
 - Thyroid or autoimmune involvement
- **Root-Cause Fixes:**
 - Support progesterone naturally or medically
 - Anti-inflammatory nutrition

- B12, methylfolate, and gut healing
- Test: Day 21 progesterone, TSH, fasting insulin

Functional Hormone Healing Tips from Ask Dr Olz

- Balance blood sugar—hormones follow stable glucose
- Support your liver—it metabolizes used hormones
- Manage stress—cortisol disrupts everything
- Prioritize sleep—deep rest repairs hormonal systems
- Test, don't guess—know your hormonal baseline
- Eliminate endocrine disruptors (plastics, fragrances, toxins)
- Get expert guidance—your healing plan must be personalized

Your Next Steps

- **Take the Free Hormone Quiz**
Pinpoint your dominant imbalance and get a personalized recommendation
[\[Take the Quiz Now\]](#)
- **Book a Virtual Consultation**
Work 1-on-1 with an expert from Ask Dr Olz to test, track, and treat your symptoms
[\[Book Now\]](#)
- **Join the Hormone Reset Series**
[Get bite-sized expert tips and protocols straight to your inbox](#)
[\[Subscribe Here\]](#)

Dr Olz (Hormone Imbalance Expert) word:

- You don't need another generic tip.
You need a strategy built on insight, root-cause healing, and guidance.
Let's get you feeling like yourself again.
- [\[Take the Quiz\]](#) | [\[Book a Consultation\]](#)