

POW(H)ER HOUR

WOMEN'S HEALTH WEBINAR SERIES

part 1: HORMONES



POW(H)ER HOUR HORMONES AT A GLANCE



Phases of the the female hormone cycle



Why are hormones so important?



Hormonal imbalance



Hormone therapies



Hormone testing

The Female Hormone Cycle

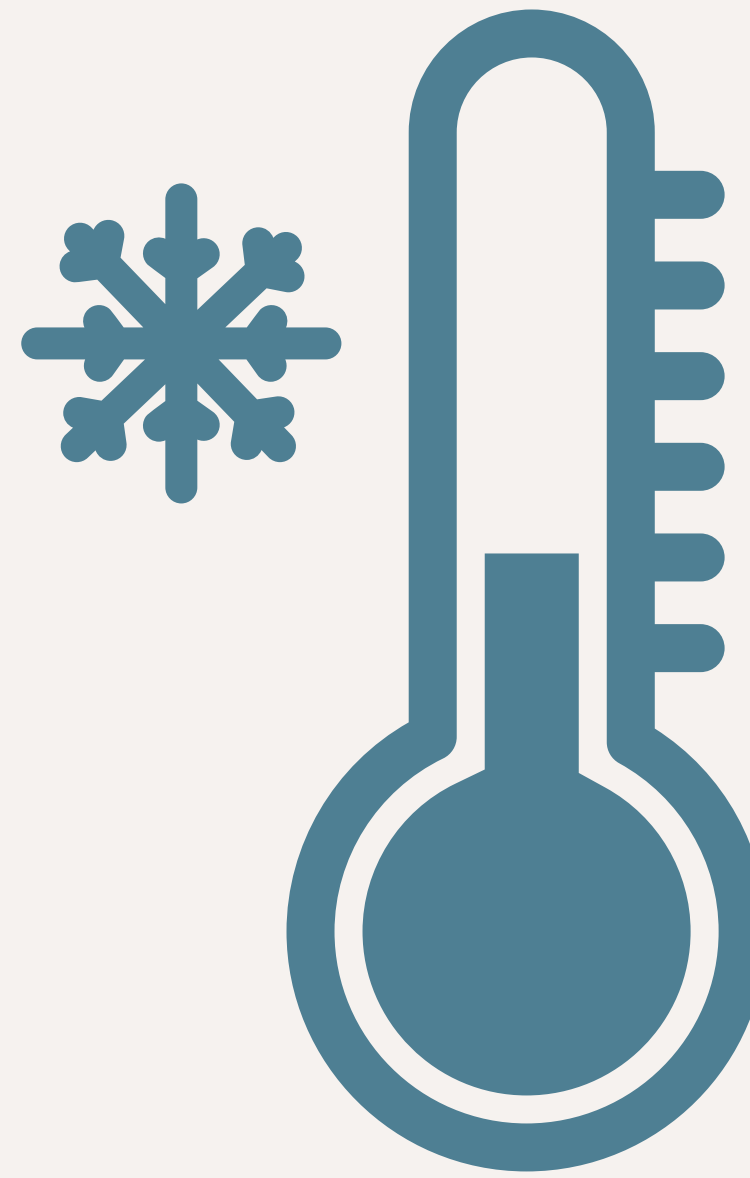
Monthly Phases

- Menstruation
- Follicular
- Ovulation
- Luteal

Lifetime Phases

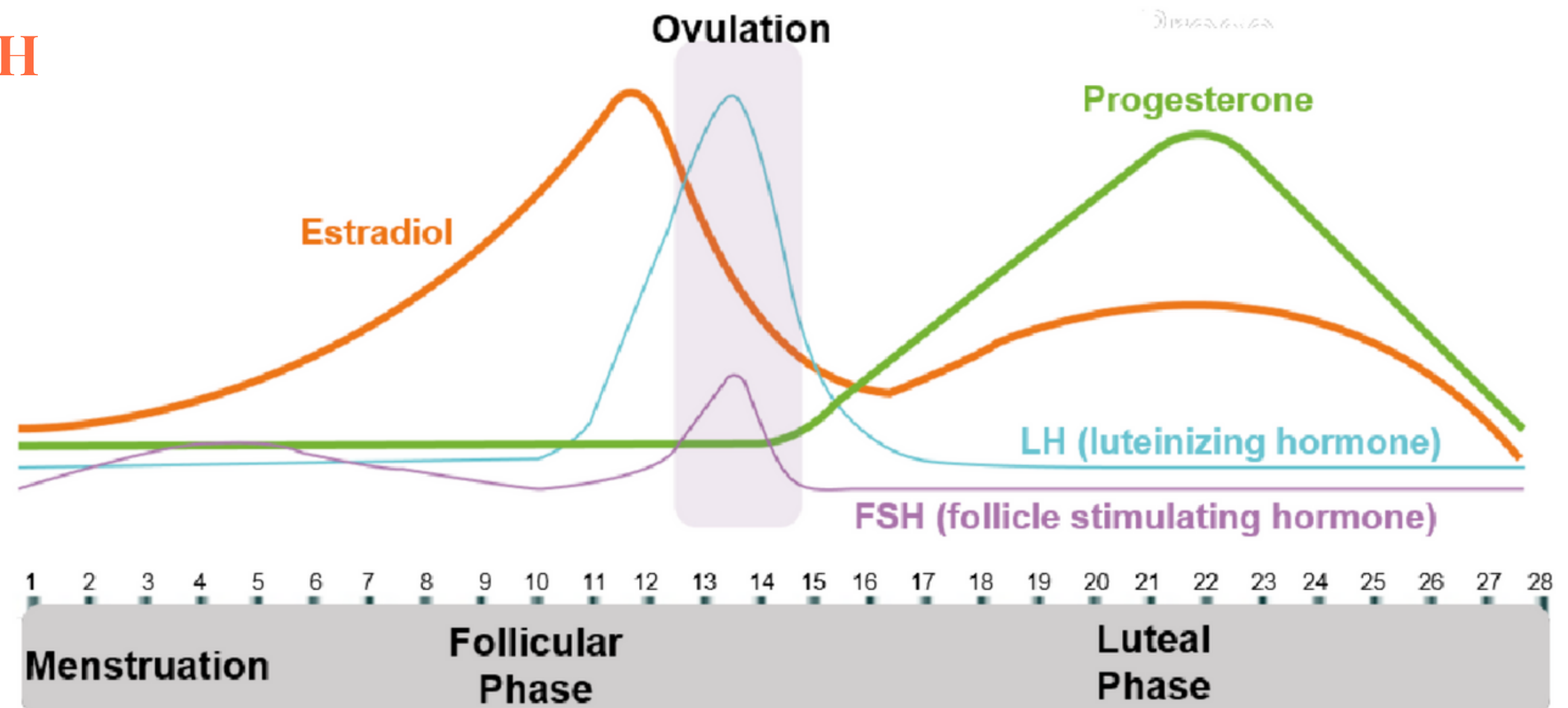
- Perimenopause
- Postmenopause

Male vs Female



The Female Hormones

- Estrogen
- Progesterone
- Luteinizing Hormone LH
- Follicle-Stimulating Hormone FSH



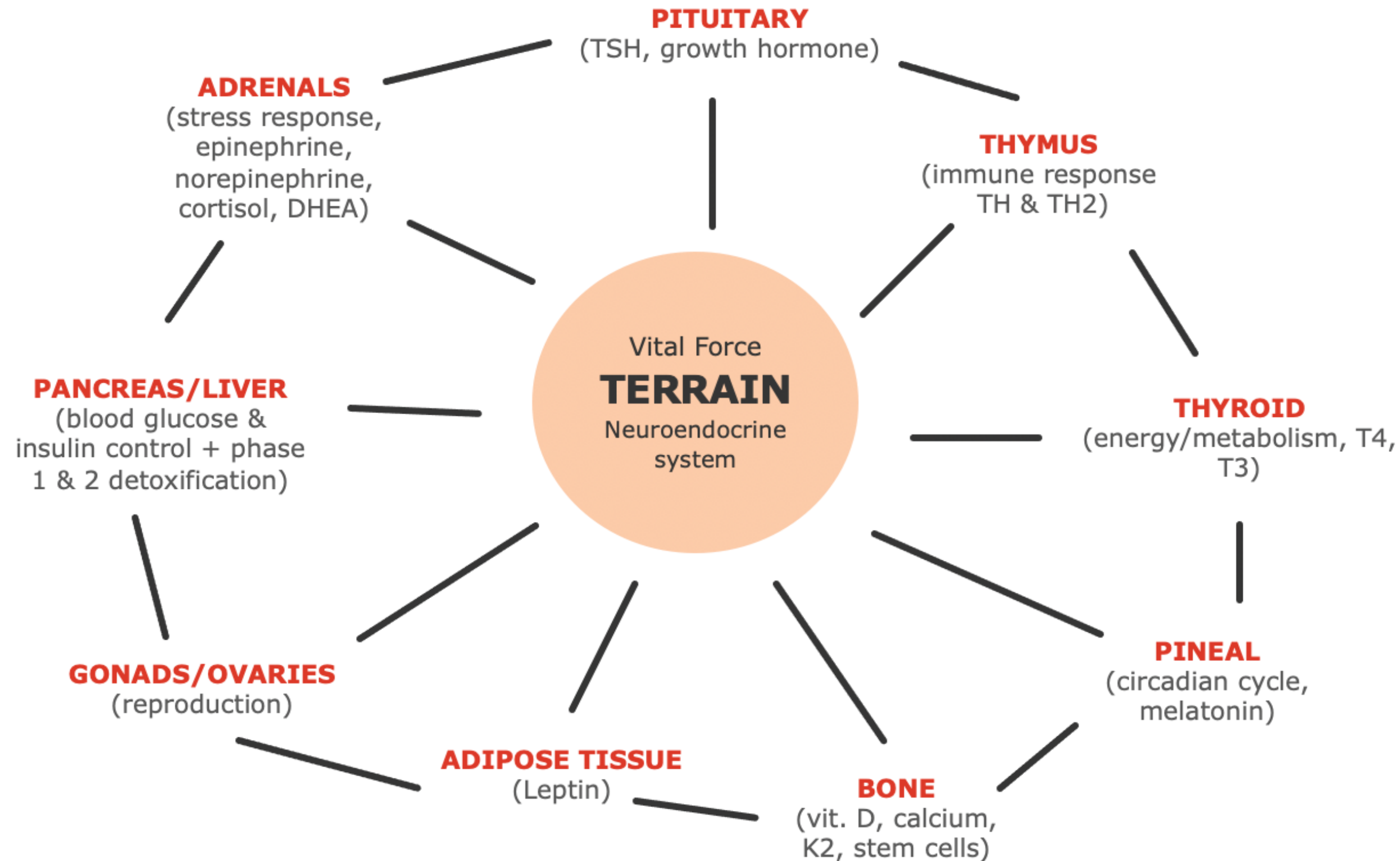
WHAT ARE HORMONES AND WHY ARE THEY SO IMPORTANT?



Hormones are chemicals made from chains of amino acids that are produced by the endocrine system (hypothalamus, pituitary gland, adrenal glands, etc.)

The purpose of a hormone is to signal and relay messages through the blood stream to different tissues and organs in the body.

Hormones 101



Hormonal Dysruptors

- Sugar
- Stress
- Sex



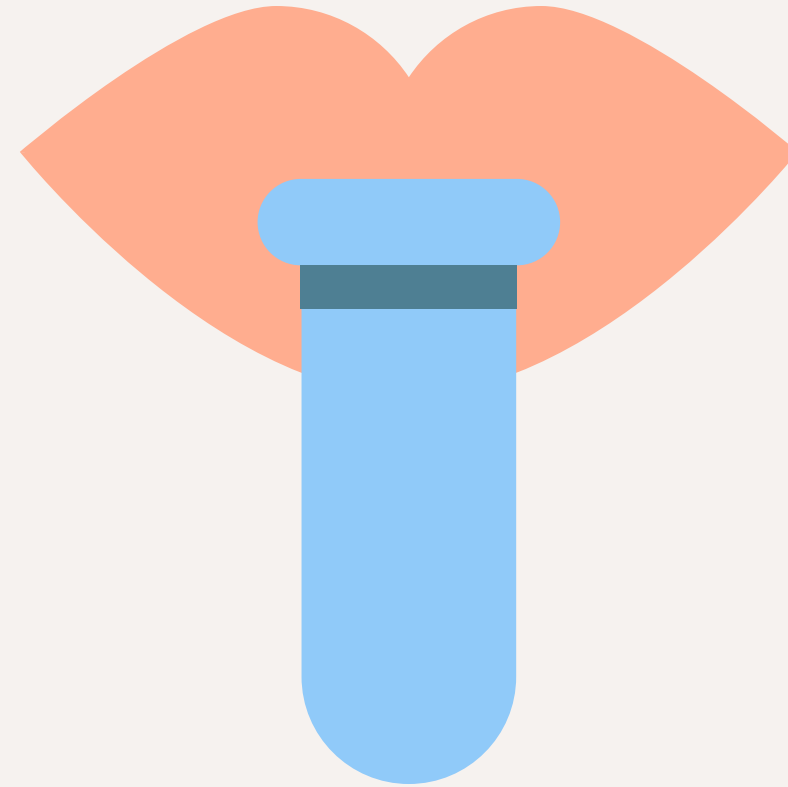
Hormone-based Therapies

- HRT
- Birth Control



Testing Your Hormones

- Blood
- Saliva
- Urine



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LIVE QUESTIONS & ANSWERS



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PART 2 OF 6



SLEEP

FEB. 28
7PM ET