



THE  
*Energy Fix*  
WORKSHOP

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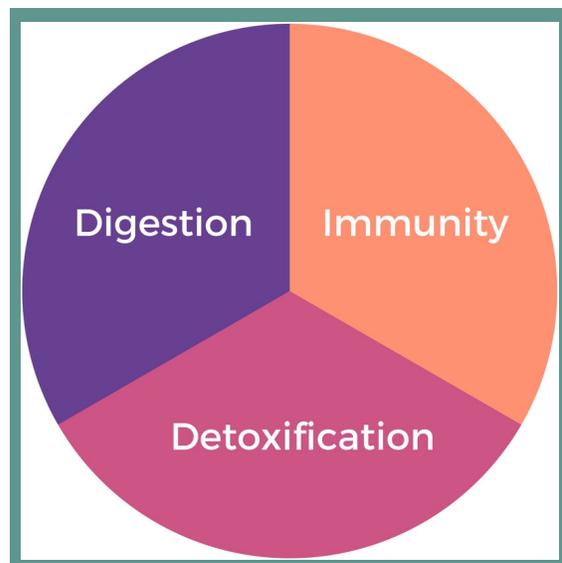
**Signs of Hormone Imbalance:**

Fatigue	PMS	Acne
Irritability/ Depression	Heavy, painful periods	Sensitivity to cold
Insomnia, Difficulty Sleeping	Sugar cravings	Sweating
Dry, dull skin	Weight gain	Digestive Issues

**Fixing your hormones and restoring your energy levels for good requires identifying and addressing the 7 underlying causes of hormone imbalance:**

Leaky Gut	Gut Dysbiosis
Nutrient Deficiencies	Inflammatory Foods
Blood Sugar Imbalance	Stress
Toxins	

**You can begin to systematically address these underlying causes of hormone imbalance by focusing on the three pillars of hormone health.**



**Let's look at how one of these underlying causes of hormone imbalance can seriously impair healthy thyroid function and drain your energy: Nutrient Deficiencies.**

## Selenium

Selenium is a mineral which plays a role in proper thyroid function. It is a key player in converting the inactive thyroid hormone, T4, to the active form of thyroid hormone, T3. Without proper levels of selenium, your thyroid hormones are "stuck" in their inactive form, resulting in fatigue, brain fog, sensitivity to cold and other signs of a sluggish thyroid.

**Best sources of selenium: Brazil nuts, meat, fish, shellfish**

## Zinc

Zinc also is necessary to convert thyroid hormone to its active form, T3. It also plays a part in signaling the brain that the body is low in thyroid hormones and telling the thyroid to produce more. Without sufficient amounts of zinc, your thyroid hormones simply can't do their job of producing adequate amounts of thyroid hormone to keep your energy levels up.

**Best sources of zinc: meat, chickpeas, cashews, eggs**

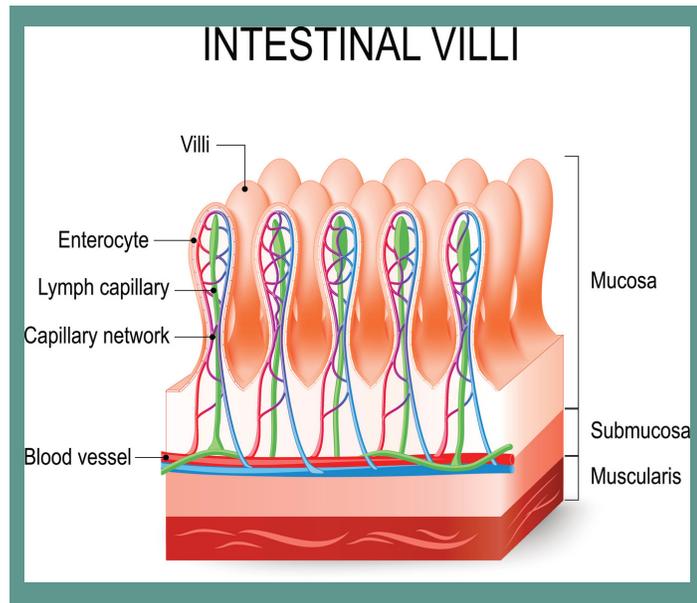
## Iodine

Iodine is literally one of the building blocks of thyroid hormones. Along with the amino acid tyrosine, your thyroid creates the hormones necessary for metabolism and energy production from iodine.

**Best sources of iodine: seafood and seaweed, eggs**

You can see that being deficient in just a few nutrients, like the ones above, can impact your hormones, derail your energy and impair your mood.

## HOW DOES LEAKY GUT CONTRIBUTE TO NUTRIENT DEFICIENCIES?



The small intestine is where nutrients are absorbed across the gut wall and assimilated into the body for energy production, growth and repair of tissues, as well as other important functions.

When the lining of the gut wall becomes damaged, the gut wall can become permeable, a condition often referred to as *leaky gut*. These holes in the gut wall can allow the contents of the gut to "leak" into the blood stream.

The gut is lined with intestinal villi, finger-like projections where nutrients are absorbed. When the gut is damaged, the villi can become worn down and lose their ability to absorb nutrients.

**If your gut is damaged, you can be eating a nutrient dense diet, but still suffer from nutrient deficiencies.** This is why digestion is one of the three pillars of hormone health and addressing your gut health is one of the fastest ways to improve your energy and balance your hormones.