

Cholesterol: More Than a Number

IT'S A CRITICAL BUILDING BLOCK FOR YOUR HORMONES

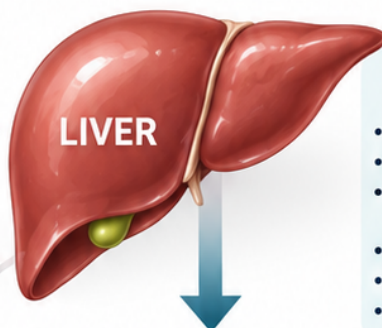
When you see cholesterol, thyroid, estrogen, testosterone and cortisol on different parts of your lab work, they may look unrelated.

They're not.

CHOLESTEROL COMES FROM:



- Your diet
- Your liver
- (and every cell in your body)



THE LIVER DOES MORE THAN MAKE CHOLESTEROL

- Processes cholesterol
- Helps convert it into steroid hormones
- Regulates hormone-binding proteins (like SHBG)
- Plays a role in thyroid hormone metabolism
- Helps clear and metabolize estrogens
- Influences lipid levels (LDL, HDL, triglycerides)

CHOLESTEROL

The starting material for steroid hormones

PREGNENOLONE

(in adrenals, ovaries, & other tissues)

PROGESTERONE

Supports:

- Reproductive health
- Pregnancy
- Calm/relaxation
- Neurosteroid effects

CORTISOL

Supports:

- Stress response
- Blood sugar balance
- Inflammation control
- Energy

DHEA

(adrenal androgen)

Converts to:

- Testosterone
- Estrogen (in peripheral tissues)

TESTOSTERONE

Converts to:

- DHT (5 α -reductase)
- Estradiol (E2) (aromatase)

ESTROGENS

(E1, E2, E3)

Support:

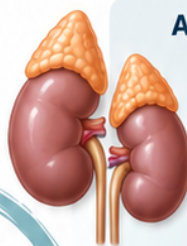
- Reproductive health
- Bone health
- Brain health
- Cardiovascular health



THYROID

Thyroid hormones influence how your body uses and clears cholesterol.

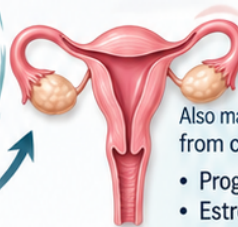
- T3 increases LDL receptor activity (helps clear LDL from the blood)
- Hypothyroidism can lead to higher LDL and triglycerides
- The liver helps convert T4 $\rightarrow$ T3



ADRENALS

The adrenal glands also make steroid hormones from cholesterol.

- Cortisol (via ACTH)
- DHEA $\rightarrow$ testosterone/estrogens
- Important for your stress response, energy and resilience



OVARIES

Also make steroid hormones from cholesterol.

- Progesterone
- Estrogen (E1, E2, E3)
- Testosterone

ALL CONNECTED

Healthy liver function, thyroid function, adrenal health and sex hormone balance all work together.



Clarity For You
WELLNESS

LIFETIME WELLNESS SOLUTIONS

*Different labs.
Same story.
Your body works together. ♥*