

Feeling Drained?
It Might Be Hormonal Fatigue!



What Is Hormonal Fatigue?

Do you ever feel like you're running on empty no matter how much you rest? You might be experiencing hormonal fatigue—a condition where imbalances in your body's hormone levels (like cortisol, thyroid hormones,

or sex hormones) leave you feeling tired, foggy, and out of sync.

Signs You're Not Just "Tired"

- Constant fatigue, even after a full night's sleep
- Brain fog and difficulty concentrating
- Mood swings or irritability
- Cravings for sugar or caffeine
- Stubborn weight gain (especially around the belly)
- Low motivation or energy to work out
- Feeling more exhausted around your period, or having more difficulty falling asleep

What's Causing the Chaos? Your hormones are tiny messengers that have a huge impact on energy, mood, and metabolism. When stress, poor sleep, nutrient deficiencies, or chronic health conditions disrupt their delicate balance, it can throw your whole system out of whack.

Hormone imbalances that may be causing fatigue

- **Cortisol:** The "stress hormone"—too high or too low can zap your energy.
- **Thyroid Hormones:** When they're low, everything slows down—especially your metabolism.

- **Estrogen/Progesterone/Testosterone:** Imbalances in sex hormones can affect men and women differently, but both can lead to fatigue.

What You Can Do About It

- Get your hormone levels tested—knowledge is power!
- Track the qualities surrounding your fatigue- does it occur only at a certain time of day? Is it worse with certain foods? Does it occur around your menstrual cycle?
- Restrict caffeine intake after noon, and limit amount to <200 mg.
- Prioritize high-quality sleep and stress reduction
- Practice sleep hygiene- wake up and go to bed at the same time each day, even on days off.
- Reduce exposure to blue lights 2 hours prior to bedtime (turn off phone, TV, laptop)
- Eat a balanced, anti-inflammatory diet
- Talk to your healthcare provider about using adaptogens such as Ashwagandha or Rhodiola
- Work with a healthcare provider to develop a plan that fits you

Ready to Reclaim Your Energy? Don't settle for "just being tired." Hormonal fatigue is real—but so is recovery. With the right tools, support, and a

personalized plan, you can start feeling like yourself again.

[Reach out today](#) to connect with our nurse practitioner to discuss the root-cause and treatment options for your fatigue.

Let's get you back to thriving—not just surviving!