



IS IT YOUR HORMONES OR HABITS GUIDE

A&N

HOLISTIC HEALTH

Welcome!

Hi, we're Andrea & Nicki—sisters, Certified Health and Nutrition Coaches, and the co-founders of A&N Holistic Health.



We work with women in their 30s and 40s who are juggling careers, parenting, and a desire to feel like themselves again..

If you've been asking

"Why am I so tired?"

"Is this just stress—or something deeper?"

"How do I get back in sync with my body?"

"Why can't I lose this stubborn weight?"

This guide is your first step.

Let's explore what your symptoms are really trying to tell you—and whether it's your lifestyle habits, your hormones, or both.

We're so glad you're here. 🧡

Andrea & Nicole

HORMONES OR LIFESTYLE

WHY IT MATTERS

Many symptoms—like fatigue, weight changes, mood swings, or irregular periods can be caused by either hormone imbalances or lifestyle stressors. The tricky part? They often look and feel the same.

That's why starting with your foundations: nutrition, sleep, stress, movement, and nervous system health is essential. Addressing these helps you to reset your body's baseline. What remains after those shifts can often reveal deeper hormonal imbalances that need targeted care.



Science shows that chronic stress, under-eating, poor sleep, and inflammation can mimic or trigger hormone-related symptoms by affecting cortisol, insulin, thyroid, and sex hormone function.

Once the lifestyle factors are addressed, any leftover symptoms provide clearer signals for what needs more support—whether that's estrogen, progesterone, thyroid, or adrenal health.

You deserve to feel well. Start with the basics. Then listen closely, your body will guide the rest.

WHICH ONE IS IT?

LIFESTYLE/HABIT STRESSORS VS

HORMONE IMBALANCES?

Symptom/Pattern	Likely Habit/ Lifestyle Related	May Indicate Hormonal Imbalance
Skipping meals or eating inconsistently	✓	—
Feeling tired after poor sleep or overbooking your schedule	✓	—
Needing caffeine or sugar to get through the day	✓	—
Waking up groggy even after 7–8 hours of sleep	✓	could also be thyroid or cortisol dysregulation
Trouble falling or staying asleep during times of high stress	✓	—
Frequent mood swings tied to stressful life periods	✓	but monitor if cyclical
Exercise burnout, overtraining, or lack of movement	✓	—
Chronic bloating after processed foods or irregular meals	✓	could also relate to gut-hormone connection
Ongoing anxiety or wired but tired feeling	✓	monitor cortisol
Weight gain around midsection with high stress	✓	can indicate cortisol imbalance

WHICH ONE IS IT LIFESTYLE/HABIT STRESSORS VS HORMONE IMBALANCES?

Symptom/Pattern	Likely Habit/ Lifestyle Related	May Indicate Hormonal Imbalance
Cyclical mood shifts, breast tenderness or heavy periods	—	✓ (Estrogen/progesterone imbalance)
Hot flashes, night sweats or	—	✓ Perimenopause/menopause shifts
Missed, irregular or very painful periods	—	✓ Estrogen dominance, PCOS or low progesterone
Unexplained fatigue not resolved with lifestyle changes	—	✓ Thyroid, adrenal, or nutrient related

INTERPRETING YOUR ANSWERS

If most of your answers fall under habits or lifestyle stressors, start there.

If you've addressed foundational habits, and symptoms remain persistent, cyclical, or worsening, hormones might be at play.

IF ITS YOUR HABITS

START WITH 5 LIFESTYLE FOUNDATIONS TO REBUILD YOUR ENERGY, METABOLISM AND MOOD:

1. **BALANCED NUTRITION**- EAT REAL FOOD, PRIORITIZE PROTEIN, REDUCE SUGAR.
2. **CONSISTENT MOVEMENT**- STRENGTH, WALKING, OR GENTLE STRETCHING, DAILY MATTERS
3. **SLEEP HYGIENE**- CREATE A BEDTIME ROUTINE, LIMIT SCREENS, AND HONOR YOUR REST.
4. **STRESS RECOVERY**- BUILD MOMENTS OF PAUSE INTO YOUR DAY BOUNDARIES COUNT.
5. **NERVOUS SYSTEM REGULATION**- CONNECT WITH NATURE, BREATHE DEEPLY, AND PRIORITIZE JOY.

ONCE THESE ARE IN PLACE, WHAT'S LEFT BEHIND BECOMES THE ROADMAP TO EXPLORE HORMONAL IMBALANCES MORE DEEPLY.

IF ITS YOUR HORMONES

YOU MIGHT BE EXPERIENCING:

- **ESTROGEN DOMINANCE**
- **LOW PROGESTERONE**
- **THYROID DYSFUNCTION**
- **PERIMENOPAUSE SHIFTS**
- **CORTISOL DYSREGULATION**

THESE NEED PERSONALIZED SUPPORT

CONNECT WITH A CERTIFIED PROFESSIONAL WHO CAN GUIDE YOU WITH LAB TESTING, TAILORED SUPPORT, AND REAL SOLUTIONS.

FINAL NOTE FROM ANDREA & NICKI



**You're not broken. You're not making it up.
You just need the right roadmap.**

This guide is your first step toward reconnecting with your body and gaining clarity on what it's asking for.

Disclaimer: This resource is not meant to diagnose, treat, or replace professional medical advice. It's designed to help you better understand your body, identify possible patterns, and know which questions to ask when seeking support. Always consult with a qualified healthcare provider for personalized care.

SCHEDULE A FREE CALL



Transform Your Health with A&N Holistic Health



**Struggling with weight gain, bloating,
or low energy? It's time to stop
guessing and start healing.**

- 8 & 12 week personalized programs
- Anti-inflammatory & gut-healing strategies tailored to your unique needs
- Hormone & metabolism optimization to break free from stubborn weight
- Stress & lifestyle coaching to support long-term success



Andrea Pomeroy
Registered Nutrition and Health Coach
West Coast Office

Not just another program—the LAST
one you'll need.

BOOK A FREE CLARITY CALL TODAY

Phone: **778.987.9246**

Email: **ann_nicole@anholistichealth.com**

Instagram: **@Doubledoseofwellness**

Podcast: **Double Dose of Wellness**



Nicole Doucette
Registered Nutrition & Health Coach
East Coast Office