

IS IT YOUR HORMONES OR HABITS GUIDE



Mel come!

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. Andrea & Nicole

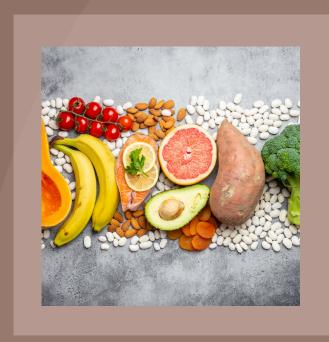
We're so glad you're here.

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 stressful life periods | to 🗸 | but monitor if cyclical |
| Exercise burnout, overtrain or lack of movement | ing, | _ |
| Chronic bloating after proce foods or irregular meals | essed 🗸 | could also relate to gut- hormone connection |
| Ongoing anxiety or wired by tired feeling | ut 🗸 | monitor cortisol |
| Weight gain around midsec with high stress | tion | can indicate cortisol imbalance |

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| Symptom/Pattern | Likely Habit/ Lifestyle Related | May Indicate Hormonal Imbalance |
|---|------------------------------------|---|
| Cyclical mood shifts, breast tenderness or heavy period | | ✓ (Estrogen/progesterone imbalance |
| Hot flashes, night sweats or | _ | ✓Perimenopause/menopause shifts |
| Missed, irregular or very pai periods | nful — | ✓ Estrogen dominance, PCOS or low progesterone |
| Unexplained fatigue not rese with lifestyle changes | olved — | ✓ Thryoird, adrenal, or nutrient related |

INTERPRETING YOUR ANSWERS

IIf 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, METABOLISTM AND MOOD:

- 1.BALANCED NUTRITION- EAT REAL FOOD, PRIORITIZE PROTIEN, 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 DYSFUNCITON
- PERIMENOPAUSE SHIFTS
- CORTISOL DYSREGULATION

THESE NEED PEROSONALIZED SUPPORT

CONNECT WITH A CERTIFIED PROESSIONAL 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

A&N

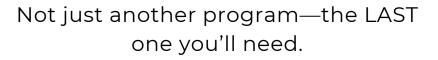
HOLISTIC HEALTH

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



BOOK A FREE CLARITY CALL TODAY

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