

The Hormone Breakthrough Method

An illustration of an iceberg floating in blue water. The tip of the iceberg is above the water line and is labeled 'Symptoms'. The much larger part of the iceberg is submerged below the water line and contains a numbered list of eight factors: 1. Hormonal Profile, 2. Gut Flora and Detoxification, 3. Stress, 4. Nutritional Deficiencies, 5. Insulin Resistance, 6. Environmental Triggers, 7. Life Transitions, and 8. Your Genetic Make-up.

Symptoms

1. Hormonal Profile

2. Gut Flora and Detoxification

3. Stress

4. Nutritional Deficiencies

5. Insulin Resistance

6. Environmental Triggers

7. Life Transitions

8. Your Genetic Make-up