



## **2021 Women's Hormone Health Certification Curriculum**

**MODULE 1** - Introduction to the Menstrual Cycle

**MODULE 2** - Menstruation Through The Life Cycle

**MODULE 3** - Female Anatomy & Ovarian Function

**MODULE 4** - The Endocrine System & Hormones 101

**MODULE 5** - The Most Common Conditions Associated with Hormone Imbalance

**MODULE 6** - How Food Affects Hormones & How to Eat for Optimal Hormone Health

**MODULE 7** - Blood Sugar, Insulin and Your Hormones

**MODULE 8** - Gut Health & its Impact on Hormone Health

**MODULE 9** - Detoxification – Liver & Gallbladder Function

**MODULE 10** - HPA Axis & Adrenals – The Connection to Overall Health & Menstrual Cycles

**MODULE 11** - The Thyroid's Connection to the Menstrual Cycle & Fertility

**MODULE 12** - Lab Testing & Supplements Overview

### **Module Release Dates:**

September 30th, 2021

- MODULE 1 - Introduction to the Menstrual Cycle
- MODULE 2 - Menstruation Through The Life Cycle

October 31st, 2021

- MODULE 3 - Female Anatomy & Ovarian Function
- MODULE 4 - The Endocrine System & Hormones 101

November 30th, 2021

- MODULE 5 - The Most Common Conditions Associated with Hormone Imbalance
- MODULE 6 - How Food Affects Hormones & How to Eat for Optimal Hormone Health



December 31st, 2021

- MODULE 7 - Blood Sugar, Insulin and Your Hormones
- MODULE 8 - Gut Health & its Impact on Hormone Health

January 31st, 2022

- MODULE 9 - Detoxification – Liver & Gallbladder Function
- MODULE 10 - HPA Axis & Adrenals - The Connection to Overall Health & Menstrual Cycles

February 28th, 2022

- MODULE 11 - The Thyroid's Connection to the Menstrual Cycle & Fertility
- MODULE 12 - Lab Testing & Supplements Overview

## **Module #1 - Introduction to the Menstrual Cycle**

### **Objectives of Module #1**

- Understand basic role and functions of the menstrual cycle & why ovulation is so important
- Description of what a normal menstrual cycle looks like, and the most common menstrual cycle abnormalities
  - Understand what the menstrual cycle can tell us about overall health
  - Understand and identify the hormonal fluctuations that occur during each cycle
  - Understand the “conversation” that occurs between the brain and the ovaries, and how to apply this to helping female clients balance their hormones
  - Explain what happens during the process of ovulation, and the conditions or problems that can disrupt or stop ovulation completely
- Get to know what is normal and what is not with the menstrual cycle
- Learn the basics of cycle tracking using cervical fluid, basal temperature and cervical position

### **Lectures**

- Lecture 1 - Introduction to the Menstrual Cycle - Basic role and functions
- Lecture 2 - The four phases of the menstrual cycle and the hormonal fluctuations that drive the phases
- Lecture 3 - What is a normal menstrual cycle?
- Lecture 4 - Cycle Tracking 101



## **Module #2 - Menstruation Through The Life Cycle**

### **Objectives of Advanced Module #2**

- Introduction to what happens hormonally from puberty through perimenopause
- Overview of puberty and teenage periods - what's normal, what's not
- Overview of cycles from the 20's into the late 30's and early 40's
- Discussion on the effect of pregnancy on hormones and cycles
- Overview of the changes that happen in the late 40's (final stage before menopause).
- Learn why continuous hormonal birth control is not the solution for period problems at any stage in the menstrual life cycle

### **Lectures**

- Lecture 1 - Puberty Teenage Periods
- Lecture 2 - Periods through the lifecycle - 20's-40's
- Lecture 3 - Perimenopause + Menopause

## **Module #3 - Female Anatomy & Ovarian Function**

### **Objectives of Module #3**

- Identify the basic parts of the external and internal female anatomy
- Understand the most common menstrual cycle-related problems and conditions
- Describe the causes of pelvic and sexual pain and some common solutions
- The physical and emotional causes of low libido and common solutions

### **Lectures**

- Lecture 1 - Female Anatomy - External + Internal Reproductive Organs
- Lecture 2 - Ovarian Function + What Is A Normal Menstrual Cycle?
- Lecture 3 - Abnormal menstrual cycles + Female pelvic pain
- Lecture 4 - Causes of low libido



## **Module #4 - The Endocrine System & Hormones 101**

### **Objectives of Advanced Module #4**

- Learn basic role and functions of the endocrine system
- Understand the function of other main organs and their connection to hormone function
- Get to know the main hormones covered in this program
- Identify 8 most common hormone imbalances affecting women today
- Recognize the signs, symptoms and conditions related to each of the main hormonal imbalances

### **Lectures**

- Lecture 1 - The Endocrine System 101
- Lecture 2 - The Top Women's Hormones and Their Roles in the Body
- Lecture 3 - The 8 Most Common Hormonal Imbalances in Women & How to Identify Them

## **Module #5 - The Most Common Conditions Associated with Hormone Imbalance**

### **Objectives of Module #5**

- Identify and describe the most common conditions associated with hormonal imbalance
- Explain the common causes of these conditions
- Recognize the symptoms of the conditions associated with hormonal imbalance

### **Lectures**

- Lecture 1 - The Most Common conditions associated with hormone imbalance part 1
- Lecture 2 - The Most Common conditions associated with hormone imbalance part 2
- Lecture 3 - The Most Common conditions associated with hormone imbalance part 3



## **Module #6 - How Food Affects Hormones & How to Eat for Optimal Hormone Balance**

### **Objectives of Module #6**

#### **Part 1**

- Understand the importance of individualized nutrition to support proper endocrine system function
- Explain why eating organic and farm-raised food is better for overall health
- Learn how the three macronutrients (fat, protein and carbohydrates) play an important role in hormone balance, specifically:
  - Roles that fat, protein, and carbohydrates play in hormone balance
  - Different macronutrient ratios that can help with hormone balance
  - Benefits and pitfalls of plant-based proteins

#### **Part 2**

- How to combine the macronutrients for optimal hormonal health
- Get to know which diets can help address specific health conditions and symptoms:
  - Paleo
  - Ketogenic
  - Low-FODMAP
  - Specific Carbohydrate Diet (SCD)
  - GAPS
- Learn how the micronutrients (vitamins, minerals and trace elements) impact health
  - The role of vitamins in overall health and hormone balance
  - The role of minerals and trace elements in hormone balance

### **Lectures**

#### **Part 1**

- Lecture 1 - The impact of fat on hormones and overall health
- Lecture 2 - The impact of carbohydrates on hormones and overall health
- Lecture 3 - The impact of protein on hormones and overall health

## Part 2

- Lecture 4 - How to combine protein, fat and carbohydrates + Five popular diets used to improve common health conditions and symptoms
- Lecture 5 - Vitamins & Phytonutrients
- Lecture 6 - Minerals & Trace Elements

## **Module #7 - Blood Sugar, Insulin and Your Hormones**

### **Objectives of Module #7**

- Learn and understand the role of insulin in the body
  - Describe the connection between insulin and the key sex hormones
  - How PCOS, PMS, Gestational Diabetes and thyroid disease are related to insulin resistance
- Describe the main contributors to insulin resistance
  - Nutrient deficiencies
  - Obesity
  - Inflammation
  - Stress
  - Lack of sleep
  - Toxins
  - Improper exercise
- Understand the connection between food, blood sugar regulation, inflammation and hormonal imbalance.
  - Identify the best foods and supplements for blood sugar stabilization
  - Use the blood sugar testing protocol to teach clients how to test their blood sugar before and after meals to determine which foods are causing blood sugar instability.

### **Lectures**

- Lecture 1 - Insulin resistance & hormonal health
- Lecture 2 - Causes of blood sugar dysregulation & insulin resistance
- Lecture 3 - Blood sugar testing protocol & blood sugar balancing solutions



## **Module #8 - Gut Health & its Impact on Hormone Health**

### **Objectives of Module #8**

- Identify the major organs in the gastrointestinal tract and explain the role each one plays in digestion and nutrient absorption.
- The most common gut-related conditions that impact hormone health Part 1
  - Mouth
  - Esophagus
  - Stomach
  - Microbiome
- Focus on stomach acid:
  - The importance of adequate stomach acid production
  - The causes of low stomach acid
  - Conditions related to too little stomach acid production – acid reflux etc
- The most common gut-related conditions that impact hormone health Part 2
  - Leaky gut
  - Histamine Intolerance
  - Yeast overgrowth
  - Celiac Disease
  - IBS (irritable bowel syndrome),
  - IBD (inflammatory bowel disease), and
  - Fatty liver disease
- Gut health & hormones:
  - How gut health is related to hormone production and utilization in the body
  - The menstrual cycle's connection to gut health
  - How gut health is connected to the brain and nervous system
- Gut Health Protocol & Elimination Diet
  - Foods, supplements and practices that reduce inflammation and improve gut function
  - Best ways to support adequate acid production, heal leaky gut and restore microbiome



## Lecture

- Lecture 1 - Introduction to the Gut's Anatomy & Physiology
- Lecture 2 - Common gut health conditions Part 1
- Lecture 3 - Common gut health conditions Part 2
- Lecture 4 - Gut's Connection to Hormonal Health
- Lecture 5 - Help Clients Heal with the Basic Gut Health Protocol

## **Module #9 - Detoxification - Liver & Gallbladder Function**

### **Objectives of Module #9**

- The role of the liver and gallbladder in detoxification and healthy hormone function
- Estrogen break down in each phase of the liver detoxification
- How to support healthy detoxification of the liver through diet, lifestyle, environment, supplements, and herbs
- The impact of environmental estrogens (xenoestrogens) on the endocrine system and on fertility
- Genetic SNPs that can impact the liver's ability to do its job effectively

### **Lectures**

- Lecture 1 - The body's detoxification system
- Lecture 2 - Everyday Toxic Exposure & Endocrine Disruptors

## **Module #10 - HPA Axis & Adrenals - The Connection to Overall Health & Menstrual Cycles**

### **Objectives of Module #10**

- The anatomy and physiology of the body's stress response system
  - Adrenal cortex
  - Adrenal medulla
- The hormones/chemicals produced by the different parts of the adrenal glands
  - Estrogen, progesterone, steroids, cortisol, and cortisone, and chemicals such as adrenaline (epinephrine), norepinephrine, and dopamine
- Role of the adrenal glands in maintaining a healthy menstrual cycle and optimal fertility
- The impact of HPA-axis dysfunction on the brain and nervous system





- Pregnenolone Steal and the impact of cortisol dysregulation on sex hormone production
- HPA-axis dysfunction and its impact on:
  - Cortisol
  - Estrogen
  - Progesterone
  - Testosterone
  - Thyroid hormone
- Top solutions to manage stress, and help clients implement them into their routine.
- The right kinds of exercise for a client based on their adrenal function

## Lectures

- Lecture 1 - Anatomy and Physiology of the Adrenal System
- Lecture 2 - HPA Axis Abnormalities & The Effect on the Menstrual Cycle
- Lecture 3 - Stress Perception and how to manage stress better

## **Module #11 - The Thyroid's Connection to the Menstrual Cycle & Fertility**

### **Objectives of Module #11**

- The anatomy and physiology of the thyroid gland + the HPT Axis
- The FIVE major thyroid health conditions along with the underlying causes of thyroid problems
  - Stress
  - Medications
  - Environmental toxins
- Role of the thyroid in maintaining a healthy menstrual cycle and optimal fertility
  - How thyroid hormones work in conjunction with sex hormones
- The impact of thyroid dysfunction on the brain and nervous system
- Top solutions to improve thyroid function, and help clients implement them into their routine.



## Lectures

- Lecture 1 - Introduction to the Thyroid Gland
- Lecture 2 - Effects of Thyroid Disease on Menstruation and Reproduction

## **Module #12 - Lab Testing & Supplements Overview**

### Objectives of Module #12

- Understand normal ranges of lab results vs optimal ranges of lab results.
- The most common types of lab tests and what they are recommended for
- Four different formats of lab tests and the benefits and limitations of each kind
- Learn the different types of testing options available online
- How to identify quality supplements and herbs
- The best supplement and herbal choices for specific conditions:
  - Stress-related conditions
  - Enhancing fertility
  - Supporting the body after taking the birth control pill

## Lectures

- Lecture 1 - Lab Testing Part 1: Introduction to Basic Lab Testing
- Lecture 2 - Lab Testing Part 2: Advanced Lab Testing
- Lecture 3 - Supplements Part 1 - Choosing Quality Supplements
- Lecture 4 - Supplements Part 2 - Recommended Supplement Protocols