



CORE FUNCTION HEALTH

The Hormone Reset Guide

Four Foundational Shifts for Lasting Hormonal Balance

Your hormones are always listening — learn what to say.

A Note From the Author

Welcome. I created this resource because far too many people are managing symptoms without ever getting to the source of them. You deserve more than that.

This guide strips away the noise and delivers the core foundations that most health conversations skip entirely. Whether you are running on empty, wired and unable to wind down, mentally foggy, or simply not feeling like yourself, these four shifts are where meaningful and lasting change begins.

Your body is not working against you. When you understand the signals it is responding to, you can start sending better ones.

With care,

Core Function Health

Understanding the Problem

Your body is not broken. It is responding exactly as it was built to.

Most people do not realize that hormonal imbalance rarely appears out of nowhere. It builds slowly over months or even years, shaped by the daily signals your body receives from your



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food choices, sleep patterns, stress levels, and environment. By the time symptoms become noticeable, the underlying patterns have usually been in place for a long time.

This is actually good news. It means these patterns can be changed.

The Three Core Disruptors

1. CHRONIC STRESS

What happens: When your body operates in a near-constant state of stress, it shifts into survival mode. Cortisol production takes priority, and the raw materials your body would otherwise use to manufacture estrogen, progesterone, and testosterone get redirected toward that stress response instead.

Most people think of stress as purely mental or emotional. But your body responds the same way to physical stressors too. Skipping meals, overtraining, gut inflammation, environmental toxins, and disrupted sleep all register as threats that demand a cortisol response.

Common hidden physical stressors include:

- Skipping meals, under-eating, or prolonged calorie restriction
- Training without giving your body adequate time to recover
- Ongoing digestive problems or gut inflammation
- Exposure to environmental toxins such as pesticides or mold
- Excess alcohol or caffeine
- Nutrient deficiencies
- Insufficient or poor-quality sleep

2. BLOOD SUGAR INSTABILITY

What happens: Each time your blood sugar rises sharply and then crashes, your body releases insulin to bring it back under control. When this cycle repeats throughout the day, insulin levels stay chronically elevated. That suppresses sex hormone production, fuels systemic inflammation, and creates a physiological environment where hormonal balance is extremely difficult to maintain.

This is not a concern limited to people with diabetes. It is one of the most widespread and underappreciated drivers of hormonal dysfunction, and it affects virtually anyone living on a modern diet.

3. DISRUPTED SLEEP AND LIGHT EXPOSURE

What happens: Your hormonal system runs on a precise 24-hour internal clock. Cortisol, melatonin, growth hormone, and the hormones that regulate hunger and metabolism are all timed to your circadian rhythm. When that rhythm gets disrupted through irregular sleep schedules, late-night screen exposure, or insufficient darkness at night, the entire hormonal cascade that depends on it begins to break down.

The relationship between sleep and hormones is not just correlation. The damage from even a few nights of poor sleep shows up in measurable hormonal changes.



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The Four Foundational Shifts

These are not hacks or shortcuts. They are the core inputs your hormonal system was built to receive, and most people are falling short on at least two of them.

Shift One: Stabilize Your Blood Sugar

Of all the changes covered in this guide, this one has the most immediate and far-reaching impact on hormonal health. Blood sugar instability is the most common correctable driver of hormonal dysfunction, and it cuts across every age, gender, and body type.

Why it matters: When blood sugar swings frequently throughout the day, insulin stays elevated. Elevated insulin blocks sex hormone production, pushes cortisol higher, and keeps your system in a state of low-grade metabolic stress. No amount of targeted hormonal support can fully compensate for this ongoing disruption.

WHAT TO DO

- Eat protein and fat before reaching for carbohydrates at each meal — the order in which you eat macronutrients meaningfully affects how your blood sugar responds
- Do not start the day with carbohydrates on their own — always pair them with a protein source
- Aim to consume around 30 grams of protein within the first hour of waking — this helps establish a healthy cortisol pattern and supports stable glucose levels throughout the rest of the day
- Avoid eating carbohydrates alone as snacks, especially in the hours after waking

Shift Two: Reduce Your Total Stress Load

Emotional and mental stress are only part of the picture. Your body's stress response system cannot distinguish between a difficult conversation at work and a blood sugar crash, a skipped meal, or a late-night workout without proper recovery. All of these activate the same physiological stress response.

Why it matters: Prolonged activation of the body's central stress response system disrupts the hormonal pathways responsible for regulating reproductive and metabolic function. This is not malfunction. It is a prioritization system: when survival is threatened, repair and reproduction are deprioritized. The downstream effects include irregular cycles, reduced libido, poor recovery between workouts, mood changes, and a slower metabolism.

WHAT TO DO

- Audit your physical stress load, not just your emotional one — look at sleep quality, training volume, meal timing, and gut health
- If you exercise intensely, make sure you are eating enough to actually support that activity — underfueling is a significant physical stressor
- Build at least one intentional recovery window into each day, even if it is only ten minutes



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- Pay attention to your gut health — chronic digestive issues are a major but often overlooked source of physiological stress
 - Be mindful of caffeine timing — having caffeine too late in the day can interfere with cortisol rhythms and sleep quality

Shift Three: Prioritize Sleep

Sleep is not a lifestyle preference. It is the single most powerful hormonal reset your body performs each night. No supplement, dietary strategy, or exercise routine can substitute for the hormonal work that happens during quality sleep.

Why it matters: During the deeper stages of sleep, your body releases the majority of its daily growth hormone, regulates hunger and satiety hormones, consolidates cortisol patterns, and performs cellular repair that keeps inflammation under control. Even a few nights of shortened or fragmented sleep measurably raises cortisol, increases insulin resistance, reduces testosterone, and throws off appetite regulation.

WHAT TO DO

- Prioritize a consistent schedule over raw duration — going to sleep and waking at the same time every day, including on weekends, anchors your circadian rhythm more reliably than trying to catch up on weekends
- Get outside and into natural light within thirty minutes of waking — morning light exposure sets your cortisol peak for the day and primes your body to produce melatonin appropriately that evening
- Treat the ninety minutes before bed as a wind-down period — bright overhead lights, intense exercise, heavy meals, and stimulating content all delay the onset of melatonin and reduce sleep quality
- If you regularly wake between two and four in the morning, examine your blood sugar first — nighttime waking in that window is frequently related to a blood sugar drop

Shift Four: Exercise in a Way Your Body Can Recover From

Movement is one of the most potent tools available for hormonal health. It is also one of the most consistently misapplied. The type, intensity, and recovery surrounding your exercise sends direct signals to your endocrine system — and chronic high-intensity training without adequate rest is one of the more reliable ways to push hormones out of balance.

Why it matters: Resistance training increases the body's sensitivity to insulin, supports healthy testosterone and growth hormone levels, and preserves lean muscle mass — the body's most metabolically active tissue. By contrast, excessive cardiovascular training without adequate recovery elevates cortisol, can suppress thyroid output, and may accelerate muscle breakdown. The goal is not less movement. It is movement calibrated to what your hormonal system can actually adapt to.

WHAT TO DO

- Make resistance training a consistent priority — two to three sessions per week of progressive strength work is beneficial for all genders and ages



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- Walk more — regular walking lowers cortisol, improves insulin sensitivity, and supports thyroid function without adding to your physiological stress load the way intense training does
 - Match your training intensity to your recovery capacity — if you are consistently exhausted, sleeping poorly, or not seeing progress despite training hard, the answer is almost never more exercise
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Moving Forward

You now have the four foundational levers that drive hormonal health at the root level. Understanding them is the first step. But there is an important gap between knowing what to do and doing it consistently, and that gap is where most people get stuck.

That friction is not a motivation problem. It is usually a structure problem. Without a clear starting point and a practical framework for the first week, even the best information stays theoretical.

The work begins with whichever shift feels most accessible to you. Pick one, apply it consistently for a week, and build from there. Small, sustained changes in these four areas have a compounding effect over time.

Your body is not working against you. Give it the right signals, and it will respond.