



Women's Hormone Health Certification Curriculum

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[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 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 Through the 30s
- Lecture 2 - Perimenopause & Menopause

Module #3 - The Endocrine System & Hormones 101

Objectives of Module #3

- Learn the 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 the 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
- Lecture 2 - The Main Hormones & Their Roles in the Body
- Lecture 3 - The Most Common Hormone Imbalances in Women & How to Identify Them

Module #4 - Female Anatomy & Ovarian Function

Objectives of Module #4

- Identify the basic parts of the external and internal female anatomy
- Understand the function of the external and internal female organs
- Understand the different axes in the body and get a clear picture of the interconnectedness of the endocrine system
- Learn about ovarian mitochondria and the role mitochondria play in ovarian function
- Learn the connection between mitochondria and the development of common conditions including endometriosis, PCOS and primary ovarian insufficiency

Lectures

- Lecture 1 - Female Anatomy: External Organs
- Lecture 2 - Female Anatomy: Internal Organs
- Lecture 3 - Ovarian Dysfunction & Abnormal Menstrual Cycles

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

Objectives of Module #5

- Identify and describe the most common conditions associated with hormonal imbalances – including endometriosis, PCOS, adenomyosis, dysmenorrhea, amenorrhea, PMS, PMDD and uterine fibroids
- Explain the underlying causes of these conditions
- Recognize the symptoms of these common condition



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 Health

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 function
 - 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
- 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

- 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
- Lecture 4 - How to Combine Protein, Fat and Carbohydrates
- Lecture 5 - The Micronutrients Part 1 - Vitamins
- Lecture 6 - The Micronutrients Part 2 - Minerals & Trace Elements



Module #7 - Blood Sugar, Insulin and Your Hormones

Objectives of Module #7

- Learn and understand the role of glucose and insulin in the body
 - How the blood sugar regulation system works
 - The progression from stable blood sugar to insulin resistance, diabetes and metabolic syndrome
- Describe the contributors to blood sugar dysregulation and insulin resistance
 - Gut health and Inflammation
 - Obesity
 - Stress
 - Lack of sleep
 - Environmental toxins
- Describe the connection between insulin and the key sex hormones
 - How glucose and insulin affect the menstrual cycle
 - How glucose and insulin are affected by the menstrual cycle
- Understand the connection between food and blood sugar regulation
 - Identify the diet 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 - Blood Sugar & Insulin 101
- Lecture 2 - Causes of Blood Sugar Dysregulation & Insulin Resistance
- Lecture 3 - Blood Sugar, Insulin and Hormonal Health & The Menstrual Cycle
- Lecture 4 - Blood Sugar Testing Protocol & Blood Sugar Balancing Solutions

Module #8 - Gut Health & It's Effect 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
 - SIBO
 - Leaky gut syndrome
 - Histamine Intolerance and Mast Cell Activation Syndrome
 - SIFO (yeast or candida overgrowth or mold overgrowth)
 - Celiac Disease
 - IBS (irritable bowel syndrome)
 - IBD (inflammatory bowel diseases)
 - 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

Lectures

- Lecture 1 - Introduction to the Gut's Anatomy and Physiology
- Lecture 2 - Most Common Gut Conditions Part 1
- Lecture 3 - Most Common Gut Conditions Part 2
- Lecture 4 - The Gut's Connection to the Neuroendocrine System and Hormones

Module #9 - Detoxification - Liver & Gallbladder Function

Objectives of Module #9

- The role of the liver and gallbladder in detoxification and healthy hormone function
- A breakdown of phases, 1, 2 and 3 of liver detoxification



- Signs and symptoms of liver and gallbladder dysfunction
- Causes of liver and gallbladder dysfunction and how they impact each phase of detoxification
- How estrogen is broken down in each phase of liver detoxification
- How to support healthy detoxification of the liver through diet, lifestyle, environment, supplements, and herbs
- The impact of environmental toxins and estrogens (xenoestrogens) on the endocrine system, the menstrual cycle & 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 - Problems with the Body's Detoxification System
- Lecture 3 - Environmental Toxins and 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, cortisol, and cortisone, and neurotransmitters such as 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
- HPA-axis dysfunction and its impact on:
 - Cortisol
 - DHEA
 - Estrogen
 - Progesterone
 - Testosterone
 - Thyroid hormone



- Top lifestyle hacks/practices to manage stress that your clients can implement into their routine
- Top diet, supplement, herbal recommendations for HPA axis regulation and healing

Lectures

- Lecture 1 - Anatomy and Physiology of the Adrenal System
- Lecture 2 - The Body's Stress Response & HPA Axis Abnormalities
- Lecture 3 - The Effect of HPA Abnormalities on the Menstrual Cycle

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

Objectives of Module #11

- The anatomy and physiology of the thyroid gland
- The Hypothalamic Pituitary Thyroid Axis (HPT Axis) and its interaction with the other axes
- The major thyroid health conditions
 - Hypothyroidism – description & causes
 - Hyperthyroidism – description & causes
- Different thyroid patterns that don't show up on standard lab tests
 - How clients can have thyroid symptoms but labs look normal
- Role of the thyroid in maintaining a healthy menstrual cycle and optimal fertility
 - How thyroid hormones work in conjunction with sex hormones
 - How the menstrual cycle and sex hormones affect the thyroid
- 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
- Lecture 3 - Testing and Diagnosis of Thyroid Disease



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
- Basic labs clients should get so they can see what's happening with their cycle
- 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
 - Various common period problems

Lectures

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