

# 10 SURPRISING SYMPTOMS YOU DIDN'T KNOW WERE CAUSED BY HORMONES



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# INTRODUCTION

Do you ever feel like something's "off" with your body, but you can't quite figure out what's wrong? While it's easy to dismiss these feelings as just part of getting older or being stressed, there might be a surprising explanation you haven't considered: your hormones.

These powerful chemical messengers influence virtually every aspect of your health, and when they're out of balance, they can cause unexpected symptoms that are easy to misinterpret.

We've pulled together 10 surprising symptoms you might be experiencing that could be caused by hormone imbalances – and what they could mean for your long-term health.





# WEIGHT GAIN

(ESPECIALLY AROUND THE MIDSECTION)

Have you ever felt like your stomach seems to hold more weight than the rest of your body, no matter what you seem to do? Unexplained weight gain, particularly around the midsection, can be a surprising symptom of hormone imbalance.

While most people often attribute weight gain strictly to poor diet or lack of exercise, it may surprise you that hormones like cortisol (the stress hormone), insulin (which regulates your blood sugar), and sex hormones like estrogen and testosterone can all play a role in how (and where) your body stores fat.

When these hormones are out of balance, the body may shift to storing fat in the abdominal area, making it harder to lose weight despite a healthy lifestyle.

## Facts/Stats:

- Cortisol levels rise in response to stress, encouraging fat storage around the abdomen.
- Up to **70% of individuals** with persistent cortisol elevation struggle to reduce belly fat even with diet and exercise interventions.
- **Chronic stress and high cortisol levels** can contribute to belly fat accumulation, significantly increasing metabolic disease risk by as much as 30% in affected individuals.
- **Abdominal obesity** increases the likelihood of developing insulin resistance, leading to a 60% higher chance of type 2 diabetes if left untreated.

## Long-Term Impact:

Ignoring weight gain caused by hormonal imbalance can potentially lead to further complications such as obesity, type 2 diabetes, cardiovascular disease, and an increased risk of metabolic disorders.



## Facts/Stats:

- Hormonal imbalances are responsible for **30-50% of hair loss** cases in women and a significant portion in men beyond typical male-pattern baldness.
- Testosterone and its byproduct DHT (dihydrotestosterone) can shrink hair follicles and cause hair thinning in both men and women.
- Thyroid hormone imbalances, particularly hypothyroidism, can lead to brittle or thinning hair.
- Estrogen helps maintain hair growth, and its decline during menopause often leads to hair loss in women.
- **Thyroid disorders** affect nearly **5% of the population**, with hair loss being one of the early signs.

## Long-Term Impact:

If left untreated, hormone-related hair loss can worsen, potentially leading to more significant thinning and permanent hair loss. Addressing hormone imbalances early can prevent further deterioration, as well as allow for solutions that support hair recovery to take effect; however, by not addressing the root cause, these solutions often will not work.

# HAIR LOSS

Hair loss is often a disheartening reality for many of us. You stare into the mirror one day, and things just appear thinner than before, and you are left wondering - why is this happening?

Hair loss is often thought of as a normal part of aging, but when it occurs unexpectedly or rapidly, it may be due to a hormone imbalance. Hormones like testosterone, estrogen, and thyroid hormones affect hair growth.

In both men and women, a decline in these hormones can cause thinning hair or hair loss. This symptom is often overlooked as a hormonal issue and seen just as an aging issue, but restoring hormone balance can often improve hair health.



# ANXIETY OR DEPRESSION

Mood disorders like anxiety or depression can have multiple causes, but hormone imbalances are often overlooked. Most of us are trained to believe that unexpected bouts of sadness, anxiety, or depression require therapy since something traumatic must have been the cause, but that is not always the case.

Hormones such as cortisol, estrogen, progesterone, and thyroid hormones influence brain chemistry and mood regulation. Low testosterone in men and estrogen imbalances in women can affect neurotransmitter production, contributing to anxiety, irritability, and feelings of depression.

## Facts/Stats:

- Women are twice as likely to suffer from anxiety or depression during hormonal transitions (pregnancy, menopause).
- **Men with low testosterone** are four times more likely to develop depression compared to those with balanced hormone levels.
- Nearly **40% of women** experience anxiety or depression during perimenopause due to fluctuating estrogen levels.
- Chronic anxiety caused by hormonal imbalances can **double the risk** of cardiovascular issues if untreated.

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## Long-Term Impact:

Ignoring anxiety and depression related to hormone imbalances can result in worsening mental health, increased stress, and reduced quality of life. Addressing the hormonal root cause can improve mood and emotional well-being, support recovery, and lead to living a happier, healthier lifestyle.



## Facts/Stats:

- Low testosterone is linked to decreased motivation, drive, and physical energy.
- **Reduced dopamine activity** due to hormone imbalances can impair motivation, with studies showing a **30% drop in productivity** in affected individuals.
- Estrogen imbalances in women can also contribute to lethargy and reduced motivation.
- Cortisol imbalances can leave individuals feeling drained and unmotivated.
- Low testosterone contributes to decreased drive in **25-40% of aging men** and affects a smaller but significant proportion of women.
- Hormonal-induced fatigue and lack of motivation increase the risk of **depression and burnout by 45%**.

## Long-Term Impact:

A prolonged lack of motivation can lead to decreased productivity and dissatisfaction in personal and professional life and could negatively impact mental health if left unaddressed.

# DECREASED MOTIVATION OR DRIVE

You wake up, and as soon as you start thinking about all the things you need to do, you immediately feel like you are starting to shut down - procrastination sets in, and you get sucked into doing things like doom scrolling on social media, or binging the latest show even though there are things you need to do.

Sound familiar? Decreased motivation or drive is often written off as burnout or a result of "getting old" and feeling tired, but it can also be a sign of low hormone levels. Testosterone in both men and women plays a significant role in energy levels, motivation, and mental clarity.

When your hormone levels decline, it can feel like you're running on empty, leading to a lack of ambition or interest in activities you once enjoyed.



# CRAVINGS FOR SUGARY OR FATTY FOODS

Craving sugary or fatty foods might seem like a normal response to stress or hunger, but it can also be a symptom of hormone imbalances. Hormones such as insulin, leptin, and cortisol influence hunger and cravings.

When these hormones are not functioning properly, they can trigger intense cravings, leading to overeating and difficulty maintaining a healthy diet.

## Facts/Stats:

- **High cortisol levels** lead to an increase in food cravings, particularly for sweets and fats, affecting **39% of people** dealing with chronic stress.
- Leptin, the hormone that signals fullness, can be disrupted, leading to overeating.
- Individuals with leptin resistance, often driven by hormonal imbalances, report **50% more cravings** than those with healthy hormone regulation.
- Unmanaged cravings increase the risk of obesity by **55%** over time, impacting overall metabolic health.

## Long-Term Impact:

Ignoring these cravings can lead to weight gain, increased risk of diabetes, and metabolic disorders. Managing hormone levels can help reduce cravings and support healthier eating habits.



### Facts/Stats:

- Low thyroid hormone levels (hypothyroidism) are a common cause of increased sensitivity to cold.
- **Hypothyroidism**, a key cause of cold sensitivity, affects **4.6% of adults** in the U.S., often going undiagnosed for years.
- Women with untreated thyroid conditions are **twice as likely** to experience severe sensitivity to cold.
- Thyroid disorders are often underdiagnosed but are a significant factor in temperature regulation.
- Long-term thyroid dysfunction can lead to a **20-30% decline in metabolic function**, affecting weight and energy levels.

### Long-Term Impact:

If left untreated, hypothyroidism can lead to a slower metabolism, weight gain, and worsening cold sensitivity, along with other chronic health issues such as persistent fatigue and depression.

# INCREASED SENSITIVITY TO COLD

Do you often find yourself asking out loud, “Aren’t you cold?” to your friends and family as you go grab a sweater. The fact that they aren’t feels surprising since your hands are freezing.

Feeling cold all the time, even when others are comfortable, can be a sign of thyroid hormone imbalances, particularly hypothyroidism.

The thyroid regulates metabolism, which impacts body temperature. When thyroid hormone levels are low, the body struggles to generate enough heat, leading to increased sensitivity to cold temperatures.



# FATIGUE

You wake up from a full night's sleep, put your feet on the floor, and think, "Why am I so tired?"

Like most of us, you probably start putting the blame on things like "I should have gone to sleep earlier," "Maybe I ate poorly yesterday," or "It's probably just stress." But being tired all the time isn't normal.

Chronic fatigue can be a sign of imbalances in several key hormones, including cortisol, thyroid hormones, and sex hormones like estrogen and testosterone. While many assume their fatigue is due to a lack of sleep or a busy lifestyle, hormones could play a significant role.

Hormonal fatigue often feels different from regular tiredness, as it doesn't improve with rest.

## Facts/Stats:

- Low thyroid hormone levels slow down metabolism, leading to persistent fatigue.
- Hormonal fatigue is reported by **up to 80%** of individuals with thyroid imbalances, even after 7-8 hours of sleep.
- Low testosterone or estrogen levels can reduce energy and motivation.
- Testosterone and estrogen imbalances contribute to **chronic fatigue in 1 in 4 adults** over the age of 40.
- Imbalanced cortisol levels can cause extreme tiredness, particularly if cortisol spikes or dips are irregular.
- Long-term untreated fatigue increases the risk of **anxiety and depression** by 30%.

## Long-Term Impact:

Untreated fatigue can impact overall quality of life, leading to poor performance at work or home, mood disturbances, and worsening health over time.



## Facts/Stats:

- Thyroid hormone imbalances can cause swelling in the eye muscles, affecting vision.
- Estrogen impacts tear production, which can lead to dry eyes or blurred vision, particularly during menopause.
- **Hormone fluctuations**, particularly during menopause, impact vision and tear production, causing discomfort in **nearly 61%** of postmenopausal women.
- **Thyroid-related eye disorders** affect about **1-2% of the population**, often leading to vision changes and dry eyes.
- Ignoring these changes can result in **20-25% higher odds** of developing chronic eye conditions, including glaucoma or cataracts.

## Long-Term Impact:

Ignoring hormone-related vision changes can lead to chronic eye discomfort, blurred vision, and further eye health complications.

# CHANGES IN VISION

Having a harder time reading things on your phone or the restaurant menu? You are not alone.

As you get older, changes to your vision seem to be expected. While Age-related macular degeneration is the most common cause of vision changes as you get older, it's easy to think that it's the only cause.

Hormone fluctuations, particularly in estrogen and thyroid hormones, can also lead to changes in vision. This symptom is surprising because most people don't associate blurry vision or dryness with hormonal issues, yet imbalances can affect fluid retention and eye health.

Even more delightfully surprising is that hormone-related vision issues can improve when your hormone levels return to normal.



## DIGESTIVE ISSUES

(BLOATING, DIARRHEA,  
OR CONSTIPATION)

Digestive problems such as bloating, diarrhea, or constipation are commonly thought to be caused by diet, but hormone imbalances can also play a role.

Estrogen and progesterone fluctuations, as well as cortisol spikes due to stress, can alter gut function, leading to uncomfortable digestive symptoms.

### Facts/Stats:

- Elevated cortisol levels disrupt the gut microbiome, contributing to **irritable bowel symptoms** in **25% of adults** under chronic stress.
- **Estrogen and progesterone fluctuations** can cause digestive changes, with **35% of women** experiencing IBS-like symptoms.
- Progesterone relaxes the smooth muscles in the gut, which can lead to constipation during hormonal changes.
- Untreated digestive problems increase the risk of **inflammatory bowel disease** by up to **40%** over time.

### Long-Term Impact:

Chronic digestive issues can lead to discomfort, poor nutrient absorption, and even gut health problems if hormone imbalances are left unchecked.



## Facts/Stats:

- Thyroid hormone imbalances can affect memory and concentration.
- **Thyroid imbalances** can impair cognitive function, affecting **20% of adults** with undiagnosed hypothyroidism.
- Low testosterone in men has been linked to cognitive decline and brain fog.
- Up to **60% of menopausal women** report experiencing brain fog, with reduced estrogen levels as a contributing factor.
- Left untreated, brain fog increases the likelihood of **cognitive decline** and memory issues by **35-50%** over time.

## Long-Term Impact:

Ignoring brain fog can result in diminished cognitive function over time, affecting productivity, decision-making, and overall mental clarity. Addressing hormone imbalances can help restore focus and mental sharpness.

# BRAIN FOG

You are just about to walk out of the house and remember you forgot something. Not even 30 seconds later, you find yourself in the kitchen looking around, wondering what it was you said you forgot. Know that feeling?

Feeling mentally cloudy or struggling to focus can be a symptom of hormonal imbalance, particularly related to thyroid hormones, estrogen, progesterone, and testosterone.

Brain fog is often attributed to aging, stress, or lack of sleep, but it can also be a sign that your hormones are out of balance.

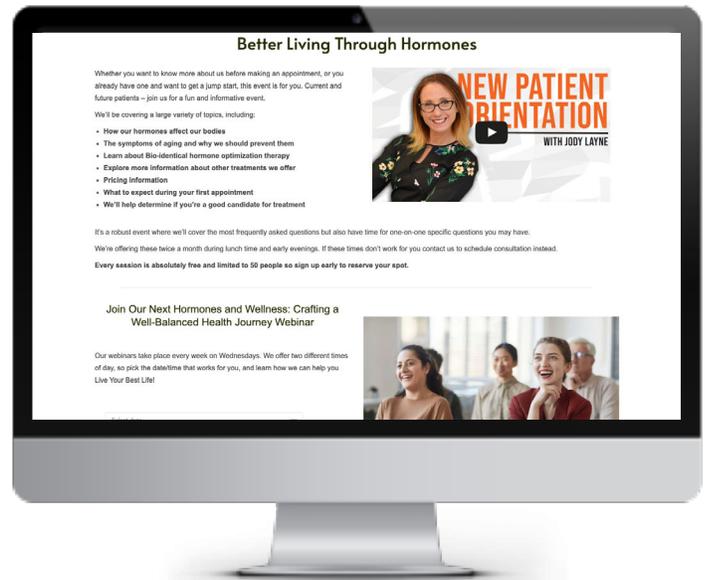


# TURN KNOWLEDGE INTO ACTION

Understanding these symptoms is just the beginning – knowing what to do about them is where real change happens. If you’ve found yourself nodding along while reading this guide, there’s a clear next step you can take.

Join renowned hormone expert Dr. John Carrozzella for a free 42-minute session that dives deeper into hormone health. As founder of Florida Center for Hormones and Wellness, Dr. Carrozzella shares essential insights about:

- The fascinating ways hormones influence your daily life
- Why traditional aging advice often misses the mark
- The science of Bio-identical hormone optimization
- Personalized treatment paths for lasting results
- Clear pricing and treatment expectations
- Whether hormone optimization fits your health journey



We keep these sessions intimate with just 50 participants, offering both lunch and evening times twice monthly. It’s the perfect environment to learn more and get your specific questions answered.

Ready to learn more? [Save your complimentary spot today!](#)





***Florida Center for Hormones and Wellness provides evidence-based, life-enhancing age management to people who deal with hormone imbalance, metabolic, and sexual problems (for both men and women) so that they may enjoy a longer, healthier life filled with vitality.***



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