



THE MISSING LINK

FOR WOMEN ONLY!!

*Shocking truth about the
causes of weight gain,
moodiness, low libido and
fatigue*

The Missing Link – Shocking truth about the causes of weight gain, moodiness, low libido and fatigue (for women only!!)

Hello There!

I'm Ange and I am so pleased you're here!!

Before I go into details about these pesky symptoms of hormone imbalance I wanted to tell you a little about why I wrote this book.

I am a mother to three young children... my eldest is 6, miss middle child is almost 5 and the littlest is 3 ½... so to say life is busy is an understatement! My husband is lovely but honestly he just doesn't get it.

About two years ago I decided to have a hysterectomy. I had suffered from bad endometriosis since I was 14 and just couldn't cope with it anymore so figured it was time to be done with it!

I mistakenly thought that this would solve all my problems... unfortunately it marked the beginning of what can only be described as one of the worst phases of my life.

Having hysterectomy tipped the hormonal balance in my body and caused a chain of new symptoms that completely blindsided me.

The first and utterly overwhelming and debilitating symptom was extreme exhaustion.

The type that makes you think you have concrete in your blood. It was such an effort to get my limbs to work and I felt like I had aged about 50 years.

My husband would wake me up each morning because if he left me I wouldn't wake up by myself!! Even with three pre-schoolers yelling and screaming in the room!

I kept going to the doctor and complaining about the tiredness but was brushed off and told that it was to be expected considering I had three young children.

So I kept going and muddling my way through each day trying my best to pretend everything was fine.

Until the day I fell asleep at the wheel with the three kids in the back. Thankfully I only ended up on the side of the road and no one was injured.

This time I went to the doctor and told her that I was not leaving until they gave me something to keep me awake. I was sent away with a prescription for a stimulant which did its job. It kept me awake.

Now that I was awake more, I felt wired! I started to notice some other symptoms.

I kept bursting into tears for absolutely no reason!!! I honestly had no idea why I was crying. It was incredibly frustrating.

So I went back to the doctor complaining about the crying and walked out with a prescription for an anti-depressant.

I kept saying to the doctor that I didn't think I was depressed. I didn't feel low... I just felt tired, grumpy, wired and kept crying for no reason. But the doctor insisted so I took them.

The anti-depressants made no difference so I went back to the doctor and was sent away with different ones. None of them worked. So I flushed them down the toilet.

I stopped complaining about the moodiness and the crying because I was over the antidepressants so I focussed on the other symptom that was driving me crazy.

The weight gain.

It was all around my tummy.

I was told to exercise more and eat less. The doctor was lucky I didn't start laughing hysterically! Seriously ... exercise more and eat less. Like I hadn't heard that before!

The truth is that I had been exercising for an hour a day seven days a week for months. I was also on a really restricted diet... really restricted as in some days I wouldn't eat until dinner time and even then I would serve myself the same amount as the kids.

It was pointless trying to tell the doctor all this ... they just looked at me as if I was lying. In their minds it was impossible to do all that and **gain** weight!

So nothing improved.

I was 32 years old and devastated. It just didn't seem fair.

I don't know what triggered it but one day I just decided enough was enough. There had to be more to life and I owed it to my kids to try and get well again.

What happened next was an intense crazy period of researching and then having appointments with every specialist, doctor, and alternative practitioner I could find to get answers.

I finally had a breakthrough with a holistic doctor that I skyped. She did blood tests nobody had ever done before.

She suggested treatments I had never heard of. Suddenly I started to feel a bit better and while it didn't fix everything it showed me that things could get better.

Now that I had a direction to research I focussed all my attention on finding out the ins and outs of hormone conditions.

I taught myself about my own endocrine system. I ordered my own tests so I could find out the levels of other hormones in my body!

In short I started to take control of my health.

I became an expert on ME!

Now the reason why I have told you this long story is to explain the background behind my quest!

My quest is to help you balance your own hormones so that you get well again!

So what kinds of things can I equip you with??!! Well the biggest and most important thing is what I think is missing from all the books out there...

The Missing Link

The understanding that it is extremely unlikely that you have one hormone imbalance.

Our endocrine system is an incredibly delicate machine that is easily put out of kilter when one level is out of whack.

It's so important that you never treat a hormone condition in isolation.

You have to keep an eye on all your hormones because an adjustment you are making to one could throw another out of range.

Okay so now that we know we have to look at all our hormones let's delve into which of the most common symptoms for women could be caused by!

Fatigue

For me the crazy extreme fatigue was the most debilitating part of my hormone imbalance.

Now there are a few hormones that when out of balance can cause this horrific symptom.

Our **thyroid** gland is definitely a top contender when somebody complains of extreme fatigue. It could be hypothyroidism or hyperthyroidism which may seem a little crazy but it can be a symptom of too much or too little thyroid hormone!!

I won't go into too much detail here about the thyroid gland because I cover it in depth in my new book – **The Power of Hormones**.

Another, and much unknown, cause of fatigue can be an imbalance in our sex hormones. We often find women complaining of fatigue if they have a low androgen level.

Androgens are normally considered a male sex hormone but women produce them too but in smaller numbers. Unfortunately it's not typical for a doctor to screen a woman for low androgens and even more doctors refuse to treat it!!

Fatigue is only one of many symptoms of low androgens for women.

And finally ...

Adrenal Fatigue or Insufficiency is another top contender for the cause of fatigue in women!!! There is a lot of controversy around the existent or not existence of adrenal fatigue and because of this many doctors avoid testing women for adrenal imbalances.

Unfortunately, adrenal fatigue can be debilitating and it's one of the most under

diagnosed hormone conditions for women!

Low Libido

Right... have you noticed the sudden disappearance of your libido?? Have you been putting it down to feeling so tired??

Hmmm... you may be tired but that's not why your libido has gone walkabouts.

Hypothyroidism or low thyroid hormones can cause a woman to lose her libido! Once treated your libido returns with a vengeance!

Unsurprisingly our sex hormones when out of balance can cause women to have low libidos. Specifically low estrogen and low androgens!!

We often hear about low estrogen being the cause of low libidos in women going through menopause but it's never considered for those under the age of 40. Or if it is doctors rarely screen a woman's androgen level because they believe that women don't need them because it's a male sex hormones.

Interesting considering androgens are naturally made in our bodies!!!

Weight Gain

And the weight gain!!! Or maybe it's the inability to ever lose weight ... even if you are extremely strict!!

It's often around the tummy and sometimes it's made worse by fluid retention and that feeling of being constantly bloated.

Well ... would it surprise you to discover that your weight issues could be hormone based?

Low Thyroid hormones slow your metabolism so you would have to work so much harder than anyone else to lose weight because your body just doesn't work as efficiently as others.

High levels of estrogen and estrogen dominance also causes weight gain... particularly around the middle!!!

And lucky last

Too much cortisol can cause you to carry extra weight around the middle... just in case we enter an ice age and you need reserves...

Moodiness

Hormones and moodiness are inexplicably linked.

Hypothyroidism can cause depression and hyperthyroidism can cause anxiety or nervousness.

Low androgens generally make you feel bad about yourself. Women often described feelings of decreased sense of wellbeing. Too many androgens can make women feel really aggressive!!

Low estrogen can make you feel really emotionally fragile... it might not take much to upset you and you just feel quite precious. Too much estrogen can make you feel quite anxious while low progesterone can make you really irritable.

Unfortunately an imbalance in your adrenal glands can also cause issues with your moods.

Too much cortisol can make you anxious and irritable – what a good combination!
Too little cortisol can leave you with a cocktail of irritability, anxiety, teary and general negativity!

Where to from here!

If my story sounds familiar and maybe you're wondering if we might be twins!??
Then I am so pleased we met!!

I can help you!

Everything I know that helps with hormone imbalances is in one perfectly formed little book!! In just minutes you will be able to download it and start becoming an expert on your health!

Take charge of your own health and join me and my new book ... **[The Power of Hormones...](#)**