

Hormone Hierarchy

Your hormones are intricately connected in a delicate system. Like a symphony, they work best when in balance with one another. Any imbalance (especially of cortisol or insulin) can disrupt the entire system.

Stability of Tier 3 hormones depends on balance in the tiers below.

Each of these hormones has multiple functions in the body depending on the tissue & receptor.

The foundational Tier 1 hormones directly impact all the others and need to be balanced first.

