



Hormonal Health Investigation

Women with hormone imbalances present a wide variety of symptoms, which can be traced to root imbalances in organs that impact endocrine function. Depending on our symptoms and conditions, we may have imbalances in the pancreas, liver, kidneys and adrenals, or thyroid, for example. With good guidance toward the correct medicinal foods, these imbalances can be healed—sometimes very quickly—so we can have healthy normal cycles.

Underlying these physical concerns is a deeper source hormonal imbalance: negative thoughts and feelings about our bodies, our lives, and about being a woman in this world. These negative ideas create a stress response in the body that taxes our organs and contributes to hormonal health problems. Also, negative energy directed towards ourselves often drives destructive patterns in food choices, self-care, work, relationships, and more.

This is why, at Laughing Sage Wellness, we don't just hand you a meal plan and some supplements. Instead we offer you a total healing experience—not simply eliminating symptoms, but correcting all underlying imbalances so that you avoid relapses and experience a high level of energy and well-being! We provide a supportive listening environment and counselors who will help you investigate and heal the physical and emotional sources of your health concerns.

Start your program with us today by investigating below what your health symptoms reveal about your thoughts, feelings, and beliefs. Then get in touch to talk it over with a counselor:
Open Office Hours, Tuesdays, 11am-6pm, EST: 212-581-0001.

Hormonal Health Concerns and Common Belief Patterns

abdominal cramping	fear, stopping the process
acne/pimples/blackheads	small outbursts of anger, dislike of the self
adrenal problems	defeatism, anxiety, no longer taking care of the self
breast cysts, pain, cancer	can't fully feel, express, and resolve emotions, can't participate in balanced partnerships, imbalance between time alone and with others
constipation	stuck in the past, fear of letting go of what is old and no longer needed
cellulite	stored anger and self-punishment
cervical abnormalities, cervical cancer	poorly defined boundaries in relationships, relationships and activities that detract from well-being, guilt about sexual pleasure
diarrhea	rejection, running away.
endometriosis	illness of competition, emotional needs competing with ability to function in the outside world, see also "menstruation"
fibroids	low self-esteem, self-criticism, bondage to emotions of others, unable to birth most creative self

kidney problems	failure, shame, disappointment, criticism
infertility/miscarriage	insufficient energy, ambivalence about impact of pregnancy on lifestyle and body image, hanging on to grief or loss
libido problems	denial of pleasure, belief that sex is bad, insensitive partners, fear of father
menstruation: irregular/heavy/absent	not at peace with being a woman, not at peace with the cyclicity/changeability of all things, see also "PMS"
ovarian cysts, abnormalities, cancer	too much giving or receiving of control or criticism, addiction to external approval, imbalanced drive toward financial, creative, or relationship goals
PCOS	rejecting one's womanliness, deep messages that women are inferior, see also "ovarian"
pelvic pain	emotional stress believed to be unresolvable, emotional, psychological, or sexual trauma
PMS	refusal to embrace both difficult and pleasant emotions, not allowing shadow side to be seen and worked through
stomach problems/indigestion	fear of the new, inability to assimilate the new
throat problems	inability to speak up for oneself, swallowed anger, stifled creativity
thyroid problems	"I never get to do what I want. When will it be my turn?"
UTIs, interstitial cystitis	anger at life, stagnated flow of emotions, dependency in relationships
vaginal infections, vulvar pain, STDs	see "cervical"

Information adapted from Women's Bodies, Women's Wisdom, by Christiane Northrup, MD, and You Can Heal Your Body, by Louise Hay.