



The Hormone Wellness Guide

7 SIGNS YOUR BODY MAY BE CHANGING—AND WHAT YOU CAN DO ABOUT IT

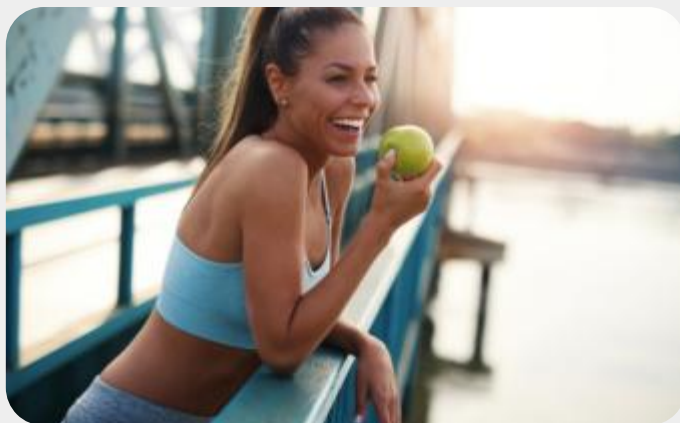
A practical guide to understanding hormones, healthy aging, and feeling your best.

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The Hormone Wellness Guide



Discover how hormones influence energy, sleep, mood, metabolism, muscle health, and overall well-being.

Your body changes over time.



Many people notice gradual changes in how they feel, even when they're eating well and staying active.

While there are many reasons these changes can happen, hormones are one piece of the puzzle worth exploring.

This guide is designed to help you better understand common changes and learn what steps may support your overall wellness.

Why Do Hormones Change with Age?

Aging affects nearly every hormone system in the body.

Estrogen & Progesterone (Women)

During perimenopause and menopause, the ovaries gradually produce less estrogen and progesterone.

These hormones influence:

- Body temperature regulation
- Sleep quality
- Mood
- Bone density
- Vaginal and urinary health
- Skin collagen and elasticity

Lower estrogen can contribute to symptoms like hot flashes, night sweats, and disrupted sleep. If sleep is repeatedly interrupted, many people feel more tired during the day.

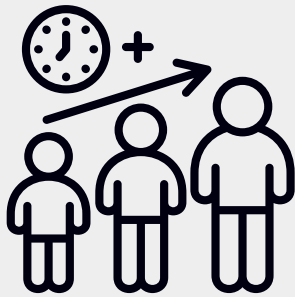
Testosterone (Men and Women)

Testosterone naturally declines with age in men, though the rate varies. Women also produce testosterone, but in much smaller amounts.

Testosterone supports:

- Muscle mass
- Strength
- Bone health
- Libido
- Red blood cell production
- General sense of vitality

A gradual decline may contribute to changes in muscle mass, strength, and sexual health, but symptoms are not specific and can have many other causes.



Growth Hormone

Growth hormone production decreases over time.

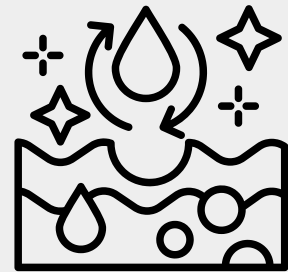
It plays a role in:

- Tissue repair
- Muscle maintenance
- Body composition

This is one reason many adults notice slower recovery after exercise and changes in body composition as they age.

DHEA

DHEA is produced by the adrenal glands and serves as a precursor for sex hormones. Levels tend to decline steadily with age. Researchers continue to study how these changes affect aging, but lower DHEA alone does not necessarily explain symptoms.



Melatonin

Melatonin helps regulate the body's internal clock.

Natural production often decreases with age, which can contribute to lighter, more fragmented sleep in some people.

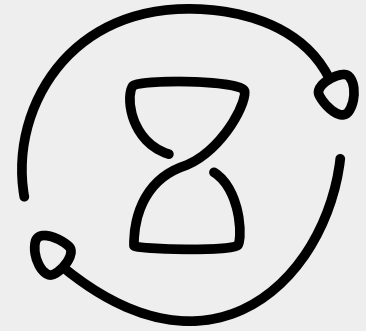
Seven Signs Your Body May Be Changing



- ✓ Energy isn't what it used to be
- ✓ You're recovering more slowly after exercise
- ✓ Sleep doesn't feel restorative
- ✓ You're finding it harder to maintain muscle
- ✓ Body composition is changing despite healthy habits
- ✓ Your motivation or mental clarity feels different
- ✓ You simply don't feel like yourself

These experiences can have many different causes, but understanding your health through comprehensive evaluation is an important first step.

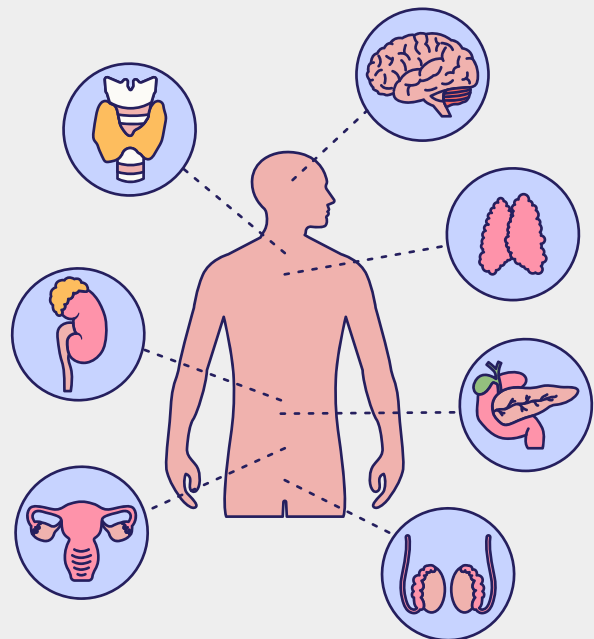
Hormones affect more than you think



Because hormones interact with many parts of the body, a personalized assessment is often more valuable than guessing or relying on symptoms alone.

Hormones help regulate many systems throughout the body, including:

- Energy
- Sleep
- Mood
- Muscle health
- Bone health
- Metabolism
- Sexual wellness
- Cognitive function



Why Does Fatigue Happen?

Your body is constantly making energy inside tiny structures in your cells called mitochondria.

Hormones help support many of the processes involved in energy production by influencing:

- How efficiently cells use nutrients
- Muscle function
- Red blood cell production
- Sleep quality
- Recovery from physical activity

If hormone levels change, or if another health issue is present, the result may be feeling less energetic—but hormone levels are only one piece of the picture.

Why Muscle Changes Matter

Starting around age 30, adults gradually lose muscle mass unless they actively maintain it through resistance training and adequate protein intake.

Muscle is metabolically active tissue. Losing muscle can reduce strength and endurance, making everyday activities feel more tiring. Hormones, exercise, nutrition, sleep, and overall health all play a role in preserving muscle.

Why Sleep Changes Affect Energy

Many hormone changes influence sleep.

For example:

- Lower estrogen can contribute to night sweats and disrupted sleep.
- Lower progesterone may reduce some of its calming effects.
- Melatonin production often declines with age.

Even if someone spends eight hours in bed, poor sleep quality can leave them feeling fatigued.

Stay Hydrated

Proper hydration supports cellular function, energy production, digestion, and your body's ability to perform at its best.

Prioritize quality sleep

Most adults need 7–9 hours of quality sleep each night to support hormone regulation, energy levels, metabolism, and overall recovery.

Eat Enough Protein

Adequate protein intake supports muscle maintenance, tissue repair, metabolism, and helps your body build and maintain lean muscle.

Strength Train Regularly

Resistance training helps maintain muscle mass, support metabolism, improve strength, and promote healthy aging as we get older.

Healthy Habits That Support Hormone Wellness

Manage Stress

Chronic stress can impact cortisol levels and affect sleep, energy, mood, and overall hormone balance.

Get Daily Movement & Sunlight

Regular movement and natural light exposure help support circadian rhythm, mood, energy, and healthy aging.

Schedule Routine Health Evaluations

Regular health assessments and appropriate lab testing can help you better understand your body and create a personalized wellness plan.

Our Personalized Approach

At Ego, we believe your care should be individualized.
Our providers evaluate:

- ✓ Your health goals
- ✓ Your symptoms and medical history
- ✓ Comprehensive laboratory testing
- ✓ Lifestyle factors
- ✓ Nutrition
- ✓ Sleep
- ✓ Stress

From there, we create a treatment plan tailored
specifically to you.



About Us

At Ego Beauty & Wellness Defined, we believe aging well is about more than adding years to your life—it's about adding quality, energy, and vitality to those years.

Our experienced team of licensed California providers, including **Dr. Nina Campagna, ND** and **Dr. Patrick Rhoades, MD**, are trained in Bioidentical Hormone Therapy and Anti-Aging Medicine and are dedicated to creating individualized wellness strategies. Supported by health coaches trained in functional medicine, we look at the whole person—not just a symptom or a lab value.

By combining advanced education, personalized care, and lifestyle-focused support, Ego helps you better understand your body and take meaningful steps toward lifelong wellness.



Ready to learn more?



**Book your
personalized
Hormone Wellness
Consultation**

You'll receive:

- ✓ One-on-one provider consultation
- ✓ Comprehensive health review
- ✓ Discussion of treatment options if appropriate
- ✓ Personalized wellness recommendations



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