



Syllabus

Hormone Health Course



Welcome to the Hormone Health Course!

As the global demand for Health Coaches continues to grow at a staggering rate, we seek to provide you with a clear path to establish your expertise in some of the most relevant niches of wellness. In turn, you have the unique opportunity to improve your well-being, expand your knowledge, gain more confidence in supporting your loved ones and clients, and enhance your overall career success.

From metabolism and blood sugar balance to puberty and fertility, hormones play a crucial role in helping our organs and glands carry out functions that keep us healthy and alive. It's no surprise that so many of us – men and women alike – struggle with creating balance.

In this hands-on program, we explore the impact of hormone health on our overall well-being, the ins and outs of the endocrine system, and common symptoms and conditions that stem from imbalanced hormones. Through a mix of video lectures, readings and resources, skill-building activities, and moderated online discussions, you will discover how to empower yourself and others in making simple yet powerful diet and lifestyle modifications to promote hormonal balance.

In particular, we'll explore the connection between hormonal health and the gut, sexual health, nutrition, blood sugar, and lifestyle. A special emphasis is given to the hormonal health of women, exploring how to support the female reproductive system and create optimal health and balance for women through menstruation, pregnancy, and menopause.

At the end of this seven-month course, you'll walk away with the support, knowledge, and tools to effectively work alongside doctors and other healthcare practitioners in supporting your clients' hormonal and overall health from within your scope of practice!

PROGRAM OBJECTIVES

As leaders in the holistic nutrition and health coaching space, we're here to provide you with continued learning opportunities to further hone your passion and skills and excel at your craft.

Upon successful completion of this program, you will be able to:

- Explain the causes and symptoms of the various hormonal imbalances
- Apply your knowledge to empower clients in achieving greater hormonal balance and overall well-being through diet and lifestyle modifications
- Understand and clearly communicate your scope of practice as a Health Coach when working with clients who have hormonal imbalances
- Collaborate with and work alongside various healthcare professionals as an integral part of a client's treatment team for a hormonal condition
- Apply your coaching skills and knowledge of hormone health to create individualized approaches to guide clients in achieving optimal health
- Identify diet and lifestyle modifications that may naturally support the health of various hormones and systems in the body

CONTENT

To test your learning, there are 66 video lectures, 34 handouts, and 24 skill-building activities (applied exercises, suggested readings, and quizzes) that span the various areas of study, including:

- Endocrine system
- Hormonal imbalances
- Cortisol and stress
- Menopause and perimenopause
- The menstrual cycle and PMS
- Thyroid issues
- Macronutrients and micronutrients
- Eating for hormone balance and special diets
- Insulin resistance and blood sugar balance
- Adrenal health
- The connection between gut health and hormones
- Men's hormone health
- Women's sexual and reproductive health
- Healthy conception and pregnancy
- Ovarian and reproductive issues
- Liver detoxification
- Hormone testing
- Supplements and herbal remedies for hormonal imbalances
- Genetic mutations

You'll also gain access to a private Facebook group, where you can connect anytime with your course moderators and fellow students to ask questions, seek support, clarify concepts, and solidify your understanding of the content. Your course moderators are experienced Integrative Nutrition Health Coaches who specialize in hormone health. They are in the group daily to support you with course content and incorporating hormone health into your coaching practice and everyday life.

DONE-FOR-YOU CONTENT AND ADDITIONAL RESOURCES

In addition to handouts, you'll have access to:

- **18 done-for-you client handouts**

We've transformed some of our handouts into worksheets that you can print and use directly with clients as part of their hormone-balancing journey! This way, instead of creating content from scratch, you'll have these as part of your practice so you can focus on coaching. These invaluable resources are released in conjunction with their corresponding modules and are found in the Business Toolkit within the Learning Center.

- **24 module recap documents**

We want to support you in every way possible, so you'll also receive comprehensive handouts summarizing each module's concepts to use as study guides while preparing for the tests. Plus, the recaps contain optional suggested readings and resources to bolster your knowledge and build your hormone health expertise!

We encourage you to utilize the resources provided in the course to engage in your own critical thinking and real-life learning opportunities with real or practice clients to maximize your success within the course and beyond!



Module Overviews

On the pages that follow, you will find a module-by-module overview of the content in the Hormone Health Course.

PRE-COURSE

Welcome to the Hormone Health Course

Ready to get a head start on the course? The pre-course module is an information-packed bonus you'll receive as soon as you join the course! You'll learn what to expect in terms of both content and structure so you can maximize your success right away. We'll also explore how to approach and work alongside healthcare professionals to help clients heal from underlying conditions – that way, you can start your learning journey with the knowledge and skills you need to foster partnerships and create opportunities to work with practitioners immediately. We'll end the module with our favorite tips for coaching clients on hormonal balance to enhance your ability to work with clients in this niche!

Topics Covered:

- Your Journey Begins Here
- Work Alongside Medical Professionals
- Coach Clients Through Hormone Health Issues



Handouts:

Partnering with Doctors



MODULE 1

Introduction to the Endocrine System

The official start of your seven-month journey will begin with an overview of the endocrine system, its glands, and the eight major hormones it produces. These hormones are key players in processes like metabolism, growth and development, tissue function, sexual function, reproduction, sleep, mood, and so much more. We'll introduce the specific roles of the endocrine hormones in these processes, and you'll start to develop a deeper understanding of them and their influence on various systems in the body.

Topics Covered:

- Endocrine System 101
- Overview of the Eight Major Hormones



Handouts:

Endocrine Glands and Hormones



MODULE 2

Understanding Basic Hormonal Imbalances

What actually occurs in the body when our hormones are off balance? This module will provide an overview of the most common hormonal imbalances as well as the reasons they typically occur. We'll also look at common symptoms of each to help you understand the different ways they may manifest in the body. By the end of this module, you'll start to see the big picture of hormonal imbalances, which we'll revisit throughout the course!

Topics Covered:

- Cortisol and Thyroid Imbalances
- The Five Most Common Female Hormonal Imbalances



Handouts:

Hormonal Imbalances and Their Signs and Symptoms

MODULE 3

Conditions Associated with Hormonal Imbalance

Headaches, skin rashes, acne, hair loss, mood swings, migraines... The symptoms of hormonal imbalance can be numerous – not to mention different for each person! This module will guide you in becoming a symptom detective so you can better understand the connection between common health conditions and the associated hormonal imbalances. We'll teach you how to recognize these symptoms to help clients spot red flags to then share with their healthcare providers. You'll also gain access to an exclusive interview with visiting teacher Dr. Jyothi Rao, who will discuss how Health Coaches can support clients and medical practitioners with hormonal balance.

Topics Covered:

- Introduction to HPA Axis Dysfunction
- Hormonal Imbalances That Can Lead to Thyroid Conditions
- Introduction to Female Reproductive Conditions
- Hormonal Imbalances Resulting from Pregnancy, Postpartum, and Menopause

**Handouts:**

Exploring Symptoms; Hormonal Imbalance Fill-in-the-Blanks

MODULE 4

Maximize Nutrition to Balance Hormones

By now, you already know that food has an incredible power to heal! As more and more people embrace the concept of “food is medicine,” you might be wondering why it’s still so difficult for so many to figure out a way of eating that supports their overall health. This module starts to unpack the nuances of healthy and balanced eating by looking at macronutrients – fat, carbohydrates, and protein. You’ll learn how to differentiate between helpful and unhelpful food sources within each of these categories, taking into account bio-individuality so you can support clients with diverse needs.

Topics Covered:

- Coach Clients on Maximal Nutrition
- Maximize Nutrition with Fats
- Maximize Nutrition with Carbohydrates
- Maximize Nutrition with Proteins



Handouts:

Hormone-Balancing Foods



MODULE 5

Special Diets for Balancing Hormones

With so many diets and ways of eating, it's no surprise that clients can get totally overwhelmed trying to figure out which diet is best for them! This module will help you support your clients in taking a bio-individual approach to figure out the macronutrient ratios that work best for them and their specific hormonal needs. We'll explore how you can support clients around the topic of diet and nutrition and then dive into the details of several diets that can support clients with specific needs around hormone balance.

Topics Covered:

- Plant-Based Nutrition and Hormonal Health
- Balance Macronutrients in Meals
- Special Diets for Specific Symptoms



Handouts:

Build Your Macro Plate; Special Diets



MODULE 6

The Mighty Micronutrients

Macronutrients deliver the bulk of our nutrition, but did you know micronutrients are also key to hormonal balance? While a well-rounded diet can provide the vitamins, minerals, and trace minerals needed for optimal hormone health, this isn't always the case. In this module, we'll cover some of the best foods to boost your micronutrient intake and take a look at supplementation. We'll examine the importance of micronutrients and the role they play in helping create better hormone balance as well as what can happen when we don't get enough.

Topics Covered:

- Vitamins for Hormone Health
- Making Sense of Minerals
- Create Balance with Trace Elements



Handouts:

Micronutrients for Optimal Client Health

MODULE 7

Balancing Blood Sugar for Optimal Hormone Health

Now that you've gained a better understanding of the bio-individuality of macronutrients and micronutrients for hormone balance, we'll kick off this module by exploring one of the most effective ways to promote better hormone health – blood sugar balance. We'll take an in-depth look at how blood sugar balance can influence the way our hormones behave and how hormonal imbalances can affect our blood sugar balance! We'll explore the connection between blood sugar, insulin resistance, and hormonal imbalances along with symptoms and conditions that can develop as the result of high blood sugar. Finally, we'll wrap up the module with dietary modifications that may help clients naturally manage their blood sugar.

Topics Covered:

- The Connection Between Insulin Resistance and Hormonal Imbalances
- Factors Contributing to Blood Sugar Imbalances
- Nutrients for Blood Sugar Balancing



Handouts:

Basic Guide to Blood Sugar Testing; Foods and Combinations for Blood Sugar Stabilization



MODULE 8

All About the Adrenals, Part 1

The adrenals are an incredibly powerful part of the endocrine system, affecting just about every bodily process we have! By addressing the health of these small but mighty glands, we have the ability to pave the way for better hormonal health. This module will focus on the role of the adrenal glands in hormonal health as well as how the system can get out of balance. We'll discuss HPA axis dysfunction, informally known as “adrenal fatigue,” and highlight the effects of this condition on both our hormones and overall body!

Topics Covered:

- Anatomy and Physiology of the Adrenal System
- HPA Axis Abnormalities



Handouts:

Adrenal Health Fill-in-the-Blanks



MODULE 9

All About the Adrenals, Part 2

We've all heard about the harmful effects of stress on the body, and the adrenal system is among the many areas that are impacted. This module will elaborate on adrenal health by examining the consequences of chronic stress on long-term HPA axis dysfunction. We'll look at how you can support clients in initiating lifestyle changes that can help restore adrenal balance, better manage HPA axis dysfunction, and address stress to help protect the health of the adrenals in the long-run.

Topics Covered:

- Conditions Related to HPA Axis Dysfunction
- Help Clients Manage Stress



Handouts:

Techniques for Reducing Stress



MODULE 10

All About the Adrenals, Part 3

This module will continue the discussion on adrenal health, illustrating the far-reaching effects of chronic stress, by looking at the connection between adrenal health, stress, and the brain. We'll discuss its impact on the mind and the harmful effects that can ensue. We'll review solutions and explore the Adrenal Health Protocol – an amazing tool that can be customized to help clients reduce their stress as an effective way to support their adrenals!

Topics Covered:

- The Impact of Stress on Brain Health
- The Adrenal Health Protocol



Handouts:

Adrenal Health Protocol

MODULE 11

The Connection Between Gut Health and Hormones, Part 1

In this module, we'll explore the connection between two of the wellness industry's hottest topics: gut health and hormone health. As you might know, the gut influences nearly every system in the body, including the hormones of our endocrine system! Before digging deeper into the connection between these two areas of health, we'll take a foundational look at the physiology and environment of the microbiome as well as the four most common conditions of gut imbalance and their symptoms.

Topics Covered:

- Gut Health Anatomy and Physiology
- The Environment in the Gut
- The Four Most Common Gut Health Conditions

**Handouts:**

Gut Health Fill-in-the-Blanks



MODULE 12

The Connection Between Gut Health and Hormones, Part 2

Now that you've gotten the basics of gut dysbiosis, this module will explore how gut health and hormone health overlap through the nervous system. Specifically, you'll see how hormones communicate with nerve cells in the gut to communicate with other parts of the body. You'll learn how to guide your clients on a path toward balanced hormones and improved health all around with the help of the Basic Gut Health Protocol. This tool provides steps that can be customized to help clients reclaim their gut health.

Topics Covered:

- The Effects of Gut Dysfunction on Hormonal Health
- Help Clients Through the Basic Gut Health Protocol



Handouts:

Basic Gut Health Protocol

MODULE 13

A Crash Course in Men's Hormonal Health with Susie Gronski

While conversations around hormonal health often center on women, men's hormonal health is an important and complex topic as well. An expert in male pelvic pain with extensive knowledge in male hormones, visiting teacher Dr. Susie Gronski shares about the role and functions of androgens in men's health. You'll learn about low testosterone, the negative effects of stress on male hormones, and how to help male clients manage their stress. She also shares ways to help male clients naturally boost testosterone levels and improve their sexual functioning – an important part of primary food!

Topics Covered:

- Male Hormones 101
- Stress and Male Hormones
- Six Ways to Naturally Boost Testosterone Levels

**Handouts:**

Helpful Meditation Tips; Male Hormones; Tips for Naturally Boosting Testosterone



MODULE 14

Thyroid Health, Part 1

At the center of the endocrine system and nearly every process that occurs in the body is the thyroid gland. When thyroid imbalances occur, the consequences are far reaching. This module will take you through the structure and function of the thyroid and its crucial role. We'll also explore the major conditions of imbalance and why they can occur. We'll teach you how thyroid imbalances can affect important processes, like menstruation and reproduction in women, and what can help support better balance.

Topics Covered:

- Introduction to the Thyroid Gland
- Effects of Thyroid Disease on Menstruation and Reproduction



Handouts:

Menstrual and Reproductive Health History

MODULE 15

Thyroid Health, Part 2

Continuing our exploration of the thyroid gland, this module will go a step further to highlight the connection between thyroid imbalances and sex hormones and explain why women are more likely to develop thyroid disease. Like many sensitive yet powerful glands in the endocrine system, the thyroid is easily influenced by what we eat, our stress levels, the environment we live in, and so much more. That's why we'll also explore how toxins in our everyday life can impact thyroid health. We'll conclude with ways Health Coaches can support clients in improving their well-being all around using our customizable Thyroid Health Protocol.

Topics Covered:

- Thyroid Imbalances and Sex Hormones
- Environmental Toxins
- Support Clients with the Thyroid Health Protocol

**Handouts:**

The Thyroid Health Protocol

MODULE 16

The Menstrual Cycle

While once considered taboo, conversations around women's health, including topics like menstruation, are becoming more normal – and rightfully so! A woman's period offers incredible insight into what's going on with her hormones. This module will explore the four phases of the menstrual cycle. We'll cover what a healthy cycle should look like and how to recognize the abnormalities that indicate something is amiss. We'll also support you in encouraging female clients to create an open dialogue around periods so you can help them better navigate in achieving a more balanced cycle!

Topics Covered:

- The Basics of Menstruation
- Abnormal Menstrual Cycles
- Identify a Normal Menstrual Cycle

**Handouts:**

Menstrual Cycle Tracking

MODULE 17

Healthy Fertility and Pregnancy with Christa Orecchio

Have you ever worked with a client who wanted to get pregnant but had trouble conceiving? Infertility is increasingly common these days, but thankfully, a woman's efforts can be supported with the help of a nourishing, plentiful diet and a balanced lifestyle. In this module, visiting teacher Christa Orecchio will share some amazing, natural ways to support fertility and conception from preconception nutrition to strengthening the growing baby in the womb. She'll explain common health hurdles couples can face when struggling with fertility, tests that can detect them, and natural steps that can be taken toward overcoming those challenges.

Topics Covered:

- Assessing and Improving Fertility
- Using Food as Medicine for Healthy Conception
- Choosing the Right Fertility Supplements

**Handouts:**

Fats and Oils Fact Sheet; pH Testing; Temperature and Pulse Test for Thyroid Function



MODULE 18

The Female Reproductive System

Unfortunately, a combination of societal taboos and insufficient education has left many women in the dark about what goes on “down there.” Therefore, it’s important to have a solid understanding of the female anatomy as a Health Coach to help your clients articulate any issues or concerns they may be experiencing – or that might be going unnoticed and unquestioned. In this module, we’ll walk you through the ins and outs of the female reproductive system, the female sex hormones, and the roles they play in the menstrual cycle.

Topics Covered:

- Female Anatomy: External Organs
- Female Anatomy: Internal Organs
- Ovarian Function



Handouts:

A Visual Overview of the Female Reproductive Anatomy

MODULE 19

Issues in Women's Sexual and Reproductive Health

A healthy and fulfilling sex life is an important component of primary food, so it can be problematic for a client when their sex drive has tanked. However, due to shame or discomfort, issues around sexual health are often buried. Low libido is a complex subject that can cause stress and pain for individuals as well as their partners. Pelvic pain conditions – more common than you may think – can cause physical pain, making sex uncomfortable and stressful. This module aims to arm you with tips to help you and your clients feel more comfortable talking about topics like low sex drive and pelvic pain. We'll also explore common causes and hormonal imbalances related to these conditions and share diet and lifestyle solutions that can help clients get back into their groove!

Topics Covered:

- Causes of Low Libido
- Female Pelvic Pain

**Handouts:**

Six Ways to Boost Sex Drive

MODULE 20

Perimenopause and Menopause

A significant time in a woman's life is when her reproductive years come to an end. This shift, which starts with perimenopause, is accompanied by fluctuations in her hormone levels, which can result in profound changes in her body. Often, the symptoms of perimenopause and menopause can be difficult and uncomfortable. Thankfully, Health Coaches who have training in this area can support these clients and help them navigate these hormonal transitions, incorporating natural remedies that can help them bring some relief! Accordingly, in this module, we'll teach you all about how to best support your female clients through perimenopause, menopause, and the postmenopausal years to help them age gracefully and comfortably.

Topics Covered:

- Perimenopause and Menopause
- Make Dietary Recommendations for Menopause
- Support Clients Through Menopausal Changes



Handouts:

Natural Ways to Support the Transition Through Menopause

MODULE 21

Detox to Balance Hormones

Have you ever stopped to think about all the toxins that might be hiding in your everyday products? So many of these chemicals, like xenoestrogens, manage to find their way into our bodies and disrupt the endocrine system and proper hormone function. We'll discuss strategies to minimize the impact of toxins on the body and educate clients about safe detoxification. Since the liver is a major detoxifying organ, this module will also highlight the phases of liver detoxification and how to reduce toxic load and nurture liver health.

Topics Covered:

- The Role of the Liver in Detoxification
- Endocrine Disruptors
- Everyday Toxin Exposure

**Handouts:**

Top Ten Hidden Chemicals Harmful to Hormonal Health; Liver Cleanse Protocol

MODULE 22

Genetic Mutations, Toxins, and Hormones

Did you know that hormonal balance can be disrupted or negatively impacted by a genetic mutation? Though often overlooked as possible causes of hormone dysfunction, genetic mutations are more common than we think! This module will explain what some of the major genetic mutations are, how they can show up in the body, and basic support for individuals with these mutations. We'll take a closer look at MTHFR – a common genetic mutation that can affect the body's ability to detoxify itself – and the implications this can have on our hormone and overall health. Finally, we'll provide some helpful info on how to support clients with the MTHFR gene mutation, including options for genetic testing.

Topics Covered:

- Genetic Mutations That Affect Detoxification
- How Genetic Mutations Affect Hormone Balance and Health

**Handouts:**

Genetic Mutations

MODULE 23

Understanding Testing Options and Results

This module will dive into a more general discussion of lab testing as an important tool that can help create an accurate picture of an individual's health. While the administration and interpretation of lab results are reserved for medical professionals, Health Coaches can play an invaluable role in providing basic education and helping clients pursue lab testing as a tool in their journey to better hormone health. We'll review common basic lab tests as well as more advanced tests that can look for hormonal imbalances. We'll also discuss the discrepancies between optimal ranges and the "normal" numbers defined by a sick society so you can help clients pursue greater health.

Topics Covered:

- Basic Lab Tests
- Advanced Lab Tests

**Handouts:**

Optimal Levels for Laboratory Results; Suggested Lab Tests for Specific Conditions

MODULE 24

Supplements for Balancing Hormones

The final module of your journey through the world of hormones will help you navigate conversations around supplementation with greater ease. Along with diet and lifestyle modifications, it can be helpful to incorporate high-quality supplements to eliminate deficiencies and create balance. We'll teach you the basics of supplementation and outline the major supplements that have generally been shown to help manage various hormonal imbalances, improve fertility, and help with stress-related conditions. Since not all supplements are created equally, we'll also give you a thorough rundown on how to identify high-quality herbal remedies and supplements versus those that aren't up to standard. By the end of this module, you'll understand how you can talk to clients about supplements from within your scope of practice as a Health Coach.

Topics Covered:

- Choosing Quality Supplements
- Recommended Supplement Protocols

**Handouts:**

Natural Herbs for Hormone Balance

CURRICULUM STRUCTURE

The Hormone Health Course consists of a pre-course module and 24 modules of course content. New modules are released every Monday at 9am Eastern Time, with the exception of holidays and assessment weeks. The Course Schedule, which can be found on the Documents page of the Learning Center, contains specific dates for your class.

Each module will lead you in becoming the go-to guide on hormone health for yourself and your friends, colleagues, and clients. Within each module, you'll find:

- Learning objectives
- Video lectures
- Readings and resources
- Recaps
- References
- Skill-building activities, including an optional real-life application assignment, additional learning links, and an ungraded self-assessment quiz to test your understanding of the module concepts

We recommend setting aside 3–4 hours for each module, including time needed to review concepts, participate in the Facebook group, and complete the skill-building activities.

There is a mix of required and suggested elements in the course (see Graduation Requirements below). As such, we encourage you to allocate your time in a way that aligns best with your personal and professional goals.

You will have access to all module materials in the Learning Center for six months following graduation.

GRADUATION REQUIREMENTS

To successfully complete the Hormone Health Course and receive your certificate of completion, digital Credly badge, and continuing education credits for the NBHWC, you will be required to pass two tests with a score of 70% (21 of 30) or higher.

There is one test halfway through the course after Module 12 and another at the end of the course after Module 24. New modules are not released the weeks of the tests to allow time to prepare. Your module recaps can be used as study aids to support your success. Tests must be completed during the allotted times, which are noted on the Course Schedule. Two attempts are allowed per test, and you have up to two hours to complete each attempt.

As an NBHWC-approved continuing education provider, you can earn continuing education credits by successfully completing this course if you are a National Board-Certified Health and Wellness Coach (NBC-HWC). These credit hours can be counted toward the requirements for renewing your board certification.



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