



## Mold Health Impacts: Hormones/Weight

There are many ways that mold and mycotoxins can impact a person's hormones and weight. The most common disruptions are seen in hormones such as cortisol, estrogen, leptin, and thyroid hormones.

- **CORTISOL:** Mold puts added stress on your adrenal glands, causing a spike in cortisol. High levels of cortisol cause increased fat stores. This excess circulating fat is often deposited deep in the abdomen (also known as visceral fat).
- **LEPTIN:** Leptin is a hormone that regulates appetite. Your body's inflammatory response to mycotoxins blocks leptin receptors. This can cause weight gain, even from normal calorie intake.
- **THYROID:** Mold toxins can block the activation of thyroid hormones and reduce overall thyroid function.
- **ESTROGEN:** Mold mimics estrogen which can cause hormone imbalances. Too much estrogen causes estrogen dominance and progesterone deficiency, which can lower testosterone.

*Continued...*



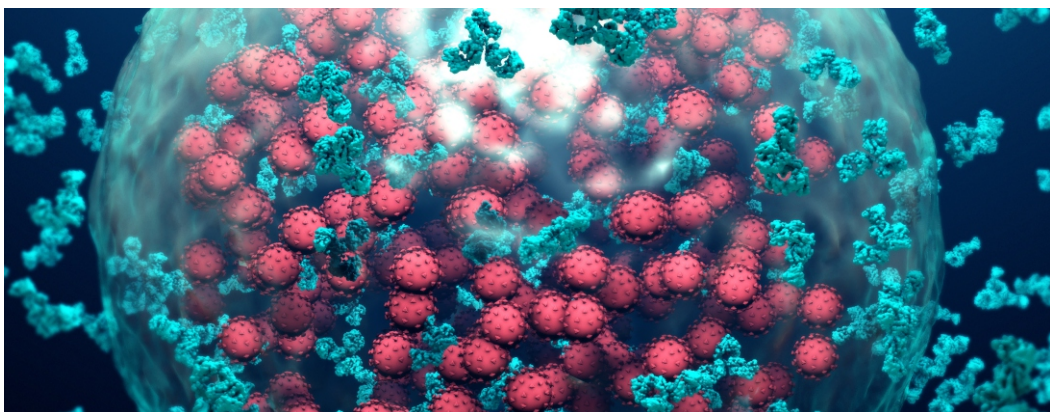
## Mold Health Impacts: Hormones/Weight *Continued*

*This hormone imbalance can lead to other health issues such as:*

- Weight gain
- Brain fog
- Depression
- Fatigue
- Headaches

*Hormone disruption from mold can also impact menstruation.*

- It can cause extreme PMS, irregular periods, and even early menopause.



- **OTHER WAYS:**

- Mold burdens your detoxification system. When your body cannot remove toxins, it can store them in fat cells.
- Mold can wreck the gut or cause food sensitivities, causing people to not be able to eat.