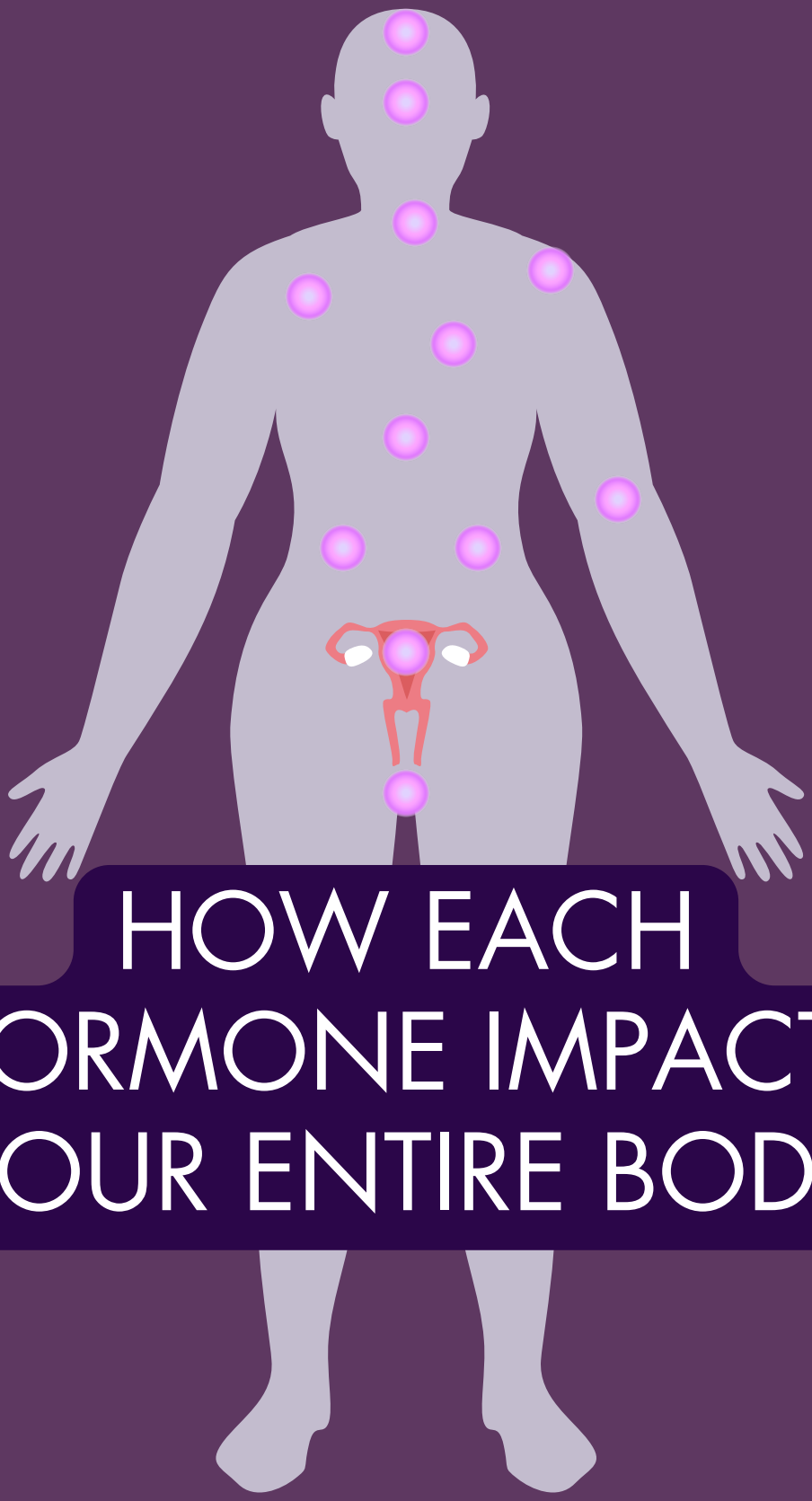
TRILLION HEALTH & HORMONE



HOW EACH HORMONE IMPACTS YOUR ENTIRE BODY

TRILLIONHH.COM

SAVE

ESTROGEN

& HOW IT IMPACTS FULL BODY HEALTH

BRAIN

- Improves memory & focus
- Reduces anxiety & improves mood
- Body temperature control
- Anti-inflammatory
- Increases connections between brain cells
- Increases levels of neurotransmitters including dopamine, serotonin, & melatonin
- Improves elasticity
- Improves energy
- Improves sleep

HEART

- Lowers blood pressure
- Supports healthy blood vessels
- Improves cholesterol regulation
- Improves glucose metabolism

BOWEL & BLADDER

- Supports digestion
- Maintains healthy gut bacteria
- Reduces heartburn
- Reduces urinary tract infections
- Improves bladder function

SKIN

- Increases collagen production
- Reduces moisture loss
- Improves elasticity
- Increases skin blood flow

BONES, JOINTS, MUSCLES

- Increases bone density
- Improves flexibility
- Lubricates joints
- Reduces joint inflammation
- Increases muscle strength

LIVER & METABOLISM

- Increases fat breakdown
- Supports liver function
- Regulates blood sugar

VAGINAL HEALTH

- Increases lubrication
- Keeps tissues healthy

PROGESTERONE

& HOW IT IMPACTS FULL BODY HEALTH

BRAIN

- Activates GABA receptors (the brain's natural "calming" system)
- Reduces anxiety & promotes relaxation
- Supports stable mood
- Improves sleep quality
- Supports brain cell communication
- Supports nerve functioning

BREASTS

- Balances estrogen
- Reduces breast cysts

METABOLISM

- Supports fat metabolism for energy
- Regulates blood sugar

IMMUNE SYSTEM

- Reduces inflammation
- Lowers autoimmune risk

SKIN

- Increases collagen production
- Reduces moisture loss
- Improves elasticity
- Increases skin blood flow

BONES, MUSCLES

- Stimulates new muscle growth
- Reduces muscle spasms
- Builds bone density

REPRODUCTIVE HEALTH

- Regulates menstruation
- Supports pregnancy
- Reduces bleeding

TESTOSTERONE

& HOW IT IMPACTS FULL BODY HEALTH

BRAIN

- Decreases brain fog
- Regulates body temperature (reduces hot flashes & night sweats)
- Improves concentration & memory
- Enhances learning & focus
- Boosts energy
- Stabilizes mood
- Supports confidence & motivation

EYES

- Reduces dry eyes
- Improves meibomian gland function & lubrication

METABOLISM

- Optimizes metabolism
- **Decreases adipose tissue (fat surrounding organs)**

IMMUNE SYSTEM

- Supports healthy inflammatory response
- Promotes immune balance

BONES, JOINTS, MUSCLES

- Increases bone strength & density
- Improves joint stability
- Builds lean muscle mass
- Increases muscle strength & endurance

SKIN

- Increases collagen production
- Reduces moisture loss
- Improves elasticity
- Increases skin blood flow

SEXUAL HEALTH

- Increases libido & arousal
- Supports orgasm function
- Improves vaginal sensitivity