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- Weight Loss/Gain • Hormonal issues • Diabetes • Pre / Post Pregnancy
- Pcod/s Reversal • Pcod Reversal and conceive naturally • Cholesterol

Cheat Sheet: “The Anti-Aging Hormone Cheat Sheet ”

By Dietitian Forum | MakesYouEat

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About the author :

Dt. Foram Modi is a renowned Clinical Dietitian and PCOD Expert based in Mumbai, with over 12 years of experience. She has helped 5,000+ women reverse PCOD, conceive naturally, and lose weight through her RCC framework with a science-backed, doable, results-oriented diet plan.

Foram's brand journey began as *SlimPossible*, then *FMNutritionist*, and today it is known as *MakesYouEat*. [LinkedIn](#)

Her approach combines medical nutrition therapy with real-life habit coaching for lasting results. [Instagram](#)

She specializes in PCOD reversal, fertility nutrition, and holistic weight management for busy women. Find her at www.makesyou.com. Having reversed her own PCOD naturally, she empowers women to heal without harsh medications. Foram holds advanced degrees in Clinical Nutrition and multiple specialized certifications in healthcare, fertility nutrition, and lifestyle disease management. She's built a loyal community by sharing expert insights and personal stories. Learn more or book a consult at www.makesyoueat.com.

Hormones That Make You Age Faster

(And What to Do About Them)

Hormone	Role in Body	Signs It's Off	How It Speeds Aging	Natural Fixes
Cortisol	Stress response, alertness	Anxiety, belly fat, and poor sleep	Breaks collagen, increases inflammation	Sleep well, meditate, and reduce caffeine
Insulin	Blood sugar control	Fatigue, sugar cravings, skin tags	Inflammation, fat gain, and skin glycation	Balance meals, walk after eating
Estrogen	Female reproductive health, mood	PMS, mood swings, and fat gain	Imbalance → dryness, wrinkles, fatigue	Cruciferous veggies and flaxseeds reduce toxins
Growth Hormone (GH)	Tissue repair, metabolism, and anti-aging	Low energy, slow recovery	Slower cell repair, sagging skin, and belly fat	Deep sleep, HIIT, and avoid excess sugar
Thyroid (T3/T4)	Regulates metabolism, body temp	Dry skin, thinning hair, fatigue	Sluggish metabolism, brittle nails/hair	Selenium and iodine reduce chronic stress
DHEA	Longevity, libido, energy	Fatigue, low mood, and low immunity	Speeds aging when too low	Healthy fats, strength training, and adaptogens

Testosterone
(yes, women
too!)

Muscle tone,
energy, and
mood

Fat gain, low
libido, poor
recovery

Muscle loss, weak
bones

Lift weights, good
fats, and zinc-rich
foods

✓ Quick Tips to Slow Down Hormone-Driven Aging:

- Sleep 7–9 hours nightly 🛏️
- Eat anti-inflammatory, whole foods 🥦
- Strength train 2–3x/week 🏋️
- Manage stress daily 🧘
- Avoid sugar, alcohol, and endocrine disruptors ❌

Self-Test: Are Your Hormones Aging You Faster?

Tick the symptoms you relate to in each section.

🧠 Cortisol (Stress Hormone)

- ☐ I feel tired but wired at night
 - ☐ I gain fat around my belly
 - ☐ I wake up between 2–4 am
 - ☐ I feel overwhelmed or anxious daily
 - ☐ I rely on caffeine or sugar to function
-

🍭 Insulin

- ☐ I crave sweets or carbs frequently
 - ☐ I feel tired after meals
 - ☐ I get “hangry” if I skip meals
 - ☐ I have skin tags or dark patches on my neck/armpits
 - ☐ I gain weight easily, especially around the midsection
-

Estrogen Imbalance

- ☐ I have irregular or painful periods
 - ☐ I experience mood swings or PMS
 - ☐ I feel bloated often
 - ☐ I have fibroids, PCOD, or endometriosis
 - ☐ I struggle with stubborn fat around my hips/thighs
-

Low Growth Hormone (GH)

- ☐ My skin looks saggy or less firm
 - ☐ I recover slowly from workouts or injuries
 - ☐ I feel physically weak or low-energy
 - ☐ I sleep poorly
 - ☐ My metabolism feels sluggish
-

Thyroid (T3/T4)

- ☐ I feel cold often, especially my hands/feet
 - ☐ I have thinning hair or outer eyebrows
 - ☐ My nails break easily
 - ☐ I feel mentally foggy or low
 - ☐ I've gained weight despite eating less
-

Scoring Guide

- **0–5 total** = Hormones likely in check
- **6–10** = Mild imbalance – worth addressing
- **11–15** = Clear signs of hormonal aging
- **16+** = Strong imbalance – time to test & fix ASAP

Stress & Fat Storage Hormones

1. **Cortisol (Serum or 8 AM)**

2. **DHEA-S** (*Dehydroepiandrosterone*)
 3. **Fasting Insulin**
 4. **HbA1c** (*3-month blood sugar average*)
 5. **HOMA-IR Index** (*Insulin resistance marker*)
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Thyroid Panel (Essential)

6. **TSH** (Thyroid Stimulating Hormone)
 7. **Free T3**
 8. **Free T4**
 9. **Anti-TPO Antibodies** (*for thyroid autoimmunity*)
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Female Sex Hormones (*Day 2 or 3 of cycle*)

10. **FSH** (Follicle Stimulating Hormone)
11. **LH** (Luteinizing Hormone)
12. **Estradiol (E2)**
13. **Progesterone** (*on Day 21 if cycles are regular*)
14. **Total Testosterone**
15. **Free Testosterone**
16. **Androstenedione**
17. **SHBG** (Sex Hormone Binding Globulin)
18. **Prolactin**

Additional Aging & Inflammation Markers

19. **Vitamin D (25-OH D3)**
20. **Vitamin B12**
21. **CRP (hsCRP – Inflammation marker)**
22. **Lipid Profile**
23. **Liver & Kidney Function Tests (LFT, RFT)**
24. **Complete Blood Count (CBC)**
25. **Ferritin & Iron Studies**

Optional Add-ons (if showing rapid aging or fertility issues):

- AMH (Anti-Müllerian Hormone)
- IGF-1 (related to growth hormone)
- ANA Profile (for autoimmune aging)
- Homocysteine

Notes:

- Always test under guidance, ideally between **Days 2–5 of your cycle** unless specified.
- Repeat tests every **6–12 months** for tracking.
- Avoid biotin supplements 48 hrs before testing.

Want a hormone-balancing diet plan?

DM me “HORMONES” or tap link in bio for a 1:1 consult 
