



THE TEEN HEALTH TRIANGLE

Hormones, Gut & Immunity
Decoded



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When Your Body Feels Off

Ever felt tired, moody, or bloated after a late night and junk food? That's not random—it's your body reacting to imbalance.

What's happening:

- Hormonal spikes worsen with poor sleep or sugary meals
- Skipping meals and chronic stress fuel fatigue, acne, or anxiety
- These small choices disrupt your whole system

Mini Tasks:

1. Track how you feel after tonight's dinner (energy, mood, digestion).
2. Sleep by 10:30 PM today and see if you feel more balanced tomorrow.

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Hormones in Control

Hormones are messengers that regulate energy, skin, mood, and periods.

During teen years:

- Estrogen, progesterone, testosterone fluctuate rapidly
- Conditions like PCOS and thyroid imbalance show up through acne, irregular periods, fatigue, or weight gain
- Lifestyle changes like steady meals and stress control can help

Mini Tasks:

1. Write one symptom (e.g., acne, fatigue) you've had recently.
2. Reflect if it links to sleep, food, or stress.

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Why Gut Health Matters

Your gut isn't just for digestion—it balances hormones and builds immunity.

Quick facts:

- 70% of your immune system lives in your gut
- Your gut helps clear excess hormones
- 90% of serotonin (the mood hormone) is made in your gut
- Poor gut health = mood swings, skin issues, and low energy.

Mini Tasks:

1. Eat one probiotic or fiber-rich food today (curd, banana, or soaked chia).
2. Avoid packaged snacks for 24 hours and notice how your stomach feels.

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Inflammation—The Hidden Fire

Chronic inflammation silently disrupts all three systems.

What causes it:

Sugar, junk food, irregular sleep

Stress and environmental toxins

What helps:

Seasonal eating (Rujuta Diwekar)

Anti-inflammatory foods (Luke Coutinho): turmeric, leafy greens, seeds

Mini Tasks:

1. Add one seasonal veggie to your lunch today.
2. Try turmeric milk or tulsi tea before bed this week.

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The Hormone-Gut-Immune Connection

These systems work like a team—when one breaks down, others follow.

Examples:

- Stress affects digestion → poor nutrient absorption → worsened periods
- Gut issues lead to hormone imbalances → mood crashes
- Poor immunity = chronic fatigue, skin flare-ups

Supporting one system boosts them all.

Mini Tasks:

1. Meditate or take 10 minutes of silent deep breathing today.
2. Eat lunch without screens and chew slowly.

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Small Shifts, Big Balance

You don't need a full diet overhaul—just consistent support.

Key habits:

- Eat warm, fresh, whole foods
- Cut back sugar & processed snacks
- Rest, move, and manage emotions mindfully

Mini Tasks:

1. Set one daily habit goal (e.g., 2L water, early bedtime, 15-min walk).
2. Stick to it for the next 3 days and write how your body feels.

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ABOUT THE AUTHOR



Zainab Mustafa Bharmal is an IBDP Year 2 student at The Galaxy School, with a strong academic foundation and a passion for pharmaceutical sciences, biotechnology, and life sciences. A national topper in Geography and an all-A* IGCSE achiever, Zainab has pursued her interests through internships with medical professionals, research-based summer programs, and science-led awareness campaigns. She has led impactful projects on juvenile diabetes, curriculum design for under-resourced schools, and conducted fieldwork in naturopathy and nutrition. Her portfolio includes awards in sports, arts, MUNs, and international competitions like the Biology Bowl and Duke of Edinburgh Award. Through her capstone project and this e-book series, Zainab combines the wisdom of Ayurveda with modern health science to make preventive wellness accessible, evidence-based, and teen-friendly.