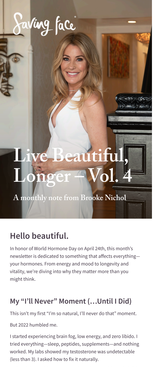


Live Beautiful, Longer – Vol. 4

A monthly note from Brooke Nichol

Hello beautiful.

In honor of World Hormone Day on April 24th, this month's newsletter is dedicated to something that affects everything—your hormones. From energy and mood to longevity and vitality, we're diving into why they matter more than you might think.

My "I'll Never" Moment (…Until I Did)

This isn't my first "I'm so natural, BF, never do that" moment.

But 2022 humbled me.

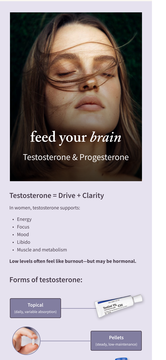
I started experiencing brain fog, low energy, and zero libido. I tried everything—sleep, peptides, supplements—and nothing worked. My labs showed my testosterone was undetectable (less than 3). I asked how to fix it naturally.

"Lift weights and have more sex," my doctor said. Not helpful when you have no energy and no libido. I tried topical testosterone for months—no change. Still foggy, exhausted, and flat.

So I explored pellets—time-release testosterone inserted in my upper glute, quarterly. Within two weeks, everything shifted.

Clear mind. Energy back. Libido back (and then some). I felt like myself again—without side effects.

That was my turning point with bioidentical hormone therapy.



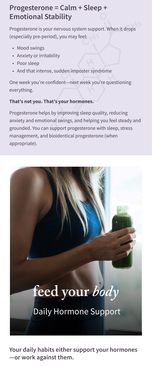
Estrogen is a major driver of skin health.

When it declines, collagen production drops, skin thins and dries out, and elasticity decreases (hello, sagging). This is why aging can feel sudden in your 40s and beyond.

How to Support Your Skin:

- **Hormonal support** (when appropriate) to restore collagen signaling
- **Topicals:** retinoids, vitamin C, peptides, maybe a dash of estrogen cream
- **Treatments:** microneedling, RF, laser
- **Nutrition:** protein, vitamin C, hydration

Bottom line: You can't out-skincare a hormonal deficiency.



Testosterone = Drive + Clarity

In women, testosterone supports:

- Energy
- Focus
- Mood
- Libido
- Muscle and metabolism

Low levels often feel like burnout—but may be hormonal.

Forms of testosterone:

Progesterone = Calm + Sleep + Emotional Stability

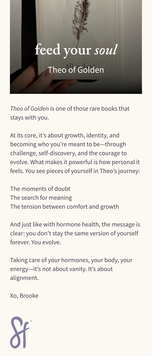
Progesterone is your nervous system support. When it drops (especially pre-period), you may feel:

- Mood swings
- Anxiety or irritability
- Poor sleep
- And that intense, sudden-imposter-syndrome

One week you're confident—next week you're questioning everything.

That's not you. That's your hormones.

Progesterone helps by improving sleep quality, reducing anxiety and emotional swings, and helping you feel steady and grounded. You can support progesterone with sleep, stress management, and bioidentical progesterone (when appropriate).



Your daily habits either support your hormones—or work against them.

Nutrition Basics:

- **Protein** at every meal (stabilizes blood sugar, supports energy (~20–30g per meal)
- **Healthy fats:** essential for hormone production
- **Fiber & greens:** support estrogen detox
- **Balanced meals:** avoid blood sugar spikes

Key Supplements:

- **Magnesium** (sleep, PMS, mood)
- **Omega-3s** (brain + inflammation)
- **Vitamin D** (hormone signaling)
- **B vitamins** (energy, mood)
- **Zinc** (supports testosterone)
- **Adaptogens** (stress support)
- **Collagen + Vitamin C** (skin + structure)

Lifestyle:

- **Strength training** = boosts testosterone
- **Walking** = lowers cortisol
- **Sleep** = regulates everything

Consistency over perfection. Always.

Theo of Golden is one of those rare books that stays with you.

At its core, it's about growth, identity, and becoming who you're meant to be—through challenge, self-discovery, and the courage to evolve. What makes it powerful is how personal it feels. You see pieces of yourself in Theo's journey:

The moments of doubt
The search for meaning
The tension between comfort and growth

And just like with hormone health, the message is clear: you don't stay the same version of yourself forever. You evolve.

Taking care of your hormones, your body, your energy—it's not about vanity. It's about alignment.

Xo, Brooke

live beautiful, now.

Medical Medium Podcast
Cancer & Epstein Barr Virus - Radio Show Archive
Medical Medium Podcast - November 12, 2017

There is a lot here. Take what resonates, leave the rest. Takeaways for me:

- Food is medicine.
- Our bodies are always trying to get back to homeostasis (balance).

Listen to the podcast