

## **Boulder Nutrition & Health Coach Hormone Anxiety & Gut Health Site Launched**

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Aiming to reduce the annual \$390 billion burden of hormone imbalance, anxiety and gut illness on the American healthcare system, Boulder, Colorado-based nutritionist and health coach, Angie Spuzak has released her site, Thriving Hormones. Spuzak, a former sufferer of the above mentioned illnesses, is offering easy-to-follow, and affordable solutions to otherwise debilitating, and costly health problems.

More information is available at <http://thrivinghormones.com>.

Released in January 2017, Spuzak's overall aim with the site is to reduce the \$390 billion burden of hormone imbalance, anxiety and gut health illness, so sufferers find real, everyday solutions to their illnesses. The site, based on holistic care, includes recipes and other healthy living concepts.

Journals and research all agree with Spuzak's initiative. Hence, the Journal of Clinical Endocrinology and Metabolism states hormone disrupting chemicals such as pesticides, bisphenol A (BPA) and phthalates, found in many consumed products, interfere with hormones in the human body. Subsequently, these chemicals contribute to disease and disability, costing the European Union between \$209 billion and \$359 billion annually.

Furthermore, the American College of Neuropsychopharmacology estimates that the burden of anxiety and stress disorders is \$2,000 per person, per year of treatment. Thus, anxiety costs more than \$100 billion per year in the United States alone. Gut illness, on the other hand, which includes Crohn's Disease and Ulcerative Colitis, collectively known as Inflammatory Bowel Disease (IBD) costs \$6.3 billion per annum. It is also interesting to note that gut health links to mental health disorders such as anxiety, and other stress-related conditions.

Consequently, Spuzak's holistic solutions remove many of these chemicals from everyday living and aid in the repairing of gut health. As a certified nutrition consultant and holistic personal chef, Spuzak offers solutions to cleansing and hormonal imbalances such as Estrogen dominance, adrenal fatigue, PMS, Endometriosis, Menopause, and excess weight, chronic inflammation, food allergies and gut illness. Other solutions include digestive system restoration, thyroid condition alleviation, and liver detoxification including Methylation.

Spuzak, who has struggled with hormonal imbalances, anxiety and gut issues herself said, "I want to support other women to regain their health, internal essence and vitality by helping them to improve their diet and lifestyle."

To find out more about Angie Spuzak and her new site, Thriving Hormones, click on the above link.

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**Keywords**

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