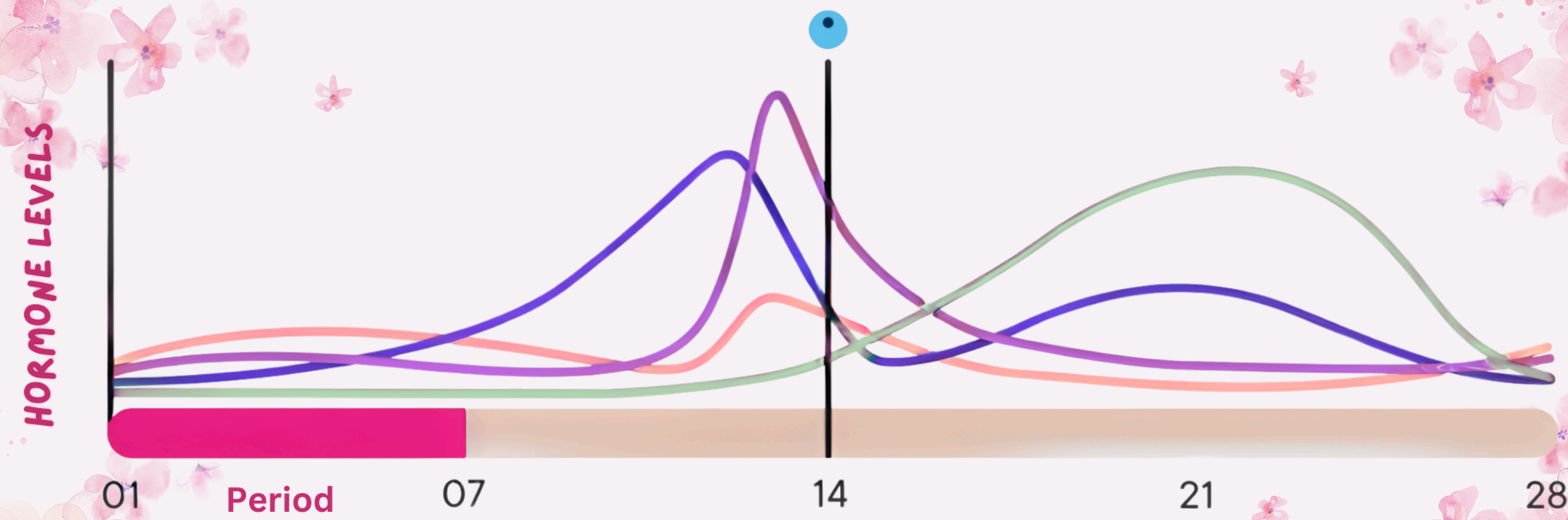
# HORMONE CHANGES IN AN AVERAGE CYCLE

PAPERFLOWER PSYCHIATRY




FSH (FOLLICLE STIMULATING HORMONE)

E2 (ESTROGEN/ESTRADIOL)

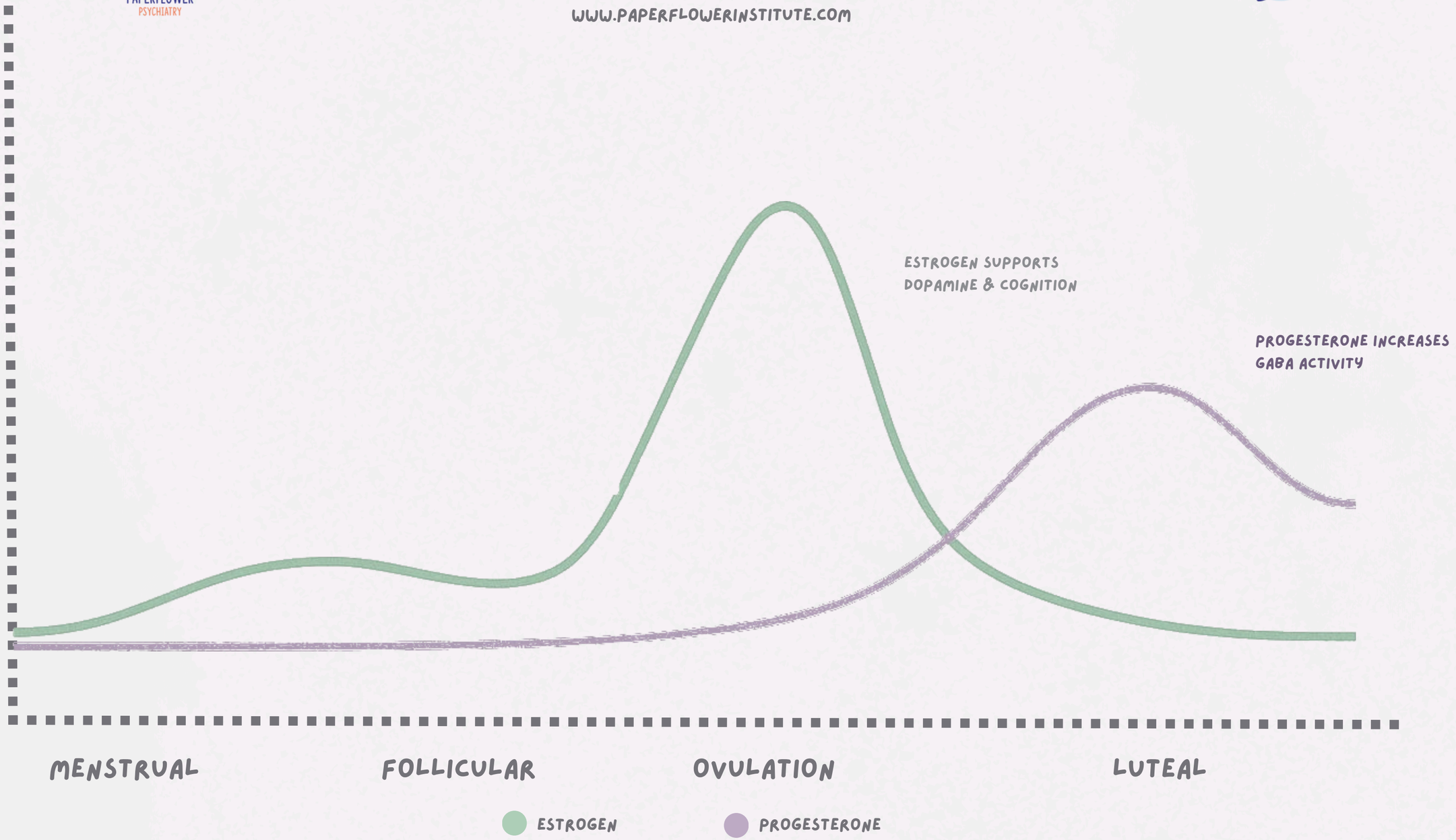
PG (PROGESTERONE)

LH (LUTEINIZING HORMONE)

PAPERFLOWER
PSYCHIATRY

# THE HORMONE CURVE ACROSS A TYPICAL CYCLE

WWW.PAPERFLOWERINSTITUTE.COM



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# HOW HORMONE PHASES AFFECT ADHD SYMPTOMS

## EARLY FOLLICULAR

(LOW ESTROGEN, LOW PROGESTERONE)

- MORE FATIGUE
- LOWER DOPAMINE DRIVE
- MOOD DIPS

## LATE FOLLICULAR

(ESTROGEN RISING)

- IMPROVED FOCUS
- BETTER VERBAL FLUENCY
- HIGHER ENERGY

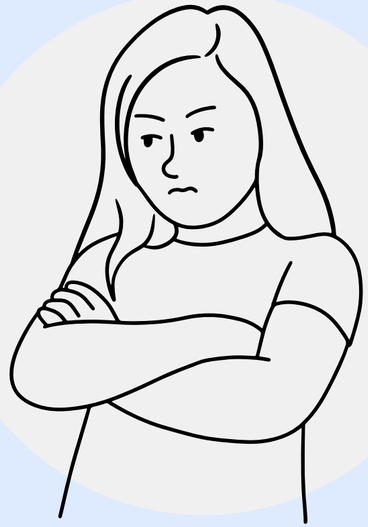
## OVULATION

(ESTROGEN PEAK)

- BEST WORKING MEMORY
- MOTIVATION SURGE
- "I COULD RUN A SMALL COUNTRY TODAY" ENERGY

## LUTEAL PHASE

(PROGESTERONE HIGH, ESTROGEN DROPPING)



- MORE DISTRACTIBILITY
- EMOTIONAL REACTIVITY INCREASES
- STIMULANTS MAY FEEL WEAKER
- PMS/PMDD WORSENING FOR SOME

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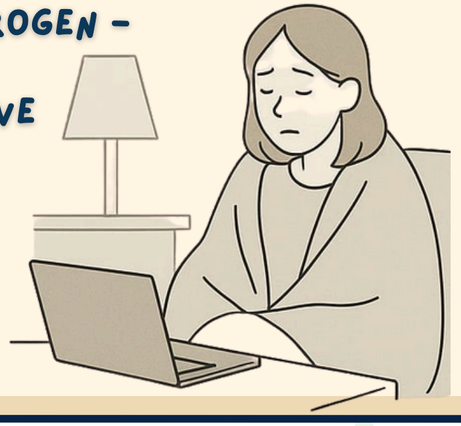
# ADHD LIVED EXPERIENCE:

## PHASES OF THE MONTH

**WEEK 1**

- LOW ESTROGEN - FATIGUE AND REDUCED DRIVE



**OVULATION**

- PEAK ESTROGEN
- PEAK COGNITIVE FUNCTION

**WEEK 2**

- RISING ESTROGEN - HIGHER FOCUS

**LATE LUTEAL**

- DROPPING ESTROGEN
- HIGH PROGESTERONE
- EMOTIONAL SENSITIVITY AND BRAIN FOG