

Welcome!



The 5 Steps to Hormone Balance & Weight Loss Success

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A photograph of three women in a gym or fitness studio. The woman on the left is a Black woman with dark hair, wearing a black hoodie, smiling broadly. The woman in the middle is a white woman with grey hair, also smiling. The woman on the right is a white woman with red hair in a ponytail, wearing a black sports bra, smiling. They are all hugging each other. The background is a blurred gym environment.

hello.
**NICE TO
MEET YOU!**

**I'M DR. TERESE HARRIS, AND I'M SO
GLAD YOU'RE HERE.**

For over 25 years, I've helped men and women transform their health through bioidentical hormone therapy, regenerative medicine, and cutting-edge metabolic solutions. If you've struggled with weight loss, energy dips, brain fog, or stubborn hormonal imbalances, know this—you're not alone, and you don't have to accept feeling less than your best.

The truth is, hormone balance is the missing key for so many people trying to lose weight and feel better. When your body's natural chemistry is optimized, everything else falls into place: metabolism revs up, cravings decrease, and energy levels soar. In this quick guide, I'll walk you through five powerful steps to restoring balance, burning fat, and reclaiming your vitality—so you can feel incredible at every stage of life.

Let's get started.

The 5 Steps to Hormone Balance & Weight Loss Success

01.

OPTIMIZE YOUR HORMONES FOR A METABOLISM RESET

- **The Science:** Hormones like estrogen, testosterone, thyroid, and cortisol directly impact metabolism, fat storage, and appetite. After 40, these levels often decline—leading to unexplained weight gain, fatigue, and cravings.
- **The Fix:** Bioidentical Hormone Therapy (BHRT) restores balance naturally, helping you burn fat more efficiently, reduce inflammation, and stabilize blood sugar.
- **Dr. Harris's Expertise:** Comprehensive lab testing and customized hormone treatments ensure your body gets exactly what it needs for optimal function.



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02.

HARNESS THE POWER OF GLP-1 FOR SUSTAINABLE WEIGHT LOSS

- **The Science:** GLP-1 receptor agonists (such as Semaglutide & Tirzepatide) reduce appetite, improve insulin sensitivity, and support fat loss.
- **The Fix:** GLP-1 therapy helps control cravings and improve metabolic health, making weight loss more sustainable.
- **Dr. Harris's Expertise:** Custom GLP-1 therapy is integrated into personalized metabolic reset programs for safe, effective, and long-term weight management.



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03.

MASTER YOUR MACROS & NUTRIENT TIMING

- The Science: Proper macro ratios (protein, fats, carbs) and meal timing regulate insulin, cortisol, and fat-burning hormones.
- The Fix:
 - Prioritize protein intake (1g per pound of lean body mass) to support muscle retention and metabolism.
 - Time carb consumption (post-workout or in the evening) to reduce cortisol and promote restful sleep.
 - Eliminate processed foods and inflammatory oils to prevent hormone disruption.
- **Dr. Harris's Expertise:** Functional nutrition coaching ensures patients eat in a way that supports fat loss, hormone health, and longevity.



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04.

MANAGE STRESS & PRIORITIZE DEEP SLEEP

- The Science: Chronic stress raises cortisol, which leads to increased fat storage, cravings, and metabolic dysfunction. Poor sleep disrupts leptin and ghrelin, increasing hunger and reducing fat loss.
- The Fix:
 - Morning sunlight exposure regulates cortisol and circadian rhythm.
 - Magnesium and adaptogens help lower stress hormone overproduction.
 - Prioritizing deep sleep (7-9 hours per night) optimizes metabolic function.
- **Dr. Harris's Expertise:** Stress and sleep protocols, including peptides and biohacking tools, help patients optimize recovery and maintain energy levels.

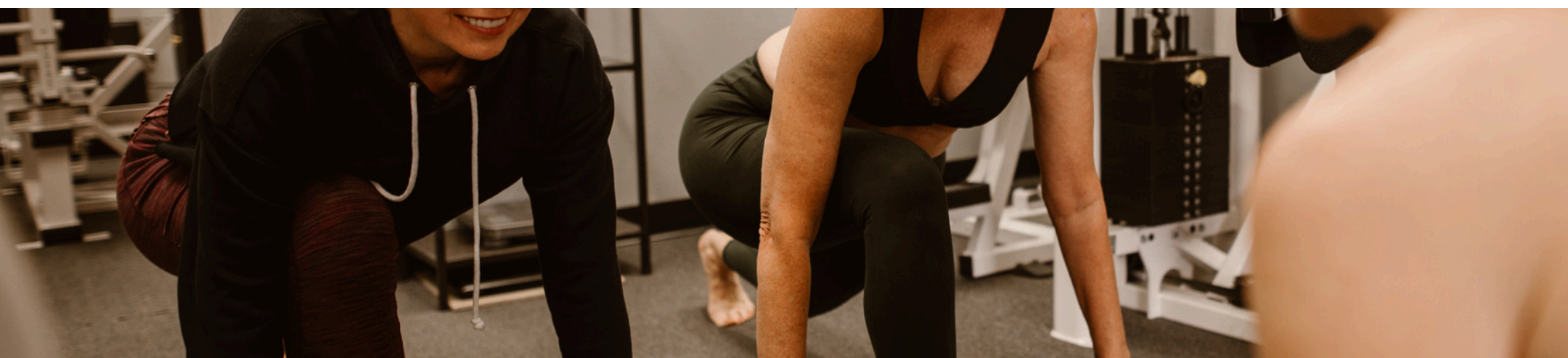


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05.

BUILD MUSCLE & MOVE WITH INTENTION

- The Science: As we age, muscle mass declines, slowing metabolism and increasing fat storage. Strength training plays a critical role in hormone balance and longevity.
- The Fix:
 - Strength train 3-4 times per week to boost testosterone, human growth hormone (HGH), and metabolism.
 - Incorporate daily movement (10,000 steps per day) to prevent metabolic slowdown.
 - Use peptides and targeted supplementation to support muscle recovery and fat loss.
- Dr. Harris's Expertise: Advanced peptide therapy and custom fitness plans help patients improve body composition, metabolic function, and long-term health.





Ready to Take the Next Step?

This is just the beginning of your hormone & weight loss transformation. My customized treatment plans provide the expert guidance, cutting-edge therapies, and concierge-level care to help you feel your absolute best.

📍 BOOK A CONSULTATION TODAY → [TERESEHARRISMD.COM](https://tereseharrismd.com)