



**The Good Clean Nutrition Podcast
Episode 25 Show Notes**

Episode 25: Balancing Women's Hormones with Melissa Azzaro, RDN, LD

Hormonal health can be impacted by a variety of factors, such as stress, sleep, exercise and diet. In this episode of The Good Clean Nutrition Podcast, Melissa Groves Azzaro, RDN, LD, also known as "The Hormone Dietitian," and host Mary Purdy, MS, RDN discuss the role of hormones in women's health. Tune in this Women's Health Month as they dive into root causes of hormone imbalances and share diet and lifestyle tips to help restore hormone balance.

In this episode we'll cover:

- (3:13) The role of hormones in women's health
- (5:46) Types of hormone imbalances
- (7:10) How to tell if an issue is related to hormones
- (10:07) Root causes of hormone imbalance, such as hormone disrupting chemicals
- (23:10) Diet & lifestyle tips for hormone balance
- (33:09) Functional hormone testing
- (37:36) Importance of sleep

Links:

- Connect with Melissa on [Instagram](#), [Facebook](#) and [LinkedIn](#), and visit her [website](#).
- Check out Melissa's book, [A Balanced Approach to PCOS](#).
- Listen to Melissa's podcast, [Hormonally Yours with The Hormone Dietitian](#).

About Melissa Groves Azzaro, RDN, LD:

Melissa Groves Azzaro is an award-winning integrative and functional registered dietitian and owner of The Hormone Dietitian, a virtual private practice specializing in women's health and hormone issues. In her private practice, she uses a functional medicine, food-first approach that combines holistic lifestyle changes with evidence-based medicine. She is the host of the podcast Hormonally Yours with The Hormone Dietitian and author of the cookbook, A Balanced Approach to PCOS. She earned her Bachelor of Science in Nutrition/Dietetics from The University of New Hampshire.

About host Mary Purdy, MS, RDN:

Mary Purdy, MS, RDN is an integrative eco-dietitian and nutrition educator with a Master's Degree from Bastyr University, where she is currently adjunct faculty. She has been in clinical practice for over 12 years using a personalized medicine and functional nutrition approach. In addition to being the host of The Good Clean Nutrition Podcast, she had her own podcast, The Nutrition Show, with 100+ episodes, and has authored two books, Serving the Broccoli Gods and The Microbiome Diet Reset. Mary also teaches for other universities and educational platforms, is a nutrition and sustainability adviser for [Big Bold Health](#), and is a sought-after speaker, consultant and community builder working with organizations to create a more sustainable, just and resilient food system.

Connect with Mary on [Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#), and visit her [website](#).



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