



CHRONIC ENERGY DEFICIT

Chronic energy deficit occurs when caloric intake fails to meet the body's demands (often associated with intense training without adequate nutrition, as seen in RED-S). To conserve energy and maintain vital functions, the body downregulates the activity of the hypothalamic-pituitary-gonadal axis. This defensive response reduces hormone secretion (such as LH and testosterone), affecting recovery, metabolism, and body composition.

COMMON SYMPTOMS:

- Decrease in endogenous sex hormone production (e.g., testosterone)
- Persistent fatigue, lack of motivation, and asthenia
- Sarcopenia, loss of muscle strength, and difficulty recovering from training
- Loss of bone mass (osteopenia/osteoporosis) and decreased libido

UNDERSTAND THE IMPACT OF A
LACK OF ENERGY ON HORMONE
PRODUCTION.