

THE HORMONE HANDOUT

- **Myths:** There are two myths still going around: One is hormone support is ALL bad and the other is ALL hormone support is ALL good.
- **Monitoring:** Hormone support is neither ONLY just bad nor ONLY just good. Healthy support of our hormones involves monitoring them at minimum 2x a year if peri or menopause or post menopause. Some Rx require testing every 3 months to make sure your dosage is appropriate. TEST. Do NOT guess. Elevated hormones in your body are not safe.
- **Testing:** We believe you get the most comprehensive view of your hormones if you test BOTH blood and saliva, not one or the other. Blood needs retesting more frequently vs saliva testing. Talk to us about saliva testing frequency.
- **Self Care:** You can play an active role in optimizing your hormones. They are a systemic part of the body, they are not something that exist outside of the body.
- **Self Care:** This means nutrition/diet, nutritional supplements, skincare, stress release, exercise and good sleep.
- **Systemic:** Our hormones are not a separate system. As with all things in the body, everything is connected. Hormones are very connected to GUT, DETOX and STRESS and we can be involved in their optimization.
- **Symptoms:** Studies show that women in underdeveloped countries experience little to no menopausal symptoms and only lose their period when their ovaries are out of eggs. This means we can be actively involved in managing our hormones.
- **Weight loss.** Weight loss may slow down with any of the following: Estrogen dominance (tied to gut health), progesterone irregularities (dominance may be tied to micronutrient deficiencies such as Vitamin D, estrogen irregularities), low progesterone (may be tied to adrenal irregularities such as chronically overproducing cortisol), and cortisol dominance.
- **Nutrition. Hormone-Disrupting Foods:** The following foods/drinks can disrupt hormone production: Alcohol, caffeine, sugar, cow dairy, peanuts and gluten. Hormone support is less likely to work or stay stable if you frequently eat these foods. In fact many of these foods and drinks have been linked to hot flashes, weight gain, insomnia, night sweats, brain fog and low energy.
- **Other hormone disruptors:** Commercial fluoride, microplastics, BPAs, skincare and makeup products containing hormone-disrupting chemicals. Work with our esthetician to know if your skincare and makeup are interfering with your hormones and thyroid.
- **Histamines, Liver, Gut and Estrogen:** Histamines are a big topic. To start with you should know two things: one is that some of your symptoms such as temperature dysregulation may be the accumulation of histamines and not just hormones, and two, histamines can contribute to estrogen dominance and estrogen dominance can contribute to histamine overflow. Histamines are triggered by stress, certain foods, and the environment.

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- **Liver and Gut:** The liver is where some of our estrogen is synthesized as well as in the gut. To support your liver, drink dandelion or milk thistle tea and reduce/eliminate alcohol, added sugars, and artificial ingredients.
- **Adrenals and Progesterone:** Check out our adrenal reset handout to see what is involved in adrenal care. Many girls have irregular periods either from estrogen dominance and/or low progesterone and have no idea the root cause is in their adrenals and their digestion--or women thinking they are starting menopause when in fact imbalances in their adrenals or their gut health have caught up with them.
- **Insulin and Testosterone:** Keep your insulin levels normal with diet and exercise to improve your testosterone levels.
- **Exercise and Hormones:** Exercise has multiple benefits including endorphins to help you feel better about yourself, improve blood flow to all areas of the body, help the body detox which improves sleep, reduces stress and helps the gut. All good things for hormones. When we are too sedentary some of the testosterone in our body can become stored in visceral fat (the unhealthy fat) and this may lower the body's testosterone. Exercise helps support healthy testosterone levels.
- **Hormone and Digestion:** When we are under too much stress, the body's protective mechanisms can reduce digestion.
- **Nutrition Hormone Helpful Foods:** Colorful vegetables and fruits carry a higher nutritional quotient over food with little to no color. These phytonutrients help balance hormones in the body. Blueberries, blackberries, dark leafy greens to name a few.
- **Nutritional Supplements:** Ask us if any of these are appropriate for you: Tribulus (testosterone adaptogen), Vitex (progesterone adaptogen), pregnenolone (the mother of all hormones), blueberry, adrenal support and desiccated liver to name a few.
- **Adrenal Care:** Adrenals participate in the way the body responds to stress. The care of your adrenals supports your stress resiliency which may decrease with age. Remember there are four types of stressors: physical, mental, emotional and sensory.
- **Hormone and Stress:** Adrenal hormones such as cortisol and DHEA are part of the entire hormone system. Stress should be *released* instead of just *managed*. Ask us for more of these strategies.
- **Libido:** Libido is NOT only about our hormonal levels. Libido is our self-esteem, the health of our relationship, knowing what arouses us--and not relying on our partner to be the sole reason we get aroused, our energy and adrenals, our physical and mental health.
- **Libido Tips:** Explore what turns you on. Read a romance novel or erotica. Date your partner and make sure your date night is appealing to you and is not just about being together. Do things on your own to boost your self-esteem and self-confidence such as getting a massage, getting your hair done, getting a pedicure or picking up a new hobby. There are red light wands for improving circulation in the vagina to help bring more blood flow which can impact arousal.

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