The Nutrition Doctor

Health Breakdown

In their role as the body's chemical messengers, hormones affect every human biological system. Without them, nothing works correctly. Women's hormonal systems are complex and govern everything from reproduction to every single aspect of health - including metabolizing food, immune functioning, physical and emotional responses to stress, and the aging of cells! It's noteworthy that as with all matters early prevention is the key; and most women already experience a drop in their

Hormone Balancing

Bioidentical vs. Synthetic Hormone Therapy

The more body fat you have, the more estrogen tips the hormonal imbalance. Those fat cells hold on to toxins and place more burden on the liver, making it unable to effectively metabolize those extra estrogens which are stored in body fat and brought into the body as xenoestrogens.

Your hormones govern not only your body's sleek physique but also your brain health - this takes time for all the symptoms to manifest, so you need to screen your hormones and work with a health care practitioner who understands how even a slight imbalance in your various hormones correlate with neurotransmitters and brain health! And most importantly - who understands the difference between natural hormone balancing and bioidentical hormone replacement therapy vs. synthetic hormones. Synthetic hormones do not match your body's receptors and thus send off messages of disease - leading to cell-mutation and cancer!

7 Steps to Target Menopause

1. Eating right for your biochemistry type.
2. Vitex (chaste-berry) to increase progesterone naturally and help balance excess estrogen.
3. Black cohosh extract to control hot flashes and night sweats.
4. Blood sugar stability.
5. Regular exercise.
6. Stress management as well as adrenal support via adrenal glandular supplements.
7. Bioidentical hormone replacement if symptoms become too uncomfortable.

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Ways to Avoid Manmade Estrogens

- Choose organic dairy, meat + wild-caught fish products.
- Avoid unfermented soy (tofu and soy milk).
- Avoid canned foods and plastic bottles.
- Do not use lawn or garden chemical pesticides or herbicides.
- Shed outdoor shoes before entering the house.
- Avoid furniture made from medium-density fiberboard (MDF) and synthetic carpeting.

Foods to Reduce Estrogen Dominance

- Cruciferous vegetables and green leafy vegetables with indole-3-carbinol to decrease xenoestrogens, including broccoli, cauliflower, cabbage, spinach, celery and kale; 2-3 servings per day.
- Any citrus fruits which have d-limonene ro promote estrogen detoxification; 1 serving per day.
- Insoluble fiber as an estrogen binder, such as oats, berries, dried beans and apples; 2 servings per day.
- Lignans as estrogen binders, such as flaxseeds, sesame seeds; 2-3 servings per day.

What Estrogens Do

- Maintain the female reproductive cycle for fertility.
- Increase HDL and lower LDL cholesterol (and thereby lowering risk of stroke and heart disease!)
- Protect against osteoporosis.
- Maintain metabolic rate of the body.
- Regulate body temperature.
- Help brain function with cognitive skills (memory and reasoning).
- Moisturize vaginal tissues, maintain elasticity and collagen t atrophy, thinning and dryness of skin, hair and nails. o maintain sexual functioning, prevent
- Support energy production in the body (assisting thyroid function).
- Aid in essential mineral absorption of magnesium, calcium and zinc.

The ABC's of Hormones

Aiponectin: exciting newcomer to hormone research and therapy; made by fat stores and acts as a satiety signal to the brain; also vital to clearing local inflammation to coronary blood vessels to reduce plaque formation thereby reducing heart disease risk; huge future target for obesity and new cardio protective meds.

Cortisol: made by the adrenal glands; principal hormone produced in response to acute or chronic stress; induces sugar stores to be broken down and can lead to pre-diabete; increases with age and can lead to unwanted abdominal fat.

Insulin: very important in regulation of blood sugar in the body; increased resistance to insulin in the body with aging leads to diabetes and metabolic syndrome (elevated blood pressure, triglycerides or fat in the blood stream and noted borderline high levels of blood sugar).

Insulin Growth Factor-1 (IGF-1): hormone made by the brain at night that travels to the liver and is converted to growth hormone; essential in many processes in the body; used fr retaining of lean body muscle to burn off unwanted excess fat; immune system enhancer; generates new growth of bone, muscle and tissues used to maintain the body; levels start declining at around 30 years of age.

Melatonin: hormone made by the pineal bland (mostly night); responsible for the sleep and wake cycle; newest data shows that proper melatonin levels can lead to improved antioxidant levels and ability to ward off cancer.

Progesterone: made by the ovaries and adrenal glands; has mood balancing effect; protects the uterine lining from overgrowth and cancer; usually made mid-cycle and is the first hormone that starts t decline with aging; can be used to treats PMS and edometriosis; helps to normalize cycle; used in fertility treatment to support early pregnancy.

Thyroid Stimulating Hormone (TSH): hormone secreted from the anterior pituitary of the brain that signals the thyroid gland to release thyroid hormone from the colloid gland in the neck. Sluggish thyroid function can lead to hair loss, weight gain, cold extremities, dry skin and constipation.