

Are Stress & Hormone Imbalances Making You Sick?

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Answers that are often overlooked by Traditional Medicine

We are exposed to stress constantly. Our lives are busier and the world is more complex than ever. Being constantly in touch with cell phones and email has its advantages, but it also adds stress to our daily lives (any interruption is a small stress). Other modern day

stressors to our body include pollution, toxins, foods with poor nutrition content, lack of sleep, lack of exercise, and many of the medications we take (especially when they cause side effects).

This article will explain the Major Hormonal Imbalances that can occur with excess stress and the aging process, & what can be done to treat your symptoms.

With ultra-sensitive testing & targeted treatment based on the results, cutting edge doctors can relieve patient's symptoms by using Bio-Identical Hormone Supplementation & nutritional advice.

Our Internal Hormonal Dance

Our hormones are in a delicate balance that can be easily disrupted. The answer lies with Balancing ALL of our Major Hormone Systems which can be a complicated endeavor.

Stress causes actual changes in our hormone levels. Short bursts of stress often lead to temporary hormone disturbances that can recover. Longer exposure to stress leads to more profound hormone alterations in multiple hormone systems and many of the following symptoms:

- ❖ Difficulty falling or staying **asleep**
- ❖ **Anxiety** or Irritability
- ❖ Abdominal **Weight** Gain
- ❖ **Foggy** Thinking and Disorganization
- ❖ Feeling **Tired** All of the Time
- ❖ **Menstrual** Period Changes
- ❖ Decreased **Sex Drive**

Stress can target hormone imbalances in your thyroid, adrenal, and reproductive hormones that ultimately lead to depression and anxiety disorders, chronic fatigue, memory problems, and obesity.

Many medications including antidepressants and sleeping pills do not treat the underlying hormonal imbalance that is causing the symptoms and will sometimes make the symptoms worse by further exaggerating the imbalance.

The Truth about Cortisol, Energy, & Weight

We are hearing a lot about Cortisol lately. A number of over the counter diet pills are touting the blocking of cortisol as the remedy for weight gain in the abdomen. But most people who need to lose weight actually have LOW cortisol levels.

Cortisol is made by the adrenal glands that sit on top of our kidneys. When exposed to any stress, our adrenal glands are supposed to release Cortisol & Epinephrine in preparation for "fight or flight". When a Cortisol surge is followed by some kind of stress relief, exercise, & rest our body works stronger and more efficiently until the stress is gone. If we continue to be exposed to stress without any form of stress release and proper nutritional support, then our adrenal glands become overworked resulting in overproduction of cortisol. It is this overproduction of cortisol that causes the accumulation of belly fat, carb cravings, spikes in blood pressure and blood sugar, and difficulty falling asleep at night.

However, when stress continues even longer, or when other hormone systems in our body are unbalanced, the adrenal gland becomes unable to produce enough cortisol to respond to even the smallest stress. The result is called **Adrenal Fatigue**, and results in **foggy thinking, irritability**, feeling **tired** most of the day, but still having **trouble sleeping** at night. **Up to 60% of Americans may have some sort of Adrenal Fatigue.** Believe it or not, people who have adrenal problems can lose weight, keep it off, and feel better with the restoration of the natural hormone balance.

Again the answer lies in your individual testing. With super-sensitive saliva testing, we can best determine your cortisol output at four times in the day. Then we can help your body handle stress better and lose weight with the proper adrenal support as indicated by your testing.

The Importance of Thyroid Testing

And Why Millions of People With “Normal” Thyroid Tests Still Have a Thyroid Problem!

The Thyroid Gland rests in the lower neck. It is responsible for controlling the body’s overall metabolism at the cellular level. This overall metabolism is reflected in the body’s temperature. Deficiencies of thyroid hormones or their ability to stimulate cellular metabolism can result in symptoms such as:

- ❖ Cold intolerance
- ❖ Weight gain or difficulty losing weight
- ❖ Loss or thinning of eyebrows
- ❖ Low sex drive
- ❖ Abdominal bloating
- ❖ Dry skin or thinning hair
- ❖ Depression
- ❖ Cold hands or feet
- ❖ Joint or muscle pain

Modern researchers estimate that as many as 1 out of 10 people have a thyroid disorder and not even know it. These people often suffer with many of the above symptoms without knowing the cause. They try every fad diet and antidepressant pill with no help. Many of these people have TSH blood screening tests in the “normal” range. However, the TSH test is virtually useless when the present broad range of “normal” is used.

Studies have shown that people with normal TSH levels who have the symptoms listed above, likely have reduced levels of the actual circulating thyroid hormones. Furthermore, some people on Thyroid medication also can be under-treated if TSH alone is used to measure progress.

Medications, stress, and other hormone imbalances have been shown to lower the effectiveness of Thyroid hormones in the body. This is especially true in women on birth control pills, hormone replacement pills, women with PMS or abnormal periods, and even depression & anxiety disorders.

The Truth about Menopause & PMS

Any of these symptoms can occur in any woman before, during or after the menopause transition:

- ❖ Heavy or Painful Periods
- ❖ Irregular Bleeding
- ❖ Cyclic Depression and Mood Changes, “PMS”
- ❖ Hot Flashes and Night Sweats
- ❖ Breast Tenderness

Typically, doctors treat these symptoms by controlling periods with birth control pills or synthetic overdosing of hormone replacement pills from pharmaceutical companies motivated by economic gain. Modern studies have shown that **use of these synthetic hormones in excessively high doses increases the risk of breast cancer, uterine cancer and blood clots that can lead to death.** (Sources: *Women’s Health Initiative Study, National Cancer Institute*).

Typically the dosages of the hormones given are more potent than the body’s normal natural production at that age and serve to suppress the body’s natural hormone output. This achieves a temporary short term fake sense of balance to the body and improvement in symptoms for some patients, but at what long term cost? “Side effects” like headaches, nausea, skin changes, sexual problems, and weight gain!

A better approach is to accurately test the key hormone levels in your saliva during the times you are most symptomatic. The vast majority of the time, a deficiency in **progesterone** is revealed. Yes, most women, even in early menopause, have the same absolute levels of estrogens that they had when they were cycling. The symptoms they are feeling are most likely due to an age, or stress-related reduction in progesterone levels that balance the estrogens they are producing. By replacing the lost progesterone and other deficient hormones with Bio-identical Hormones At physiological levels, natural balance can be restored. This often results in resolution of symptoms without side effects.

***The common symptoms described above, that most of us experience at one time or another, should not be written off as “normal aging” or “all in our heads”. Once serious diseases have been ruled out, with the right testing & treating physician, you can find the specific underlying cause and customize the therapy to each individual person. And remember, ALL of our hormones need to be in balance to obtain the best results
This is a great place to start on your road to HEALTH & LONGEVITY!***