You’re NOT Losing Your Mind…
You ARE Losing Your Hormones!

80+ WARNING Signs Your Hormones are out of Balance

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Hormones are vital to your life… They help determine how you feel, think, digest foods, poop, smell, taste, sleep and much, much more…

They are like little tiny messengers or administrative assistants that run up and down your body telling each organ or system what to do. Without these “messengers” you’d be dead. Sometimes clients come to my office and tell me that they “feel dead” or like they’re “dying”… When that occurs I know instantly we are dealing with someone whose hormones are imbalanced!

HOW ARE HORMONES PRODUCED?
Hormones are produced by the body’s major endocrine glands, such as the brain, thyroid, pancreas, reproductive glands, adrenals, and more.

To operate effectively, hormone levels must be at the right level, not too high or too low. In other words, hormonal imbalance affects the overall body and can lead to various health issues.
MAJOR ENDOCRINE GLANDS

- Hypothalamus: The main gland acted on by the hormone is Anterior pituitary. The hypothalamus is responsible for body temperature, hunger, moods and the release of hormones from other glands. It also controls thirst, sleep and sex drive.
- Parathyroid: Controls the amount of calcium in the body. It is mostly linked to the kidney and bone cells.
- Thymus: This gland plays a role in the function of the adaptive immune system and the maturity of the thymus, and produces T-cells.
- Pancreas: This gland produces the insulin that helps control blood sugar levels.
- Thyroid: This produces hormones associated with calorie burning and heart rate.
- Adrenal: These glands produce the hormones that control sex drive and cortisol, the stress hormone.
- Pituitary: Considered the "master control gland," the pituitary gland controls other glands and makes the hormones that trigger growth.
- Pineal: This gland produces serotonin derivatives of melatonin, which affects sleep. These are also called the thalamus.
- Ovaries: Only in women, the ovaries secrete estrogen, testosterone and progesterone, the female sex hormones.
- Testes: Only in men, the testes produce the male sex hormone, testosterone, and produce sperm.

Conventional medicine usually runs basic serum blood labs for hormone health. If those tests don't come back normal, the patient is given synthetic hormone medications. On the other hand, if the tests come back normal but the symptoms don't go away, you may be told that you are overweight, getting old, or that you're depressed. That is why working with a functionally trained Holistic doctor is your better choice… and that is where we come in…

Let's take a look at the most common hormone symptoms that we deal with …

COMMON HORMONE PROBLEMS
Below, there are some of the most prevalent hormone issues.

1. Insulin
Insulin resistance is a hormonal resistance pattern. Even though most people know it when it comes to type 2 diabetes, it is seen in people who are not in the full-blown disease yet. The pre-diabetic metabolic syndrome is marked by insulin resistance. This means that the body IS producing insulin but your cells have become RESISTANT to the insulin which causes sugar (glucose) to store in the blood stream instead of entering into the cells where it belongs.

What You Might Experience:
- Cravings for sweets
- Irritableness if meals are missed
- Dependence on coffee
- Become lightheaded if meals are missed
- Feel shaky, jittery, or having tremors
- Agitated, easily upset, or nervous
- Poor memory
- Blurred vision
- Fatigue after meals
- Eating sweets doesn't relieve sugar cravings
- Waist girth is equal or larger than hip girth
- Frequent urination
- Skin Issues
- Nerve damage (neuropathy)
Imbalanced Estrogen/Progesterone/DHEA/Testosterone
Increased thirst and appetite
Difficulty losing weight

2. **Cortisol**
Cortisol is the body’s major stress hormone and an imbalance in cortisol rhythm typically causes adrenal fatigue.

**What You Might Experience with LOW LEVELS of Cortisol:**
- Dizziness when standing up quickly
- Afternoon headaches
- Blood sugar issues
- Chronic inflammation
- Nails are weak
- Often moody
- Brain fog
- Difficulty losing weight
- You’re slow to start in the morning
- Cravings for salty or sugary foods
- Low sex drive
- You’re fatigued in the afternoon but get a “second wind” in the evening
- Can’t stay asleep
- Muscle aches and pains
- Anxiety
- Feeling stressed
- Body temp fluctuates
- Negative thoughts late at night

**What You Might Experience with HIGH LEVELS of Cortisol:**
- Impaired cognitive performance
- Suppressed thyroid function
- Belly Fat / weight gain
- Higher blood pressure
- Decrease in muscle size
- Decreased bone density
- Lowered immunity
- Brain less sensitive to estrogens / hot flashes
- Interrupted estrogen and progesterone
- Insulin resistance
- Anxiety
- Digestive problems
- Heart disease
- Impaired memory
- Slow wound healing

3. **Thyroid**
Thyroid hormones are important for each cell of the body. There are various underlying thyroid issues that fail to show on standard labs. For instance, thyroid conversion issues, thyroid resistance or autoimmune attacks against the thyroid (Hashimoto’s or Graves’ disease).

**What You Might Experience with LOW Thyroid function:**
- Depression or lack of motivation
- Morning headaches that wear off as the day progresses
- Outer third of eyebrow is thin
- Thinning of hair on scalp
- Excessive hair falling out
Dry skin
Anxiety
Irritability
Mental sluggishness
Feeling tired
Aches and pains in hands, joints, feet, etc.
Feeling cold in your hands, feet, or all over
Requiring excessive amounts of sleep to function properly
Weight gain, even with a low-calorie diet
Difficult, infrequent bowel movements
High Cholesterol

4. Estrogens
The ratio of the three forms of estrogen [estrone (E1), estradiol (E2), estriol (E3)] is critical for both genders. According to a research, estrogen imbalance is linked to mortality rates in those with heart disease as well as a progression of some types of cancer.

What You Might Experience With LOW ESTROGENS:
Feeling puffy and bloated
Rapid weight gain
Breast tenderness
Mood swings
Increased stress levels
Heavy menstrual bleeding
Feeling anxious and/or depressed
Migraine headaches
Have had cervical dysplasia (abnormal pap smear)
Insomnia
Extreme dryness
Weepy and emotional
Brain fog

Common Myth: A woman no longer produces any estrogen or progesterone during menopause because she is no longer releasing any eggs: But the truth is that women do not ever stop making sex hormones but levels drop during menopause naturally.

Common myth: Estrogen causes breast cancer! Estrogen DOES NOT create breast cancer or any other cancer and its supplementation after menopause might actually have a protective effect. It is known that estrogens can FUEL but NOT CAUSE cancer… that means it can fuel and feed cancer that is already present in the body.

WHAT Men or Women Might Experience with HIGH ESTROGENS:
Bloating
Swelling and tenderness of breasts
Decreased Sex drive
Prostate enlargement
Headaches
Mood Swings (irritability and depression)
Weight gain
Hair Loss
Poor Memory
Exhaustion
Erectile dysfunction
Fibrocystic breasts
Sleep issues
Cold hands and feet
5. **Progesterone**

Again, both genders need healthy progesterone balance. This hormone helps to neutralize the effects of excess estrogen, which becomes harmful and out of control without optimal progesterone.

**What You Might Experience with LOW progesterone compared to higher estrogens:**

- PMS
- Insomnia
- Unhealthy looking skin
- Painful breasts
- Stubborn weight gain
- Cyclical headaches
- Anxiety
- Infertility
- Weight gain
- Fibrocystic breasts, ovaries, etc.
- Polycystic ovaries
- Gallbladder problems
- Short menstrual cycles (2 periods in 1 month)

**What you might experience with HIGH progesterone levels:**

- Breast tenderness
- Feeling bloated
- Excessive sleepiness
- Headaches
- Dizziness
- More yeast infections
- Waking up groggy feeling
- Spinning sensation
- Anxiety
- Weight gain
- Discomfort or pain in the legs
- Physical instability
- Hot flashes
- Increased appetite

6. **Testosterone or DHEA**

Low testosterone is very common in both men and women. Low testosterone in women is associated with low sex drive, breast cancer, and heart disease while men with low testosterone have a higher death rate.

**What Men/Women Might Experience With HIGH Testosterone / DHEA:**

- Acne
- Polycystic ovary syndrome (PCOS)
- Excessive hair on the face and arms
- Hypoglycemia and/or unstable blood sugar
- Thinning hair
- Infertility
- Ovarian cysts
- Mid-cycle pain/cramping
What Men/Women Might Experience With LOW Testosterone / DHEA:
- Weight gain
- Fatigue
- Muscle loss
- Low sex drive
- Immune system not working correctly (autoimmune diseases)
- Hot flashes
- Demotivation and depression
- Faster aging
- Inflammation
- Hair loss
- Infertility

What Men Might Experience:
Men don’t produce estrogen like women but convert it through a process called aromatization. Excess activity of the enzyme aromatase can cause low testosterone and high estrogen in men, which in turn results in the following:
- Erectile dysfunction
- Low sex drive
- Weight gain
- Irritability
- Breast enlargement
- Muscle loss
- Inflammation
- Hair loss

7. Leptin
Fat cells play a very important part of the hormonal system by producing leptin. This hormone controls how the body stores its fat for energy use. If not recognized by the body, it creates leptin resistance and causes the body to store more fat.

What You Might Experience with HIGH leptin:
- Being overweight
- Difficulty losing weight easily
- Constant food cravings
- Stressed

8. Pregnenolone
Produced in both male and female bodies and often described as the mother OR master of all hormones, naturally occurring pregnenolone acts to improve memory and combat depression - and has powerful anti-inflammatory arthritis pain relieving properties. Your body cannot make progesterone, dhea, testosterone, cortisol, estrogens, etc. without proper amounts of pregnenolone as the precursor! A person might have any of the following:
- Low body temp
- Unexplained hair loss
- Difficulty building muscle
- Mental depression
- Moments of confusion and poor memory
Hypoglycemia
Osteoporosis
Cyclical headaches
Weakness
Irritability
Poor resistance to infections
Insomnia
Rheumatic conditions
Loss of joy

9. Vitamin D3 (range is 32-100 and the ideal is 50-100 and if dealing with major illness 80-100):
(Vitamin D really isn’t a vitamin at all but a potent neuro-regulatory steroidal hormone.)

Symptoms of low D3 are:
- Autoimmune disease is developed in the body (MS, Hashimoto’s thyroiditis, Rheumatoid arthritis, etc.)
- Aches and pains in the shins of your legs
- Generalized bone pain and/or stress fractures
- Tender sternum (chest bone)
- Hypertension (high blood pressure)
- Low B12 or low iron
- Cardiovascular disease
- Lowered immune function
- Osteoporosis
- Aberrations of estrogen metabolism
- Lowered progesterone hormone
- Muscle weakness
- Sadness and/or depression
- Greater pain sensitivity
- Fatigue and/or sleep issues
- Extreme crankiness / grouchiness
- Decreased endurance
- Sweating

Ok… now you realize that you really AREN’T LOSING YOUR MIND… that you just are imbalanced… so let’s get you tested properly for each hormone and gland and put together the right program that is unique for you! Call our office for a consult. We’re here to help you.

We are a Natural HEALTH COACH: a professional trained to provide lifestyle nutrition and help individuals set and reach their health goals using diet and exercise tools and behavioral psychology principles.

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