Healing Hormones

III

Treatment Options
5 Areas of Discussion

- Diet
- Exercise
- Lifestyle
- Supplements
- Hormone Replacement Therapy
What to Eat?
Diet Don’ts

• avoid sugar
• avoid grains,
• avoid processed foods
• don’t eat low fat
• gluten sensitivity can cause low estrogen levels (and destroy thyroid)
• probably best to avoid dairy
Diet Do’s

• eat a rainbow every day
• lots of vegetables and leafy greens
• lean grass fed meats
• legumes if you can tolerate them
• good fats!!
• sweet potatoes, and other healthy carbs
• prunes lower bad estrogen!
Exercise
Yoga

- chant - Om
- breathing exercises
- inversions
- cultivate presence
- corpse pose at end
Cardio

- interval training
- hiking
- dancing
- outdoor time
Lifestyle factors
lifestyle don’ts

• alcohol - causes hormone imbalance several ways
• irregular sleep
• stress
• caffeine
• BPA’s - receipts(!!!) bottles, inside cans
• chemical cosmetics
lifestyle do’s

• meditate/breathe

• pay attention to chemicals in your home - cleaning products, skin care products - www.EWG

• take shoes off at home

• don’t eat off of plastic wear

• don’t microwave

• watch out for canned foods
Basic Supplements

- Fish oil
- Vitamin D
- B Complex - methylated or not
- Calcium
- Magnesium
Supplements for Cortisol

- Phosphatidyl Serine (calming)
- Holy Basil (Batman) (balancing)
- L. Theanine (calming)
- L. Tyrosine (calming)
- Magnolia and Phellodendron - stress eating
- Rodiola
Supplements to Boost Cortisol

- Ginseng
- Licorice
- ? Grapefruit juice
- holy basil
Supplements for Progesterone

- Vitamin C - 750 mg/day
- Chasteberry or Vitex
- Bladderwrack
- Saffron
Lower Estrogen

- iodine
- resveratrol
- turmeric
- hops
- omegas
- DIM - di-indolemethane
- chromium
- inositol
- vitamin D
Raise Estrogen

- flax seeds
- pomegranate
- maca
- magnesium
- rhubarb
- black cohosh
- pueraria (chinese herb)
- other chinese herbal remedies
thyroid supplements

- copper 1-2 mg
- zinc 20mg
- selenium 200mcg
- vitamin A - better from food - 5000IU
- iron - 50-100mg/day
adaptogenic herbs
these are herbs that support your hormones almost psychically

• ashwaganda - supports adrenals and thyroid
• rodiola - supports adrenals
• maca - regulates sex hormones
• ginseng - helps adrenals and thyroid
• holy basil - calms adrenal stress
• tribulus - helps raise testosterone
Chinese herbs are formulated to address the imbalance usually need a practitioner to address.
bio-identical hormones

- definition - these hormones are the same as the hormones your body naturally makes, but they are NOT natural. They are synthesized in a lab from natural substances. Wild yam, soy, do not have enough hormone to replace what you are missing.
synthetic hormones

• these are hormones made in a lab or found in nature (ie pregnant horse urine - premarin) but they are not identical to your natural hormones. examples include - premarin, provera, birth control pills.
why use HRT?

• if natural methods don’t work

• symptoms of menopause or distress so bad that you have a hard time feeling good

• sleep problems

• severe hot flashes

• emotional imbalance

• lack of sex drive not relieved by herbs
which hormones from regular pharmacy

- prometrium - oral bio-identical progesterone - helps sleep - only available 100-200mg
- estradiol patches - climara, vivelle dots
- estradiol rings - estring
- thyroid medications - T4, T3, armour, naturthroid, WPthyroid
over the counter HRT

- DHEA
- pregnenolone
- progesterone cream
- animal glandulars - ie standard process
compounded HRT

• can get them in any form however you like
• vaginal estrogen creams
• estriol the “safest” estrogen is only available compounded
• testosterone
• thyroid medications
• progesterone at lower than 100mg
don’t forget acupuncture! Its very helpful for many hormonal issues
its all about balance

diet, lifestyle, stress management, and correct supplements