

What's Happening to My Hormones?



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Once upon a time your body, mind and spirit were connected and flowed in rhythm together and then... you were born! I laugh as I write this, but it is kind of true. From childbirth through puberty and into adulthood — maybe even having a child or more — we ride the ebb and flow of our hormonal shifts. Sometimes perfect, sometimes chaotic.

Then, one day strange symptoms started to creep into your life.

Maybe at first you noticed the scale moving (in the wrong direction!) and your old tricks for losing weight didn't work anymore. Maybe it was your mood that went down the drain and you started flipping out over things that didn't used to bother you. Or maybe you noticed some weird things “down there” like vaginal dryness, weakening pelvic floor muscles, accidental leaks with that cough or sneeze, or decreased arousal and a loss of intimacy or connection to someone or some passion you had loved.

Over time these occasional, strange symptoms became the “new normal” and your friends and/or doctor may have even told you that “you just have to live with it” because “you're getting older now.”

So What Is Happening?

Our body relies on an intricate balance of hormones to function in a healthy way. Hormones like estrogen, progesterone, testosterone, and DHEA work together to keep the body functioning smoothly. When we start feeling all these hormone-related symptoms it is usually because our hormones are out of balance, or just not working the way they should. This could be a result of environment, stress, or as a result of aging.



WHAT EXACTLY IS A HORMONE?

Whenever you read female health articles they almost always talk about hormones. But do you know what a hormone actually is? Just in case you don't, I'll give you this super simple definition:

A hormone is simply a chemical messenger that signals a target organ to perform its intended function.

For example: Follicle Stimulating Hormone (FSH) signals your ovaries it's time to release an egg, Estrogen signals a pre-pubescent girls' body to start growing hips and breasts, and Leptin signals your brain that you're full and it's time to stop eating.

Now you can see why it can cause huge problems if our hormones are out of balance. Your organs will be sent the wrong signals at the wrong time. You'll feel tired when you're supposed to be awake, hungry when you should feel full, and irritated when the people and events in your life are just fine.

A phrase I like to use is "*physiology drives behavior*" which means that if your hormones are signaling your body to do one thing (like eat), it will be really hard — if not impossible — to get your body to do something different (like stay on a diet)!

Speaking of eating... Did you know that female sex hormones are made from cholesterol? It's true! This is why I advocate a high healthy-fat, low-carb Keto-Green® diet in my book [*The Hormone Fix*](#).

If you're not eating enough healthy fats then your body doesn't have a key substrate it needs to manufacture your sex hormones!



YOUR HORMONES ARE ALWAYS CHANGING

During your fertile years you experience a monthly hormone cycle that changes what your body is doing and how you feel. There is also a time in your life when you're being prepared for fertility, and time in your life when fertility is waning and turning off.

The Hormone Timeline on the next page shows what happens to your four main reproductive hormones over the four stages of your lifetime:

- **PUBERTY:** The official start of fertility which begins with your first period.
- **PERIMENOPAUSE:** The transition to menopause which begins with declining hormone levels.
- **MENOPAUSE:** The official end of fertility which begins 12 months after your last period.
- **POSTMENOPAUSE:** The time period after menopause until death. This can be up to $\frac{1}{3}$ or even $\frac{1}{2}$ of your life!

All of these stages are ruled and controlled by hormones so let's talk about the four main ones.

PROGESTERONE

This is the mother of all hormones. Progesterone is essential for our entire life and we are to never go without it. After puberty we experience higher levels of progesterone during the second half of our menstrual cycle. Progesterone production peaks in our 20s and 30s and then starts to decline in our early to mid-30s. From what we understand this rapid decline of progesterone is certainly tied to our declining ovarian function — and in this transition phase which we call *perimenopause* — it can lead to symptoms of mood swings, irritability, anxiety, and

PMS. Further decline in progesterone can lead to *estrogen dominance* which is characterized by weight gain, irregular menses, dysfunctional uterine bleeding as well as sleep disturbances and bone loss; not to mention decreased libido and vaginal dryness. Progesterone benefits our brain, memory, mood, bones and breasts to name a few.

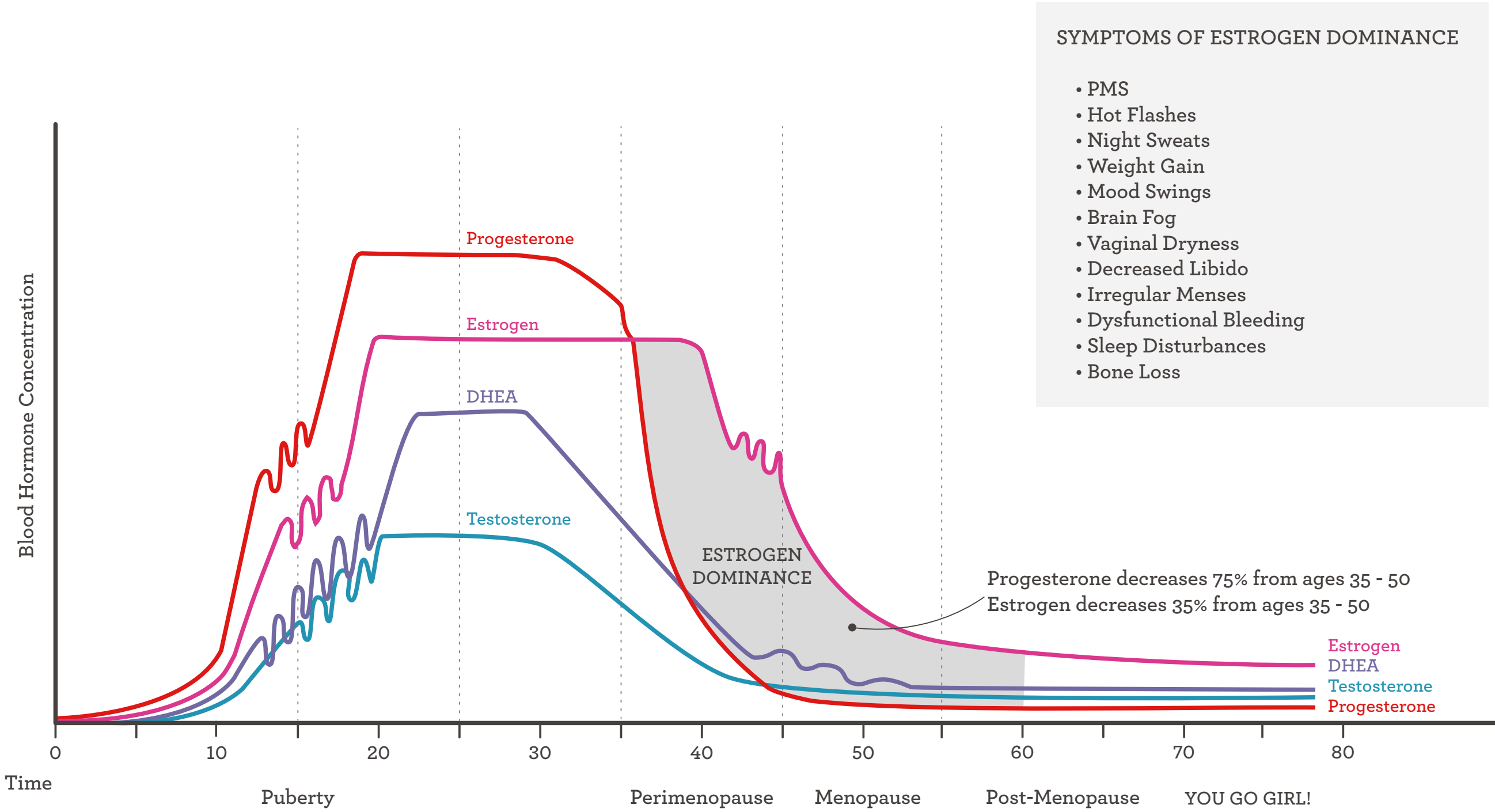
ESTROGEN

Increasing levels of estrogen is what transforms little girls into curvy (and often moody) young women. After puberty estrogen fluctuates on a monthly basis along with our cycles, and then starts to decline as we enter our 40s. As we're approaching this perimenopausal stage we often get spikes in estrogen levels that can fluctuate on a daily, weekly, monthly basis really depending on the stresses in our life and what else we're dealing with. Stress has a negative effect on our hormonal balance and can exacerbate symptoms of estrogen dominance. It's important to realize that we can have low levels of estrogen and still be estrogen dominant because of the gap between estrogen and progesterone. Symptomatically, the swinging estrogen levels and the decline in estrogen can cause night sweats, hot flashes, mood swings, vaginal dryness, and loss of interest in sex.

DHEA + TESTOSTERONE

DHEA and testosterone are both responsible for strong healthy bones, building muscle, mental acuity, drive, and resilience. Women don't often think about these two hormones, and yet they're vitally important to our longevity and the quality of our life as we get older. DHEA typically peaks in our 20s and starts to decline in both men and women. Stress has a significant effect on our DHEA levels as it does with all our hormones. Testosterone in postmenopause is still being produced from both the ovaries and the adrenal glands but at much lower levels.

THE HORMONE FIX TIMELINE



IF YOU'VE HAD A HYSTERECTOMY...

There are two main kinds of hysterectomy that I will mention, either just the uterus is removed, or the uterus and the ovaries are removed.

So often younger women will have their uterus removed but their ovaries remain intact. The surgical procedure in and of itself can affect the blood supply to the ovaries and we typically see earlier menopausal symptoms in these women. When you've had a hysterectomy with both ovaries removed, you have now entered what's called *surgical menopause*. Bio-identical hormone replacement needs to be administered. *This includes the replacement of progesterone.*

It is commonly thought that if we don't have a uterus, we don't need progesterone, but as you can see, progesterone has many functions in our body. Many of the women I've worked with were only put on estrogen after a hysterectomy, but when I added bioidentical progesterone (like the kind found in my [PuraBalance Cream](#)) they would always say, "I feel like a fog has lifted!" This is because the neuroprotective benefits of progesterone are substantial.

4 WAYS TO BALANCE YOUR HORMONES NATURALLY

After 20 years of working with tens of thousands of women as an OBGYN I've discovered four big things you can do to level out the hormone fluctuations that come with aging:

- 1. Eat a low-carb, high-fat Keto-Green diet.** There's almost nothing more stressful and difficult on your body than eating a high-carb (aka high-sugar) diet. High blood sugar causes high insulin which then causes an whole cascade of hormone imbalances as your body tries to stop you from literally dying. Also it should be noted that all your sex hormones are manufactured from cholesterol so you really do need to eat lots of healthy fats.
- 2. Consider bio-identical hormone therapy.** During perimenopause through post-menopause, I've often found it necessary to replace progesterone to balance out the hormonal swings and decline. I recommend age-appropriate levels (not the levels that we had in our 20s and 30s). Bioidentical progesterone therapy supports bone metabolism and hormone balance, improves response to stress, and promotes a balanced mood and good nights sleep.
- 3. Remove hormone disrupting chemicals from your life.** Our world is loaded with toxins — and many of them actually disrupt hormone balance by mimicking estrogen to drive us even further into estrogen dominance or by interfering with the hormone receptors! Watch out for toxic air fresheners, personal care products (like makeup, lotion, shampoos, and hair dyes), laundry detergents, and household cleaning chemicals.
- 4. Take care of yourself.** You really must make self-care a priority so that your stress levels don't get out of control. We didn't even talk about stress hormones in this eBook — but they have the power to completely detune your delicate hormone symphony. I'm writing you a prescription right now for permission for daily self-care so you will do whatever it takes to keep your stress levels low.

EMBRACE THE CHANGE

If you're reading this eBook then you may be past the halfway point of the hormone timeline and heading towards the inevitable (and often dreaded) Menopause. Many women — conditioned by our youth obsessed media — believe that menopause is a slow, steady decline towards death. If that's what you think then here's the profound truth no one's probably told you yet...

Menopause's changing levels of hormones will give you a higher level of spiritual connection, wisdom, discernment and judgment.

The transition of menopause is as necessary an experience as your transition of puberty. So as I embrace the next half of my life with goals set for higher clarity, wisdom, inspiration and the highest quality of relationships, I encourage you to embrace this as well. The best way I've found to do this is live in a state of *energized enlightenment* that is the natural result of living the Keto-Green principles found in my book: *The Hormone Fix*. Within days of eating and living this way you will see an improvement in the quality of your life and the quality of your relationships. Learn more at TheHormoneFix.com



Here's What's Waiting for Your Inside The Hormone Fix...



Learn The Latest on Hormones

It takes 15 years for the latest medical research to trickle down to our medical system and providers — so in *The Hormone Fix* you will get up to speed on the latest female hormone research and what it means to you.



81 Yummy Recipes You'll Love

You won't believe how easy and delicious it can be to eat my Keto-Green® Way! These tried and true meals are not only delicious, they're super filling. I promise you'll never be hungry!



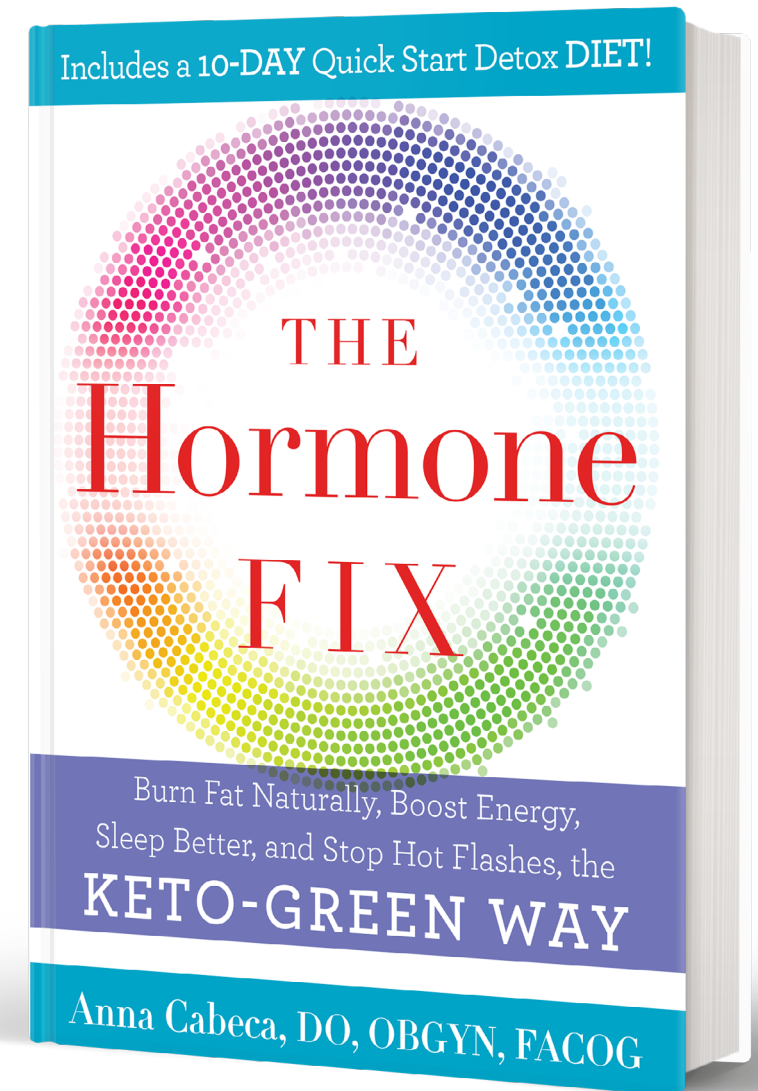
10 Day Quick Start Detox

Start feeling lighter, looking slimmer, and enjoying more energy... Plus lose as much as 10 pounds and in just 10 days!



21 Day Keto-Green Eating Plan

After the 10 Day Quick Start Detox you'll continue to feel slimmer, saner, and sexier thanks to meal plans that are delicious and... hormone balancing!



Get 8 Free Bonuses When You Order the Book at
TheHormoneFix.com