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# Hormone Balance During Perimenopause and Menopause

The key to healthier and happier living



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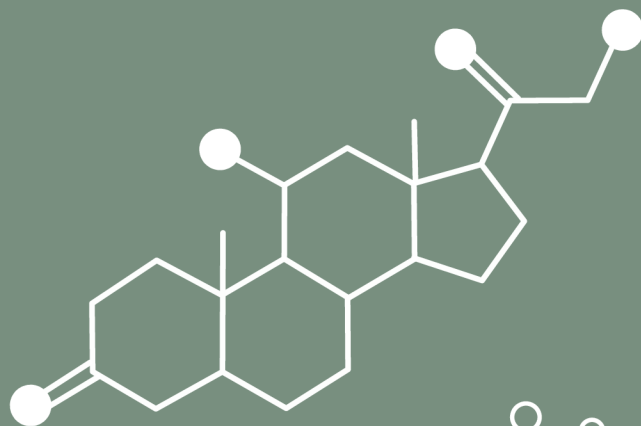
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# What Are Hormones?

Hormones are the body's chemical messengers. They are responsible multiple functions in your body from sweating, to feeling sleepy, to your blood pressure. Typically, hormones are released by hormone-producing glands, a system called the endocrine system, that are then sent into the bloodstream to target specific tissues in your body [1]. Because of their regulatory functions, hormones have a big impact on your physical, emotional, and mental health.



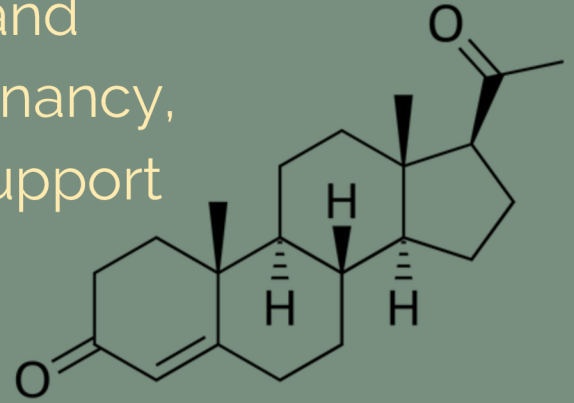
# A Crash Course on Hormones

## Progesterone

Progesterone is a steroid hormone that is produced in the ovaries and the placenta during pregnancy. It plays a role in regulating mood, sleep, and overall hormonal balance. In pregnancy, it maintains the uterine lining to support a healthy pregnancy [2].

### Other Functions:

- normalizes blood sugar levels and blood clotting
- restores libido and is a precursor to sex hormones
- helps use fat for energy



## Estrogen

Estrogen is a group of hormones produced by the ovaries. Its main function is to regulate the menstrual cycle and support the development of reproductive tissues. Additionally, it influences bone health, cardiovascular function, and mood.

### Other Functions:

- plays a role in brain fog and fatigue
- responsible for breast development and can fuel the growth of breast cancer



# Testosterone

Testosterone is mainly produced in the testes and in smaller amounts in the ovaries. It supports muscle mass, bone density, and plays a role in mood regulation and energy levels. In males, it drives the development of reproductive tissue.



## Other Functions:

- plays a role in the cardiovascular system and immune health
- crucial for bone building, maintenance, and repair

# Cortisol

Cortisol is produced by the adrenal glands and is released when an organism is under stress. Levels naturally fluctuate throughout the day to support metabolism, blood sugar control, and inflammation management.



## Other Functions:

- plays a key role in the “fight or flight” response
- promotes fat storage, leading to weight gain
- reduces inflammation as a stress response

## SHBG

Sex hormone-binding globulin is a protein that is made in the liver. It binds to sex hormones, like estrogen and testosterone, and controls the amount available. It can impact overall hormonal balance based on levels.

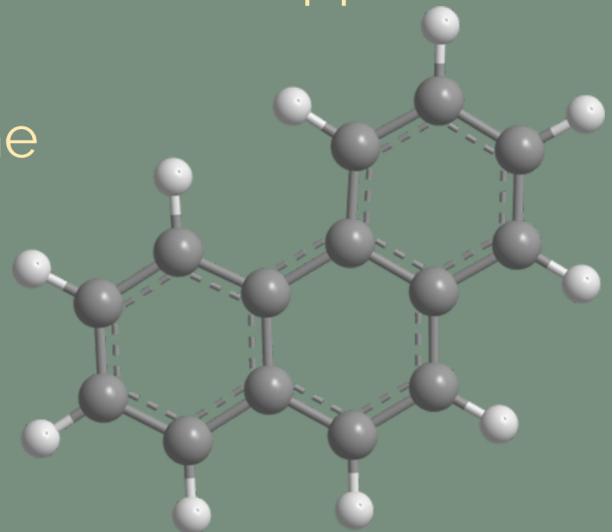


### Other Functions:

- used to indicate risk for cardiovascular disease, liver health, and type 2 diabetes
- acts as a carrier for sex hormones to the organs

## DHEA

Adrenal glands produce this hormone. It supports energy, immune function, and overall hormonal stability. It is the highest number in circulating steroids and naturally declines with age [2].



### Other Functions:

- plays a role in cognitive and mental health
- strengthens the immune system and reduces inflammation

# How does Hormone Imbalance Occur?

Hormone imbalances can be caused by a variety of factors, disrupting the delicate endocrine system that regulates hormone production and distribution in the body.

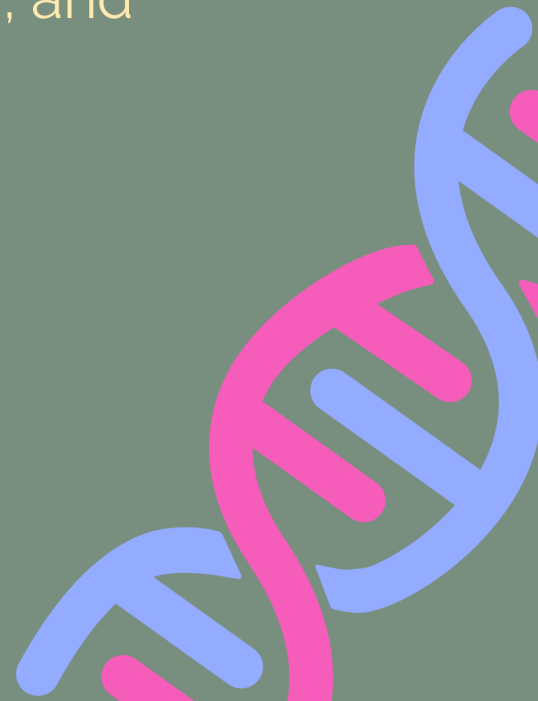


Common causes include chronic stress, which triggers an overproduction of cortisol, the stress hormone. Poor diet, especially one high in processed foods and sugars, can affect insulin levels and lead to issues such as insulin resistance [3].

Environmental toxins, such as pesticides and chemicals found in plastics, can act as endocrine disruptors, interfering with hormone function. Additionally, lack of sleep and insufficient physical activity can also contribute to imbalances.



Other factors include genetic predispositions, certain medications, and underlying health conditions such as thyroid disorders or polycystic ovary syndrome (PCOS). Aging naturally affects hormone levels as well, particularly during life stages such as puberty, pregnancy, and menopause.



# Hormone Balancing Foods

In order to better your health, you can improve your diet. Here are some foods that help to balance your hormones:

## Flaxseeds

Flaxseeds are rich in lignans, which are phytoestrogens that can help balance estrogen levels in the body. They also contain omega-3 fatty acids that reduce inflammation.



## Leafy Greens

Vegetables like spinach, kale, and Swiss chard are high in antioxidants and magnesium, which can help lower cortisol (the stress hormone) and support overall hormone balance [4].



## Berries

Berries such as blueberries, strawberries, and raspberries are packed with antioxidants that protect hormone-producing glands and reduce oxidative stress.



## Nuts and Seeds

Nuts like almonds and seeds such as pumpkin seeds are rich in healthy fats, protein, and fiber, which help stabilize blood sugar levels and support thyroid function.



## Avocados

Avocados provide healthy fats that are essential for hormone production and balance. They also contain potassium and magnesium, which help regulate stress hormones [5].



## Turmeric

Turmeric contains curcumin, a compound with anti-inflammatory properties that can help reduce inflammation in the body, thus supporting hormonal health.



## Quinoa

Quinoa is a complete protein and provides essential amino acids that are crucial for hormone synthesis. It also has a low glycemic index, helping to keep insulin levels steady [5].



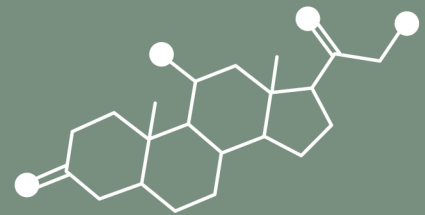
## Cruciferous Vegetables

Vegetables like broccoli, cauliflower, and brussels sprouts contain compounds that support estrogen metabolism, helping to balance estrogen levels in the body [4].



# Conclusions

Taking the first step towards healthier living starts with understanding the impact hormones have on your overall well-being. As the body's chemical messengers, hormones regulate crucial functions such as sleep, blood pressure, and emotional health. Factors like environmental toxins, diet, and chronic stress can disrupt the delicate balance of your endocrine system, leading to hormone imbalances.



While some causes are beyond control, one change you can make is improving your diet. By incorporating hormone-balancing foods such as flaxseeds, leafy greens, berries, nuts, seeds, avocados, turmeric, etc, you can support your endocrine system and promote better physical, emotional, and mental health.



Embracing these dietary changes is a foundational step towards achieving a happier and healthier lifestyle.

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DR. LIFESTYLE

## LOCATION:

1501 Westcliff Dr #201, Newport Beach, CA 92660

## CONTACT US:

Tel: (949) 569-8877

Fax: (949)-289-9612

Email: [info@drlifestyle.org](mailto:info@drlifestyle.org)