

Symptoms of Estrogen Deficiency

<i>Physical</i>		<i>Emotional</i>
<ul style="list-style-type: none"> • Hot flashes • Fatigue • Headaches/migraines • Night sweats • Vaginal and/or bladder infections • Incontinence • UTI's • Forgetfulness • Difficulty falling asleep • Poor concentration 	<ul style="list-style-type: none"> • Forgetfulness • Decreased verbal skills • Irregular bleeding • Testosterone imbalance • Lower libido • Painful intercourse • Osteoporosis • Episodes of rapid heartbeat 	<ul style="list-style-type: none"> • Depression • Minor anxiety • Emotional instability • Feelings of despair • Crying easily

Properties of Estrogens

<ul style="list-style-type: none"> • Creates endometrium • Development at puberty • Regulates menstrual cycle • Plumps vaginal tissue and reduces vaginal dryness • Slows bone loss • Can help reduce incidence of heart attacks • Anti-aging factor • Increases sensitivity of progesterone receptors • Affects more than 300 tissue systems of the body • Uplifts mood 	<ul style="list-style-type: none"> • Lowers LDL • Increases HDL • Decreases lipoprotein(a) and homocysteine • Affects every neurotransmitter in the brain; including serotonin, dopamine, GABA • Adds moisture to skin • Affects brain function responsible for memory and motivation • Needed for verbal memory and to learn new concepts, reasoning, and fine motor skills
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Symptoms Associated with Estrogen Dominance

<ul style="list-style-type: none"> • Breast cyst/breast pain • PMS • Irregular bleeding • Fluid retention • Headaches • Breast adenomas • Gall bladder problems • Blood sugar problems 	<ul style="list-style-type: none"> • Nutrient deficiencies • Nervous/Irritability • Low libido • Fibroids • Hormonal cancers • Heavy menstruation • Bloating 	<ul style="list-style-type: none"> • Weight gain • Nausea • Endometriosis • Thyroid problems • Mood swings • Sleep disturbances • Sugar cravings
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Symptoms of *Excess* Androgens

Physical

- Acne/oily skin
- Facial hair
- Deepened voice
- Ovarian Cyst
- Hypoglycemia
- Mid-cycle pain
- Low HDL

- Thinning scalp hair
- Breast cancer risk
- Painful nipples

Emotional

- Agitated
- Angry
- Irritable

Symptoms of Androgen *Deficiency*

Physical

- Loss of libido
- Impaired sexual function
- Aches/pain/arthritis
- Incontinence
- Thinning skin
- Thin tissue of the vulva and labia
- Loss of muscle tone
- Wrinkled skin
- Lichen sclerosus
- Hot flashes

Emotional

- Depression
- Lack of drive and confidence
- Demotivation

Properties of Androgens

- Cardiovascular protection
- Help with brain function
- Build bones
- Enhances libido

- Build Muscle
- Anti-aging to skin
- Antidepressant

Symptoms Associated with Progesterone *Deficiency*

<p style="text-align: center;">Physical</p> <ul style="list-style-type: none"> • Fibrocystic breasts or breast pain • Anxiety • Fluid Retention • Stressed Easily • Weight gain • Irritability • Break-through-bleeding • PMS • Low Body Temperature • Hair Loss • Headaches/migraines • Endometriosis • Sleep Disturbances • Heavy Periods • Cramps • Fibroids 	<ul style="list-style-type: none"> • Hypothyroidism • Bone Loss • Irregular cycle/spotting between cycles • Infertility <p style="text-align: center;">Emotional</p> <ul style="list-style-type: none"> • Anxiety • Over Reacting • Easily alarmed • Stressed • Feelings of confusion • Mood swings • Irritability • Nervous • Jittery • Depression
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Roles and Properties of Progesterone

<ul style="list-style-type: none"> • Decreases menstrual bleeding • Decreases fat storage • Anti-cancer; especially protective of the breast • Increases body supply of oxygen • Helps prevent hardening of the arteries • Improves brain structure and function, memory • Increases metabolic rate • Helps regulate water retention • Required for conception and gestation • Increases intelligence of fetus • Mild sedative in large doses • Protects against miscarriage • Prevents PMS • Stimulates new bone formation • Anti-aging to skin • Inhibits Fibrocystic Breast Disease • Natural antidepressant • Facilitates thyroid hormone action 	<ul style="list-style-type: none"> • Normalizes blood sugar levels • Reduces spotting • Tones blood vessels • Reduces irritability and anxiety • Reduces testosterone imbalance • Prevents endometrial cancer • Anti-aging hormone • Useful in some cases of seizure disorder • Helps prevent high blood pressure • Reduces risk of autoimmune diseases • Increases (Ig-E) to help prevent sinus, respiratory, vaginal infections and allergic reactions • Increases sensitivity of estrogen receptors • Natural diuretic • Raises HDL, lowers triglycerides • Restores sex drive • Functions as a precursor to corticosteroids and other steroidal hormones 	<ul style="list-style-type: none"> • Blocks estrogen's side effects and excessive estrogen • Increases endurance during exercise • Calms and protects nervous system • Protective effect on brain chemistry • Reduces cravings for sweets/carbs • Thymus gland depends on progesterone • Most protective hormone the body produces • Improve efficiency of the heart • Basic hormone of adaptation and resistance to stress • Restores normal sleep patterns • Enhances number of insulin receptors on cells • Used by adrenals to produce anti-stress hormones
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