

Symptoms of Estrogen *Deficiency*

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

<ul style="list-style-type: none"> • Creates endometrium • Development at puberty • Regulates menstrual cycle • Plumps vaginal tissues and reduces vaginal dryness • Slows bone loss • Can help 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 Associated with Progesterone Deficiency

Physical

- Fibroids
- Fibrocystic breast 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
- Hypothyroidism
- Bone Loss
- Irregular cycle/spotting between cycles
- Infertility

Emotional

- Anxiety
- Overreacting
- Easily alarmed
- Stressed
- Feelings of confusion
- Mood swings
- Irritability
- Nervousness
- Jittery
- Depression

Roles and Properties of Progesterone

- 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
- Stimulated new bone formation
- Anti-aging to skin
- Inhibits Fibrocystic Breast Disease
- Natural antidepressant
- Facilitates thyroid hormone action

- Reduces spotting
- Tones blood vessels
- Normalizes blood sugar levels
- Prevents endometrial cancer
- Reduces irritability and anxiety
- Anti-aging hormone
- Reduces testosterone imbalance
- 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

- 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 sweet/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

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
- Thins tissue of the vulva and labia
- Loss of muscle tone
- Wrinkled skin
- Lichen sclerosis
- Hot flashes

Emotional

- Depression
- Lack of sex drive and confidence
- Demotivation

Properties of Androgens

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

- Builds Muscle
- Anti-aging to skin
- Antidepressant