

# **Managing Post-Menopausal Hormone Imbalances**

**Exploring Natural Ways To Boost Hormone Production**

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Bay Wellness Centre

[www.baywellnesscentre.com](http://www.baywellnesscentre.com)

# **Post-Menopausal Hormone Imbalances**

## **Introduction**

It's normal for people to undergo changes in their body as they age but depending on the extent and the symptoms that can result, this doesn't need to be something you have to live with if it brings you discomfort, both mentally and physically.

For many of us, a hormonal imbalance can cause the body to function at its least optimal levels. Without the need for possible, invasive surgeries or prescription medications, more natural approaches can be the answer to many common health issues and conditions.

## **Hormone Imbalances For Women**

Women tend to have to deal with more hormonal issues than of men. Their bodies and organs have an increased complexity that men do not have to deal with. Sometimes, women will feel like they are at their wits end where they have tried everything to correct their health issues. From excessive weight to fatigue, it seems as though there was nothing that could help them.

### **Estrogen**

Estrogen is the most important hormone for women; the loss of estrogen puts her at an increased risk for osteoporosis, heart disease, colon cancer, Alzheimer's disease, impaired vision and Parkinson's disease. The longer a woman is without estrogen, the greater her risk for serious health consequences.

Estrogen receptors are in varying organs throughout the body which is why hormonal imbalances produce a variety of symptoms such as skin elasticity, moodiness, bone shrinkage and cognitive decline. This hormone is also thought to be a natural antidepressant and a mood stabilizer. The rise in estrogen levels in the first week of the menstrual cycle is noticeable; its overall effect is to increase the amount of serotonin available between the brain's nerve cells leading to mood changes.

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## Progesterone

A hormone released by the ovaries, progesterone plays a huge role in pregnancy. This hormone is necessary for a fertilized egg to implant in the uterus and start a pregnancy. This is why progesterone, either alone or along with estrogen, is taken as a nearly 100% effective oral contraceptive.

However, fluctuating progesterone levels can contribute to abnormal menstrual periods and menopausal symptoms. If progesterone become too low, irregular and heavy menstrual bleeding can occur. Meanwhile, a drop in progesterone during pregnancy can potentially cause a miscarriage or early labour.

## Testosterone

When people hear of testosterone, they typically equate it with its presence in men, but women do need testosterone in small doses. The brain needs normal amounts of testosterone in balance with estrogen to produce serotonin, which supports emotional balance.

When women experience low testosterone they often complain of mental confusion, weight gain and poor muscle tone. This deficiency or imbalance of testosterone can lead to muscle atrophy, osteopenia, osteoporosis and pain in the muscles and joints.

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### **Menopause & Its Effect On Hormones**

Most women reach menopause anytime between ages 45 to 60. But as your body transitions to menopause, your body produces different levels of estrogen and progesterone, causing menopause symptoms to happen unexpectedly. As mentioned earlier, these changes in hormones may lead to a greater risk of health concerns such as osteoporosis, heart disease, and stroke.

After menopause, most women get relief from period problems or menopause symptoms. However, you may still experience symptoms such as hot flashes because of changing estrogen levels. Other symptoms, such as hot flashes, mood swings, or fatigue, may be more common post-menopause.

### **What Can You Do About A Hormone Imbalance?**

If you feel a hormonal imbalance has started to affect your wellbeing, there are options to evening out your hormone levels and getting back to your old self.

#### **Eat Well**

Maintaining a well-balanced diet won't just help you feel better physically in your body, but it will also help you feel better emotionally, as well.

First, incorporating more protein into your diet will help manage the production of hormones that regulate your appetite. Not just that, but it will help you feel full sooner, allowing you to regulate your weight better.

Next, a key way to keep your hormones balanced is to keep your gut health in balance. Probiotic foods such as yogurt, kimchi, kombucha, and sauerkraut are important to regulate your mood, boost your immune system, improve metabolism, and keep your blood sugar levels

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well-balanced. Estrogen, cortisol, insulin, leptin, and testosterone levels are all influenced by the consumption of probiotics in positive ways.

Finally, think twice about that second, or third, or fourth, cup of coffee. Caffeine can cause your adrenal glands to produce more cortisol. This stress hormone is the reason why caffeine gives you that extra burst of energy to keep you going. However, this overproduction is also the cause of sleep problems, fatigue, and even weight gain. Cut back on the coffee to keep your body balanced and calm.

### **Exercise Enough & Sleep Enough**

We all know how important regular exercise is for us. The benefits of exercise go beyond physical strength or weight loss goals. As we age, our hormones such as testosterone decrease, but physical activity may help boost these hormone levels, improving your strength and maintain muscle mass. Studies have found that exercise helped to reduce insulin levels and increase the levels of a hormone with anti-inflammatory properties.

Plus, it's crucial to know when it's time to get some rest after working hard. Your body needs to get those eight hours of sleep to release hormones as you rest, allowing for a better balance of insulin and cortisol levels, as well as ensuring the steady release of growth hormones as you rest.

### **Hormone Therapy**

Hormone therapy helps resolve hormonal imbalances by identifying deficiencies and then administering hormone replacements to remedy the lack. As women are exposed to effective hormone therapies, these treatments work alongside their own naturally produced hormones. In turn, women can begin to feel stronger and more resilient in their physical, mental and emotional capacities.

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Typically, your current health, lifestyle, and goals for treatment will play a large role in evaluating and treating a client for hormone replacement therapy. After about 2 weeks, patients will begin to see positive changes in their physical and mental health. Since all treatments will vary, some may see subtle changes while others may experience more immediate benefits.

There is no longer a need for them to search the internet for answers when their issue can be an imbalance of hormones all along. Treatments will work to discover the root of the patient's causes and work to cure that from the beginning.

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## **About Dr. Savage & Dr. Maycher**

Dr. Annie Savage developed her passion for helping others through her love of science and volunteer work growing up in Regina, Saskatchewan. She completed a Bachelor of Science with a minor in Nutrition at the University of Alberta in Edmonton, Alberta, and The Southwest College of Naturopathic Medicine in Tempe, Arizona.

Working in a private naturopathic office in Calgary, Dr. Savage fell in love with the holistic approach to patient care and the many different treatment options available. She continued to develop her love for natural medicine and expand her knowledge by volunteering with groups such as Naturopaths Without Borders and the Sports Medicine Club at her college. She also works as an adjunct faculty member as a clinical supervisor at the Boucher Institute of Naturopathic Medicine in New Westminster.

Dr. Megan Maycher graduated from Simon Fraser University in 2012 with a Bachelor of Science in Molecular Biology and Biochemistry. Her love of science, health and living an active lifestyle led her to follow her dream career of becoming a Naturopathic Physician. As the cofounder of Bay Wellness Centre, it has always been one of Megan's dreams to have a clinic and service the community towards better health and wellness with the use of Functional Medicine and patient education.

Dr. Maycher also graduated from the doctorate program at the Southwest College of Naturopathic Medicine in Tempe, Arizona; it was there the two met, and have been close ever since. She has completed certifications in Advanced Injection Therapies including; Prolotherapy and PRP injections, Medical Esthetics (neurotoxins and PRP facials), as well as extra curricular courses focusing on Women's Health and Bio-identical Hormone Replacement Therapies.