



Your Guide to....

Hormones

Some specialists may say that you are simply experiencing the natural effects of aging. In the world of functional medicine, however, we find that the “natural” process of aging can be greatly influenced by lifestyle, personalized hormone therapies, and diet. Low estrogen is one of those natural aging processes that can be changed. And it is worth changing! Low estrogen has been associated with accelerated aging and ailments including heart disease, depression, Alzheimer’s disease and osteoporosis as well as issues like reduced sexual function that just make life less enjoyable.

The first step to restoring your estrogen levels is to begin living the healthiest life you can. This doesn’t mean stressing out about health. It means reducing stress through health.

- Smoking removes estrogen – if you smoke, stop
- Dramatically reduce sugar consumption
- Avoid anti-inflammatory drugs– their potential damage to gut bacteria can cause hormonal issues downstream
- Exercise every day – exercise is the best way to achieve balance in all the body’s systems
- Avoid gluten, casein, whey or any other foods that cause food sensitivity in your body
- Limit alcohol to one drink per day
- Avoid GMO foods – hormonal dysfunction is one of the emerging risks of GMO agriculture
- Work towards optimal body weight through quality food choices, not extreme dieting
- Consume estrogen-supporting foods including non-GMO soy, grapefruit, blueberries, tomatoes, kale, red onions and green tea

Choose Optimal Meats

If you like seafood, reduce your consumption of red meat by replacing it with wild-caught fish, which are full of the anti-inflammatory omega-3 fatty acids. Try to avoid all factory-farmed animals and instead buy pasture-raised, grass-fed meats to reduce the antibiotics and foreign hormones in your body.

Daily Fasting

16 hours without food consumption between dinner and breakfast – is proving to have multiple benefits including hormone balance and metabolism optimization.

Pick up a copy of Dr. Mark’s book, [Heart Solution for Women](#), which contains recipes, nutritional supplements for hormone balance and a complete guide to individualized health management.

Second, speak to your doctor about estrogen replacement therapy, but here’s the catch: synthetic hormone replacement therapy has proven to increase the risk of breast cancer, blood clots, heart disease and strokes. Instead, ask your doctor about hormone therapy that uses biologically identical hormones backed by proper nutritional support and customized for your unique biochemistry and history.

To administer biologically identical hormones, we consider several methods to find the one that will work best for you. We also look at your unique individuality to determine if estrogen therapy is indeed the right way for you to regain optimal hormonal balance. Our goal is always to use lifestyle and diet if possible and only use medicine if necessary. Regaining hormonal balance may be easier than you think.