



Natural Hormone Balancing

Hormones are chemical messengers that course through the blood stream interfacing between cells delivering messages and information. These messengers are secreted by the endocrine system. The function of each gland, from the thyroid, parathyroid, pituitary, hypothalamus, pineal gland, as well as the function of female or male reproductive organs are mediated by hormone delivery and information. Most people think that their hormones are located in their pelvis but these master endocrine glands are actually located in the head. Your entire body is dependent on proper hormone function.

Hormone Teamwork

All these hormones work together in a concert. When one is “off” this will affect all the rest. Balancing is key and with hormones, less is more.

For instance, the hypothalamus is an important endocrine gland that governs appetite, emotion, memory and hormone balance. The pineal gland responds to light and holds the “Master Clock” so when darkness falls, we tend to get sleepy. The pituitary gland relates to growth and it helps us turn food into energy, therefore having some control over our weight. The pituitary gland also helps regulate blood pressure, appetite, and breast milk production.

Men, Women and Declining Hormones

Men might notice their hair starts to thin or turn gray, they develop excess belly fat and they get tired when they are supposed to feel perky, their sex drive becomes non-existent and they can get moody and grouchy. This is not related to a dip in the stock market or the day of the week, these are signs of hormone imbalance.

Women are presented with another set of problems. First we notice the hot flashes when at any given moment we break out in a sweat that sends rivers down to our underwear. Getting a good night's sleep becomes a critical issue that we never had before. All of a sudden we get heart palpitations and we think we are about to have a coronary on the spot. Intercourse becomes painful assuming we even feel like it and a bout of tearfulness could hit at any time. As well, we might start to notice memory lapses or silly things like discovering we put the milk in the cupboard and the crackers in the refrigerator! Or we find out our bone density scans reveal that we have the beginning of osteoporosis which means our bones are becoming more and more brittle. These are not astrological signs or spiritual misalignments. These are signs of hormonal imbalance.

Fortunately due to a great deal of new information over the past decade, and the pioneer work of Suzanne Somers a vocal spokesperson for BHRT which hit the mainstream media and made an intuitive "ding" with women everywhere, we are well ahead of unraveling the puzzle of the hormone hornet's nest. While Suzanne Somers advocates the use of hormones for all women, I think it's wiser to approach hormones with conservative, professional direction and use them only if needed to balance your individual needs.

That said; hormones are in the fore front. Now men and women in this decade have a better chance than ever before of getting it right. We will not have to experience the decline we've seen in our parents. We now have answers.

People ask me how I got involved in bio-identical or natural hormone balancing. I am always ready for the universe to deliver the next step in my healing journey. Personally I believe that BHRT, or Natural Hormone Balancing has helped me to stay young and vital as I progress in age.

Where to go for Hormone Help

If you are like a lot of people, you might be ready to pursue natural hormone balancing - BHRT.

- First: Contact your local Compounding Pharmacy
- Ask them to give you a list of references for medical doctors or naturopathic physicians who specialize in natural hormone balancing for men and women
- Not all BHRT practitioners are created equal – find out who is best, through a personal reference.
- Avoid practitioners who use “pellets.”
- Educate yourself – my book *The Body Knows How to Stay Young* and my 4 CD set *The Body Knows About Hormones*, gives you all of the information you need in order to make informed decisions about BHRT.
- Be conservative and start slowly. It can take several months to get the hormone balancing equation right.