

1: Guide to Exercising Your Hormones - Better By Dr. Brooke

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Listen to Your Body: Yes, they do, and excess estrogen can be critical and even fatal for aging men. But back to the female population. You might think that you need lots of estrogen. After all, it is the female hormone. You need hormonal balance in your body. When your hormones are balanced, things run smoothly, but when you have an excess of estrogen, you experience problems. And that will happen even if you are a woman. Estrogen is responsible for regulating the menstrual cycle and the entire reproductive system, and things get out of hand when estrogen is rising. Sometimes, estrogen levels rise naturally. Sometimes, they rise as a result of an outside factor. In either case, you have to do something. Increased PMS symptoms is the first, early sign of too much estrogen. Uncontrollable pain or even excess bleeding can be a sign of high estrogen. Next on the line is an abnormal menstrual period. Again, this symptom is linked with your menstrual cycle, which, if you have an excess of estrogen, can last longer than usual. All of the symptoms are accompanied by constant headaches and feelings of fatigue. You have a feeling that your head might explode. In most cases, due to the other symptoms, you have trouble sleeping. Same as during PMS, constant mood swings are now normal and usual. And that happens despite the fact that you are not in PMS. Hair loss is another common symptom of high estrogen levels. Just as men lose their hair due to an excess of testosterone, women lose their hair as a result of excessive estrogen. So, what can you do? If you notice two or more of the above symptoms, test your estrogen levels. A simple blood test will show whether or not they are too high. If your estrogen levels are high for a long time, you risk developing more severe diseases and conditions, like breast cancer , for example. That being said, you can easily reduce the estrogen levels. Remove xenoestrogens from your life. One way to reduce estrogen levels is to remove chemical compounds that mimic estrogen. One such compound is xenoestrogen. You might not know it, but you get in touch with this chemical compound on a daily basis. And xenoestrogen can throw your hormones off balance easily. Here are some ways that you come in contact with this compound:

2: Listen to Your Body: Signs You Have Too Much Estrogen - Ritely

If You Want to Lose Weight After 50, Listen to Your Hormones! By Julie Dargan 1 year ago Health and Fitness
Menopause and weight gain often go together thanks to a combination of hormonal disharmony, slower metabolism and lifestyle factors.

A food blog about making real food nutritious. The one thing sabotaging your hormones September 12, By Alexa Leave a Comment Hormones are a hot topic, as they should be. They can make the difference between brain fog and clarity, weight gain and loss, drive and passion versus brain fog and fatigue, and so much more. The question becomes, why do so many people suffer from hormonal imbalance and how do we make it right? Today I interview Dr. Patrick is the founder and director of The Wellness Way Clinics with wellness centers spread all throughout the U. He is also the author of his latest book, *The Hormone Connection*. Hormonal testing for men and women. How to manage your hormones without supplements. What to use for natural birth control methods. What women should know about menopause? And so much more! However, the main difference is men either cover it up and pretend like nothing is wrong, are naive to the problem or too embarrassed and private to talk about it. Surprisingly they are not the same thing. The defining hormone for men is testosterone. Ladies, we hate this, am I right? Their bodies are not equipped for that miracle. Yes, excess amounts of sugar are wrecking testosterone production in men. What happens is when you feed your body excess sugar, insulin is released via your pancreas. In the short term, men can handle this, but over time their bodies can become insensitive to insulin which tells the body to turn on fat storage. Excess estrogen in men leads to disease, a lack of drive, energy, fatigue, cancers, heart disease, mental health problems and so much more. The best way to increase your hormones and keep your T flowing is to limit your sugar intake, stop snacking, practice intermittent fasting, exercise and eat more whole foods. Here are a few of the top tips I could give you: Focus on protein and fat at meals rather than carbs – This means skipping the plate of pasta for a big serving of protein and some veggies, or bacon and eggs in the morning rather than donuts and cereal. Stop snacking – This is sabotaging you because often the snacks we consume are loaded with sugar and nothing more. Being more adept to handle stress, you should only be eating in a rested state, and for most men, this happens two maybe three times a day. Try consuming all of your food in a hour window allowing the remainder of the day for rest. Complete a monthly fast – Men may also benefit from a longer monthly fast. Find a way to move, lift or stay active daily. Women on the other hand Women, on the other side, are an entirely different beast. I say that in the most gentle of ways. Just like men, women have the same hormones but a different distribution of them. Estrogen is the dominant hormone in women giving us all the glorious features. A woman cycles through four different phases roughly every days. I mean having four phases in one cycle that happens over the course of days gets a lot more complicated. But the demands of trying to juggle home life, kids, full-time jobs, school work, appointments and everything in between creates a damper on our hormone flow. Sure in small loads, but in the loads, woman are receiving it today, it is ruining us. This goes to show that we need to put real effort into stress reduction practices or at least stress management. You have to deal with that hurdle, and then everything else will come. Remember in women; stress hormones are directly linked to estrogen production. Also why we tend to be more emotional and have more feelings than men. The first step would be in understanding what your most significant stressors are? Is it your kids, men, your weight, job, home life? What are your stressors and then start to look at ways to resolve these? Next, implement stress-relieving practices into your own life. Here are my top four ways to manage stress. Pray and journal daily – Quiet time is one of the best ways for a woman to ground herself back into truth. Fill yourself up first thing in the morning. Click here to learn more about cycle-syncing. Schedule time to rest and relax – Your schedule is often over-committed. Rather than letting every commitment fall on you set clear and defined boundaries of time just for you. Maybe you shut your devices off a few hours before bed, dig into a good book, take a hot bath or take a nice long walk. Find something you enjoy and do more of that. Nourish your relationships – Relationships are one of the top stressors of a woman. We are naturally feelers and rely on healthy relationships. If you have a toxic relationship, look for ways to heal that or let go of that. Practice

communication with your spouse, spend quality time with your kids, reach out to a friend you cherish, talk kindly to yourself. Work on those relationships that fill you up. Whether you are male or female, we can all get our hormone cycle on a negative spiral. Sometimes all we need is to refocus, regroup and reset our hormones. Five days, the right environment, a healthy mindset and a winning plan is all your body needs to get back on track. To end the viscous sugar cravings, cut back on caffeine, regulate your cycle, increase your libido, awaken your brain and put more joy in your soul. This 5-day system will teach you how to incorporate healing practices into your every day, what foods jump-start your hormones and help create healthy habits that last a lifetime. Not to mention, the meal plan is family friendly and delicious. The perfect guide to understanding how to nourish your body, provide the right environment for change. All with a healthy mindset. It makes the how-to simple and easy! Not to mention, the recipes are delicious! You can check out a one-day sample below!

3: How To Find A Supportive Doctor Who Will Listen To Your Needs

Listening to Your Hormones illustrates the pervasive role hormones play in women's lives and reveals how to form a successful partnership with a doctor to find treatments that work. "Women are wonderfully unique beings, and, finally, Gillian Ford has addressed our special hormonal concerns and needs.

About Us Our Approach There are hundreds of clinics attempting to treat hormone imbalance. What makes us different? We listen, then we take action. Our business model makes it possible for us to start your treatment on day one. Our Story Our founder, Dr. Melissa Miskell, has owned a medical practice for over 17 years. During her time in practice, she saw how the symptoms of menopause and peri-menopause negatively effected the quality of life for multitudes of women. So she decided to do something about it The other problem she set about tackling was that laboratory testing for hormone imbalance was very expensive. She created Hormones by Design. Here we can test your hormones in our in-office lab, treat you, and get you back to your busy life! All this at an affordable price. Suzi and her husband have 8 children and 6 grandchildren! They are a "sports family". Her family nurse practitioner degree was earned from the University of Texas Health Science Center San Antonio, where she graduated with high honors. Her board certification is held from the American Nurses Credentialing Center. Nancy sees both men and women for hormone related issues, an is accepting new patients in our Boerne location. Nancy has been married to Chip for over 20 years. They have three daughters who keep them quite busy. Ready to start feeling better? Call to book your appointment today! There are hundreds of clinics attempting to treat hormone imbalance. Get in touch Fish Pond Rd. Suite A Waco, TX

4: Listening to Your Hormones - Gillian Ford - Google Books

Hormones don't listen to our inhibitions but drive us to do things we never imagined ourselves doing. A passing glance or a faint scent arouses your hormones, triggering feelings that lead to a deep hunger for love.

To achieve hormone harmony, it takes more than simply focusing on one hormone. So, for the next 4 weeks, I am going to introduce you to the 4 hormones that could be sabotaging your weight loss efforts. Today, we will discuss Estrogen and how it can impact your ability to lose weight after Estrogen Estrogen is not a single hormone but a class of hormones. There are three major Estrogens that women produce – estriol, estradiol and estrone. Estrogen is one of the major female sex hormones. Men also produce it, albeit in smaller amounts. With age, however, the Estrogen levels decrease, leading to women taking on a more masculine figure. Estrogen is also the hormone that could be causing you the most trouble in the fat department. When Estrogen levels are out of balance, they can turn you into a fat producing machine, sometimes at a rapid pace, that leaves many women despondent and frustrated. Estrogen works in tandem with progesterone. Progesterone belongs to a group of steroid hormones called progestogens. Progesterone levels also decrease in your later years. Low levels of progesterone can cause symptoms such as breast swelling and tenderness, mood swings, irritability, trouble sleeping and water retention. Progesterone, when working in unison with Estrogen, normally halts the storage of fat around the waist, but factors can come into play that interfere with this harmonious partnership. It leads to weight gain around the belly that is very difficult to shift due to your progesterone levels being significantly lower than your Estrogen levels. High levels of stress have been shown to negatively impact progesterone. Therefore, if you find fat accumulating around your waist, you may want to work at reducing any stress in your life and help keep progesterone levels in check. Unfortunately, this is not the case. If you would like to know more about the delicate balance of Estrogen and progesterone here is a good article. When you are Estrogen dominant, the positive effects that progesterone has on the body are blocked. This happens because Estrogen overstimulates both the brain and the body. Effects such as calmness and easing fluid retention are the two major, wonderful benefits of progesterone that are sadly missed by any Estrogen dominant, high-strung, bloated, stressed woman. Confusion arises when you are low in Estrogen but are still Estrogen dominant. Estrogen dominance occurs when your ratio of Estrogen to progesterone is higher than normal. Signs of Estrogen Dominance Weight gain, particularly around the abdomen and hips Difficulty in losing weight.

5: 5 Natural Ways to Balance Hormones - Simple Roots

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A food blog about making real food nutritious. Now more than ever, we have a hormonal epidemic on our hands. The goal in the end is to create an even harmony of your body doing the job it was designed. In other situations we need it. It allows for us to know how well we are doing at something, keep us in check and make sure we are traveling along the right path. We use these markers in nearly every aspect of life from step trackers, budgeting, to the gas meter in our car. Feedback is a simple process of collecting information and making a judgement based on what is provided. Feedback is defined as: Our body also has a way of providing feedback through an intricate system that should make living a healthy life as easy as drinking when you are thirsty. Unfortunately through years of ignoring and pushing away our biofeedback signals, our body has lost the connection with what it actually needs. The good news is we can regain this and have a better understanding of how our hormones, metabolism and body is functioning. Our end goal is to keep everything in check. One of the most impressive systems we have in our body is our nervous system. The connection of our sensory organs, to our mental feelings and even our physical feelings. We can feel how food is being processed in our stomachs, to the change in stress levels at certain noises or phrases. We can hear sound change by small fractions and smell things for miles. What is even more crazy is that this happens automatically. Maybe I should ask, which senses are we even paying attention to? Our body can signal thirst, but will you drink? Our body can signal exhaustion, but will you rest? Our body can signal worry, but will you de-stress? Our body can signal hunger, but will you eat? We have more knowledge than any generation, yet we are also the most unhealthy. We have the most knowledge about our body, the intricacies of it, we even have some pretty great recommendations, standards and diets on how to feed our body including when and how to move it. With obesity, cancer, autoimmune disease, hormonal disorders and mental disease all increasing daily. We are overrun with information, that we now live in confusion. Yet deep down, we still want to know. You could know every diet plan, how every process in the body works but still be stuck. Every single time we lose, because we are all unique. The more we fill our mind with what we should be doing we lose out on the very thing that knows exactly what will work. We lose out on hearing our biofeedback cues. Click To Tweet If your body signals hunger, eat, because no amount of starvation is going to fix the energy problem. We must stop, understand, value, listen, have patience and respect and honor the very temple we have a privilege of taking care of. There are deep desires, physiological needs and requirements your body is crying out for. Our body signals what it needs and you provide, nothing less and nothing more. Stop trying to overcomplicate it and just start paying attention to it. Our endocrine system is an intricate and delicate system that works diligently to keep our system in check. Our endocrine system is also the system that releases hormones. Hormones are the messengers that tell the body to burn fat or store fat, remain full or feel hungry. They tell the body to have cravings or not, enjoy balanced energy or feel fatigued. Hormones create our biofeedback markers. When our biofeedback alarms through thirst, exhaustion, hunger, moodiness, we know something is out of whack and we need to fix it. In most cases, it literally means provide what it is signaling. In order to fix our hormones, create balance and harmony, we have to provide what our body needs and that is signaled through the intricate process of biofeedback, not through the next set of recommendations on the magazine cover. Nothing more and nothing less. It has been taught to be the golden standard, but if we flip that on its head and understand there is no set standard for sleep, other than knowing it is critical to get an adequate amount by listening to your body. Knowing your sleep chronotype can help you understand your sleep patterns. Our biofeedback loops will tell us, when we need to go to bed and also when we should wake up. Through using these things and knowing our chronotype as opposed to the recommended 8 hours per night we can start to see quality improve. The better the quality of sleep, the deeper you sleep the more positive the hormonal flow will benefit. Get more sleep, find ways to get better quality of sleep, or in some cases, maybe you are getting too much sleep. Not when you think you should be drinking, or as you are guzzling water to

win the next hydration challenge at work. Both of those things can actually do more harm to your hormones than good. We were born with this stuff, we just have to honor it. Bottom line, drink when you are thirsty. Above all of the recommendations and requirements we must first listen to our body. We need to stop trying to beat it into submission, stop trying to push past the pain and fatigue, starve or deprive and know that none of these things are going to make you more successful in any aspect of life. Instead we need to stop and first analyze our own needs, drives, desires and feedback. To supply what it needs first and use all the other standards as starting points. To use it as a foundation to shape into a plan that works for you. Of course a constantly changing one, knowing our metabolism and hormones are not static.

6: Listen to your hormones then tell them to shut the #\$%! up

Because the thyroid signaling system interacts with all your other hormones, when your signals are off, you don't process stress well, your sexual function gets disrupted (low libido, diminished fertility), and your mood, memory, and focus all tank. That gives you an idea of all the ways the thyroid needs support.

7: If You Want to Lose Weight After 50, Listen to Your Hormones!

Hormones intertwine with each other, creating a delicate balance that must be maintained. One unbalanced hormone will eventually cause others to follow suit. Hormone deficiencies disrupt homeostasis, or balance, which produces symptoms like weight gain, hot flashes, depression/anxiety, joint pain, low libido, fatigue and skin problems.

8: Listen To Your Hormones: A Doctor's Guide To Sex, Love, & Long Life by Abraham Kryger on Spotify

The answer to that question has become the rather vague and frustrating advice of "do what works for you" and "just listen to your body". But how do you do that, listen to your body? (Assuming you don't have a hormone secret decoder ring.) What you need is to have someone show you a starting place, a template and then be taught how to actually listen to your body in a real, concrete way to adjust that template to work for you in all your metabolic uniqueness.

9: Listening to Your Hormones by Gillian Ford

If our hormone balance is so critical for normal functioning, how is it that an imbalance all too frequently occurs in our contemporary world? Chapter Four explains that drugs play a role. These drugs include not only "social" drugs like alcohol, nicotine, and cannabis, but environmental drugs like dioxin.

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