

Estrogen Dominance-the New Epidemic

For women who are over the age of 35, estrogen dominance is a fact of life. Why is this? Because as our ovaries age, our progesterone levels decrease and progesterone is a big deal in maintaining hormone balance. It is the hormone responsible for our sense of well-being, since it helps us sleep, fight anxiety and elevate mood among other things. So as we enter our mid-thirties, and our progesterone levels decrease, our hormone imbalance issues increase. In addition, women under stress tend to have elevated cortisol and lower progesterone. To me, it seems like such an easy solution for our health care practitioners to prescribe progesterone, but this is simply not happening. Doctors understand estrogen deficiency but estrogen dominance? Not so much. When our progesterone levels decrease, we have more estrogen, so we are estrogen dominant. This estrogen dominance is evident in our weight gain around our mid-section (typically 25-30 lbs), our brain fog and our general sense that life is out of control. Prescribing progesterone after checking hormone levels and then customizing that progesterone dose for each client to rebalance our estrogen-progesterone ratio makes sense. But what is the reality? The reality is we visit our doctor for help and we leave his office with a prescription for an antidepressant, a sleeping aid, or an estrogen product. Let me propose that offering a sleeping aid or an antidepressant does NOT address the cause of the issue, which is most likely a hormone imbalance. It does make money for the drug company. And the estrogen product will simply promote more estrogen dominance, which will do nothing to relieve the symptoms of the progesterone deficiency, but will do everything to aid in more weight gain, brain fog and the added bonus of a heightened risk of breast cancer, since estrogen dominance raises the risk of breast cancer.

I recently met a woman at a local business networking event who was experiencing fatigue, joint pain and low libido. She decided to make an appointment at our cottage for an initial free consultation and to get her hormone levels checked. She was on a popular estrogen spray prescribed by her doctor, and was curious about what her hormone levels were. So she checked these levels with our take home saliva and blood spot test that checks hormones at the tissue levels of cells. When the results came back, her estrogen level, which should have been between .8-12 was 303!

And her progesterone level, which should measure between 30-300, was only 26. THIS is estrogen dominance at its peak! Her ratio of progesterone to estradiol which should have been between 100-500 was a zero! Add to this her erratic cortisol levels which indicated adrenal fatigue and a sluggish thyroid, and we have a woman who obviously doesn't feel well. My biggest concern for her is her 303 estrogen level, which is a very heightened risk for breast cancer. Why is this? Because unopposed estrogen poses a serious health risk for breast cancer. So why are doctors prescribing it? It is what they know, it is FDA approved and insurance pays for it. I find this alarming on many levels, but until we get educated in this arena of natural hormone balance and educate our doctors, not much is going to happen to change the face of this estrogen dominance epidemic.

For further information or to have us help you regain YOUR best health naturally, call us at 513 444 6343 or email us at info@happyhormonecottage.com. We look forward to serving you.