

THE IMPORTANCE OF NATURAL HORMONE BALANCE IN OUR DAILY BEAUTY ROUTINE

So what's the skinny on natural hormone balance and just how important is it really? There is a lot of misinformation out there on hormones and hormone balance and many of these myths and misconceptions are being passed on because that is the information we are being bombarded with. So what is the truth about natural hormone balance? Here's the deal: Our bodies run on hormones and these hormones deplete with age. So by the time we are around the age of 35, our progesterone levels begin to deplete because we are getting older. What's the big deal? Progesterone is responsible for many important tasks in our body that greatly impact the way we look and feel. Progesterone is responsible for:

- how we sleep
- our depression
- our anxiety levels
- our mood
- sugar cravings
- aches and pains
- balancing our estrogen to help prevent breast cancer

This lack of progesterone also poses another serious health condition called estrogen dominance. When our progesterone levels become less than our estrogen levels (i.e. in women over the age of 35), we become estrogen dominant and this is when we begin to experience those wonderful symptoms that interrupt our outer beauty like those 25-30 pounds of fat right around our mid-section; brain fog ("now where DID I put my lipstick??" or "what do you call that stuff I put on my lips to give them color??") and a heightened risk of breast cancer. So estrogen dominance IS a big deal! What makes it more interesting and is actually the reason I do what I do, is because when we go to our health care practitioners with issues of a hormone imbalance (sleeplessness, fatigue, low libido, brain fog, weight gain) no one is prescribing the obvious answer-progesterone. Guess what IS being prescribed? You got it: antidepressants, sleeping aids and estrogen patches! My favorite question to ask women who tell me they went to their doctor with these hormone imbalance symptoms and he gave them a prescription for Prozac is, "Well, gee, are you Prozac deficient??!!" NO-o-o-o, we are progesterone deficient! So why is no one prescribing progesterone? Because drug companies can't make what is found in nature (they can't get a patent on it so they can't make big bucks). But what can they make?? You got it: antidepressants and sleeping aids. The problem with these tools in our doctors' toolbox is they simply

mask the symptoms without ever really finding and fixing the cause! I think this is simply unacceptable and we need to be doing something about it! Oprah says, "When we know better, we DO better!" Well, guess what? We DO know better. Customized compounded BHRT has been done in Europe for 30 years and there ARE studies, lots and lots of studies on these bioidentical hormones that replace our depleted hormone levels. But you will not see this being taught in medical school and most doctors I have spoken with tell me they only received about 4 hours of instruction on hormones and that was years ago. So what to do? I think the answer is clear: we need to get educated on bhrt (bioidentical hormone replacement therapy) and we need to become empowered to take charge of our journey to natural hormone balance. This is my passion and what my Happy Hormone Cottage is all about: educating and empowering women to take charge of THEIR best health naturally! If we don't do this, who will? We have got to begin to ask the question, "What is best for MY body" and then begin to get educated. We have many resources and studies on my website-www.happyhormonecottage.com and then click on Recommended Resources and Readings. We also have a Practitioners Resources section for our health care practitioners to learn more about bioidentical hormone replacement therapy.

Let's talk about another beauty from the inside out tip: estrogen! Did you know that estrogen is responsible for doing around 300 jobs in our bodies? Are you aware that it also depletes with age? (just not at the same rate or as early as progesterone) Estrogen is the hormone that helps us prevent diseases like dementia and heart disease. So replenishing it as we age and balancing it WITH progesterone is key! Do you know what is even more impactful? Checking your existing hormone levels so we know what they are (why is no one doing that? (just asking) and then customizing this natural hormone therapy just for you. The beauty of customized dosing is that we CAN and DO adjust dosing so we can meet the hormonal needs of our bodies. Do we really want to slap an estrogen patch on our arm, or spray an estrogen gel on our skin, when no one has checked our hormone levels and the dosing for these estrogen products is pretty much "one size fits most?" I don't know about you, but I believe we deserve better than this!

Now that you know the truth, what is YOUR next step in gaining information? Do YOU have what it takes to get YOUR BEST HEALTH NATURALLY? You can call us at 513 444 6343 to schedule your free consultation or you can log onto my website to make an appointment. We are a women helping women resource and a free educational facility. After we educate you, the next step is up to you. We will listen to your story and then help you craft YOUR action plan for YOUR best health naturally. Regaining hormone balance is a necessary step in maintaining your inner beauty, so you can really shine from the inside out! Looking forward to speaking with you soon!