

Menopause – Creating Hormone Harmony

I. Symptom/concerns of Menopause

A. Physical changes

1. Fatigue
2. Dry skin, less elasticity
3. Hot flashes/ night sweats
4. Headaches
5. Digestive changes
6. Insomnia
7. Weight gain
8. Bone loss

B. Sexual functioning

1. Menstrual changes
2. Vaginal dryness/thinning
3. Libido loss

C. Mental health

1. Irritability
2. Depression
3. Mood swings
4. Brain “fog”
5. Memory loss

D. Cardiovascular

1. Heart attacks
2. Stroke
3. Arrhythmia
4. Arteriosclerosis

II. What's happening?

A. Review of menstrual cycle

1. Follicular phase – estrogen dominance
2. Luteal phase – progesterone dominance
3. Less egg production, increase in FSH
4. After menopause, adrenal production of estrogen

B. Estrogen

1. Natural – available in proportions, 1-E1:1-E2:8-E3
 - a. Estradiol (E2) – predominates before menopause
 - b. Estriol (E-3) – protective
 - c. Estrone (E-1) – created from fat cells
2. Synthetic – ex. Premarin (Pregnant Mare's Urine)
 - a. Cancer, blood clots, gall bladder disease, liver disease, stroke
 - b. Weight gain, headaches, depression, sore breasts, bloating