

INTEGRATIVE MEDICAL INSTITUTE OF ORANGE COUNTY

Why Balancing Your Hormones Can Help You Feel Better

Hormonal balancing improves just about every aspect of your life. You can feel more energetic have less stress or anxiety. Your mood can be elevated. You can have deep, restful, rejuvenating sleep every night. You can have a sharper mind. Hormonal balancing means feeling better and living longer.

What is hormonal balancing? If you ask your doctor, they may tell you it's the female hormones--estrogen, progesterone and prolactin, or tell you it's all about testosterone, or it's about balancing your insulin, glucagon and blood sugar. They may not tell you that it's about having all your hormones balanced. All your hormones affect one another. It's one big system. When one hormone is out of balance, it affects all your hormones. They are all inter-connected. Hormonal balancing means having just the right amount of every hormone. It means having a body that's healthy and resilient.

We can help you learn about how all your hormones work together and how to control your stress, have better resilience, focus, energy, decrease your appetite, body weight and metabolism. We can teach you about the subtle or not so subtle signs and symptoms of hormonal imbalance and what you can do to get your body's system back on track.

Medications, vitamins, and supplements can and do affect hormonal balance. Often people don't know or consider how a medication, vitamin or supplement can affect other parts of their body. We keep up on the most up-to-date listing of currently available medications, vitamins, and supplements and how they affect hormones, sometimes positively and sometimes negatively. We have comprehensive listing of medications and how they can influence your hormones

Stress can throw your hormones out of whack. Our lives speed up in ways previous generations never could have imagined. And all this speeding around is stress. When our body is under stress two things usually happen: First, it goes into conservation mode. Metabolism slows, and even your normal diet leads to weight gain. Second it can lead to organ damage and at time failure. We are a strong believer in preventive medicine. We look and evaluate all the necessary components of you health to better provide you with optimal living.

Any kind of stress--whether mental, physical, or emotional--can disrupt the hormonal balance in our bodies. It causes the brain, pituitary gland, and adrenal glands to pump out stress hormones. These hormones cause the biological reactions we associate with stress, from rapid heartbeat to a rise in blood sugar to slowed digestion. We will look at all aspect of you life to better provide you with a comprehensive and complete program.

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Please find below a brief list of symptoms that may suggest your hormone are out of balance.

Symptom List

Estrogen Deficiency

Hot Flashes	Night Sweats
Dry Skin	Vaginal Dryness
Foggy Thinking	Headaches
Heart Palpitations	Memory Lapses
Painful Intercourse	Yeast Infections
Low Libido	Bone Loss

Estrogen Excess

Water Retention	Nervousness/Anxiety/Irritability
Breast Swelling and Tenderness	Fatigue
Craving For Sweets	Weight Gain
Fibrocystic Breast	Mood Swings
Uterine Fibroids	Low Thyroid Symptoms
Heavy, irregular menses	

Progesterone Deficiency - *Many of the symptoms of Estrogen Excess, including:*

Swollen Breasts	Weight Gain
Headaches	Low Libido
Anxiety	Mood Swings
Irregular Menses	Depression
Cramping	PMS
Acne	Fuzzy Thinking
	Joint Pain

Progesterone Excess

Somnolence	Gastrointestinal Bloating
Mild Depression	Breast Swelling
Candida Exacerbations	Exacerbates Symptoms of Estrogen Deficiency

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Testosterone Deficiency

Fatigue, Prolonged
Memory Problems
Decreased Libido
Heart Palpitations
Bone Loss
Incontinence
Fibromyalgia

Mental Fuzziness
Depression
Blunted Motivation
Diminished Feeling Of Well Being
Vaginal Dryness
General Aches/Pains

Testosterone Excess

Acne
Deepening Of Voice
Irritability/ Moodiness
Loss of Scalp Hair

Male Pattern Hair Growth
Clitoral Enlargement
Insomnia

Low Cortisol

Fatigue
Craving For Sweets
Chemical Sensitivity
Symptoms of Low Progesterone

Allergies
Irritability
Symptoms of Hypothyroidism

High Cortisol - *Some Symptoms As Low Cortisol, Including*

Bone Loss
Sleep Disturbance
Low Libido
Anxiety

Anxiety
Depression
Hair Loss
Elevated Triglycerides

Low Thyroid Function

Fatigue (especially evening)
Cold Extremities
Low Libido
Dry Skin
General Aches and Pains
Depression
Scalp Hair Loss
Brittle Nails
Low Pulse/Blood Pressure
Memory Lapses
Heart Palpitations
Constipation

Low Stamina
Low Body Temperature
Headaches
Intolerance To Cold
Weight Gain
Anxiety
Swollen, Puffy Eyes
Decreased Swelling
Poor Concentration
High Cholesterol
Infertility
Fibromyalgia

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