

H O R M O N E S

Thyroid function can be supported by a number of nutrients, as can testosterone deficiency or estrogen dominance.

Low testosterone can result in decreased libido, decreased muscle mass and bone mass, fatigue and depression. It can be treated with weight loss and a diet of lean protein and low glycemic foods that do not overstimulate insulin production.

A decrease in female hormones can be caused by chronic stress, energy deficits, low fat diet and nutritional deficiencies, excessive exercise and aging. Low estrogen can cause symptoms of subfertility, atrophic mucosa, depression and anxiety, premature cardiovascular disease and decreased bone density. Low progesterone may result in subfertility, depression and anxiety, an increase in premenstrual symptoms like irritability, aggression and fatigue.

Estrogen dominance (increased estrogen compared to progesterone) is the cause of too heavy or painful periods, fibroids, endometriosis, fibrocystic disease and poly cystic ovary syndrome. Obesity, insulin resistance, inflammation and altered gut organisms contribute to estrogen dominant states. A diet rich in antioxidants, cruciferous vegetables, fiber, green tea, colorful vegetables and fruits and flax seeds improve hormone metabolism. Glucose control, achieving ideal body weight, gut restoration, adequate sleep, liver and bone support are all helpful for female hormone health.

