

21 Facts About Balancing Your Hormones

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1. All hormones available for women are not alike and **do not** carry the same risks and benefits.
2. Dr. Leon Speroff M.D. (author of the Medical School Textbook for Gynecologists) said women can only feel optimal when all of their different hormones reflect a **BALANCE** of actions in their bodies.
3. Dr. Speroff also says only naturally occurring hormones in the human body can be called "hormones". If a drug company changes any part of the structure of the hormone (to obtain a new compound they can patent) then the new entity is no longer a hormone but becomes a **drug** with different effects and different side effects.
4. Therefore, human **Bio-Identical Hormones** can only include those hormones naturally found in the human body. We most commonly work with Estradiol, Estriol, Estrone, Progesterone, Testosterone, DHEA, Pregnenalone, Cortisol, and the thyroid hormones T-3 and T-4.
5. The WHI Study (Women's Health Initiative Study) released in 2002 found if women used hormone replacement therapy, they would have an increased risk of breast cancer, heart attack and stroke. That study **did NOT use** human Bio-Identical hormones; it used horse estrogen and a chemicalized progestin drug.
6. Women's Option 1- Use no hormones (do nothing) and let nature takes its course. Ouch!- accelerated rate of metabolic aging in all body systems including -for example- cardiovascular, brain, skeletal, endocrine, muscles, skin, and immune system.
7. Option 2- use herbal remedies for symptomatic control. Black Cohosh and soy may give mild but short lived relief from hot flashes but does not fight the metabolic aging factors. In fact- soy has several negative effects including inhibition of thyroid production.
8. Option 3- use traditional pharmaceutical drugs for hormone replacement. Increased risks of breast cancer, heart attack and stroke (WHI Study).

9. Option 4- **use human Bio-Identical Hormones** to achieve hormone balance. In addition to better quality of life, experts in the field believe the balanced use of Bio-Identical hormones will reduce risks of heart disease, osteoporosis, cancer, and dementia.
10. Bio-Identical Hormones are regulated by the FDA and are only allowed to be dispensed by prescription. If hormones are sold "over the counter", including Progesterone, DHEA and Pregnenalone, this is a direct violation of the law and according to the FDA, may be of questionable quality and strength.
11. The large pharmaceutical manufacturers **cannot** patent naturally occurring human Bio-Identical hormones, therefore these hormone prescriptions are prepared by specially trained **Compounding Pharmacies**.
12. By age 40, the average American woman has seen an 80% decline in Progesterone levels.
13. The ensuing imbalance of estrogen, progesterone, and testosterone results in **Estrogen Dominance**. Common symptoms- PMS, heavier periods, uterine fibroids, fibrocystic breasts, anxiety, depression, decreased sex drive. insomnia and depression.
14. Women with strong levels of natural Progesterone have reduced breast cancer risk.
15. Natural Progesterone has a calming effect (to help with PMS, anxiety and insomnia).
16. Natural Progesterone stimulates new bone formation (to fight osteoporosis)
17. Estrogen slows the breakdown of existing bone tissue (but does not stimulate new bone formation)
18. Women need Testosterone too! (much lower dose than men -but helps with libido, metabolism, breast cancer prevention and brain). Progesterone helps this.
19. Over 40% of the U.S. population suffers from clinical **Hypothyroidism** (low thyroid symptoms). Only 5% of those patients are ever diagnosed. (according to Dr Broda Barnes MD, a leading thyroid researcher with over 50 years of experience)

20. When evaluating the **Balance** of hormones and thyroid, clinical symptoms should first be evaluated, then use labs to validate those symptoms.

21. Today's doctors are smart and caring healthcare practitioners, but are not trained to practice this type of medicine.

NOTE: Neways uses [bio-identical USP Progesterone in the Endau](#) - USP is an abbreviation for "United States Pharmacopoeia". An ingredient with this marking on it is listed in the United States Pharmacopoeia, and is manufactured according to pharmaceutical standards.

[Click Here](#) for more information about Neways Endau Bio-identical Natural Progesterone Cream

In Dr. John R. Lee's book "**What Your Doctor May Not Tell You About Menopause**"

- [How many of these 50 symptoms are you experiencing?](#)
- [Where in Perimenopause are you?](#)
- [Frequently Ask Questions](#)
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