

Hormone Imbalance



What is Hormonal Imbalance?

Hormones play a vital role in every **woman's health and well-being**. Very often when women are in a bad mood, you will find that they, or their partners, blame it on their hormones. When **hormone levels fluctuate**, this can affect your mood, sexual desire, fertility and ovulation. In other words, **the imbalance of hormones may impact negatively on how your reproductive system responds**.

Every month, the female hormones [estrogen](#) and progesterone are produced. When [estrogen](#) and progesterone levels do not balance, this may have a dramatic effect on your health. The gonadotrophin releasing hormone, also affects the **functioning of the hypothalamus** which in turn affects the pituitary gland, which then affects the ovaries, fallopian tubes and uterus.

The imbalance of [estrogen](#) hormones can also cause menopause and all the symptoms associated with it. These hormones are influenced by certain factors such as nutrition, diet, lifestyle, exercise, stress, emotions, age and ovulation.

Diagnosing Hormonal Imbalance

There are trained specialists such as obstetricians, gynecologists and reproductive endocrinologists who specialize in the **diagnosis and treatment of [hormonal imbalance](#)** and abnormalities.

Treatment options depend on the individual's overall health, the type of **[hormonal imbalance](#)** and the severity of the fertility condition. For instance, a diet that is low in fat and high in fiber may be recommended. In addition, those who are **suffering from Polycystic Ovary Syndrome (PCOS)** may be treated with ovulation medications such as clomiphene (Clomid) while [estrogen](#) cream may be prescribed for cervical mucus irregularities.

Women of all ages may experience hormonal imbalances, often with symptoms becoming evident in their late twenties and throughout their forties. Many women also experience **symptoms of hormonal changes** during their premenstrual cycle.

Signs and Symptoms of Hormonal Imbalance

- Changes in menstruation
- Acne
- Basal body temperature
- Oily skin

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- Excessive hair growth
- Fatigue
- Dizziness
- Allergy symptoms
- Anxiety
- Low sex drive
- Headaches
- Weight gain
- Depression
- Endometriosis
- Water retention
- Premenstrual syndrome (PMS)
- Urinary tract infections (UTI's)

What Causes Hormonal Imbalance?


Many common conditions that can lead to female infertility are linked to [hormonal imbalance](#). These conditions include:

- **Eating disorders** - While **hormonal changes do not cause eating disorders**, an imbalance in hormones can occur in severe eating disorders such as anorexia nervosa and bulimia. When an eating disorder occurs, the reproductive hormones which include estrogen and dehydroepiandrosterone (DHEA) are low while the stress hormones are high. In addition, the thyroid and growth hormones are also considerably affected
- **Glandular problems** - Primary glands such as the hypothalamus, thyroid and pituitary glands are responsible for the production of **reproductive hormones**. They send signals during reproductive processes that cause various **levels of hormone production**. When hormonal abnormalities occur in these glands, fertility problems (set7ailment) in women may occur. The primary glands may be affected by a wide range of underlying conditions such as weight changes, stress, medication, birth control pills and medical disorders such as hypothyroidism and tumors.
- **Ovulation disorders** - These types of disorders are caused by high levels of androgens (male sex hormones) or prolactin. Androgen levels promote the male sex characteristics and are responsible for the development of pubic hair and sex drive (libido) .
- **Polycystic Ovary Syndrome (PCOS)** - This condition is caused by abnormally **high levels of male hormone**, which in turn results in high levels of lutenizing hormones as well as low levels of follicle stimulating hormones (FSH).
- **Abnormal cervical mucus** - Irregularities related to cervical mucus include mucus that is too thick to allow sperm penetration even during ovulation or insufficient cervical mucus production in the cervical glands.



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- **Premature menopause** - Premature menopause is also known as premature ovarian failure. It occurs when women under the age of 40 lack **hormones required for ovulation and menstruation** as a result of a depleted supply of eggs.
- **Thyroid Problems** - Thyroid problems may be caused when too much thyroid hormone (hyperthyroidism) or too little (hypothyroidism), interrupts cycles.

Help for Hormonal Imbalance

There are also more natural, gentler ways to treat the **symptoms of hormonal imbalance**. Treatments such as **herbal and homeopathic remedies** are gentle on delicate body systems, but still effective and improve your overall health helping to **restore balance to hormonal levels**.

Herbs such as Vitex agnus-castus (Chasteberry) promote hormonal balance and health while Cimicifuga racemosa (Black Cohosh) has become well known for its beneficial effect on hormone functioning due to its phyto-estrogenic properties. In addition, Eleutherococcus senticosus (Siberian Ginseng) helps to **regulate the menstrual cycle** as well as **improve hormone balance** and promote fertility.

More Information on Hormonal Imbalance

If you think you are suffering from hormonal imbalance, speak to your doctor right away. He will make a proper diagnosis and provide you with treatment options for your specific condition.

A healthy and balanced diet is crucial for hormonal health and overall systemic balance. Make sure to reduce overly processed foods, especially refined sugars. Eating wholesome organic foods with plenty of fruits and vegetables will help your overall health, including the regulation of hormone production.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by

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those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy



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consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Fertile XX: Supports hormone balance, healthy uterus, ovaries, fallopian tubes and reproductive function.

Herbal fertility tonics have been part of traditional medicine all over the world for many thousands of years. Fertile XX is a 100% safe, non-addictive, natural herbal tonic containing a selection of herbs to **promote and support fertile conditions**.

Fertile XX has been used for many years to safely maintain harmony, health, and systemic balance in the **female reproductive system**. Fertile XX also supports a healthy uterus, ovaries, fallopian tubes, and **reproductive functioning**.

Regular use of Fertile XX **supports normal hormone balance** in the female body and encourages **healthy egg production** and regular ovulation while also supporting overall systemic health.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Fertile XX](#)

Dong Quai: Promotes a healthy reproductive system, premenstrual, menstrual and menopausal health.

Dong Quai, one of the most important of the Chinese tonic herbs, is used as a nourishing blood tonic and to regulate the menstrual cycle. Dong Quai has been used for centuries by Asian healers to balance female hormones and to prevent the troublesome symptoms of menopause and PMS. Clinical research has indicated that Dong Quai also contains antispasmodic compounds that aid in relaxing muscle tissue, explaining its effectiveness in treating menstrual cramps.

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4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

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