

Hormones

Hormones are chemicals produced by a healthy body to regulate the activities of our cells and organs. There are many hormones in the body that interact harmoniously with each other, like instruments in a symphony, to give us a sense of well-being. Our bodies are designed to not need hormonal therapy if we live a healthy life with good nutrition and a stress free, non-toxic lifestyle. Of course, in today's world this is very hard to accomplish.

It is not uncommon to see young women suffer from hormonal imbalances that cause such conditions as Polycystic Ovaries Syndrome (PCOS), PMS, post-partum depression, or ovarian failure. It is also not uncommon to see young men in their thirties with testosterone levels of an old man, with little libido and stamina. Infertility among young people is at a record high. As women grow older and enter menopause, they experience many hormonal decline symptoms, such as memory loss, high blood pressure, low libido, osteoporosis, and many others. Men follow suit with similar symptoms that are now recognized as andropause..

Deficiencies of thyroid and adrenal hormones can contribute to non-specific symptoms of fatigue, weight gain, malaise, memory loss, menstruation issues, immune dysfunction, and even psychiatric conditions. Insulin resistance, a prediabetic condition, is now common, contributing to inability to lose weight, cardiovascular and neurodegenerative illnesses. Marginal imbalances in these hormones can have profound impacts on one's sense of wellbeing in spite of "normal" lab results. Likewise, diminished insulin output is common in patients with reactive hypoglycemia, contributing to such symptoms as insomnia, anxiety and panic attack, depression, and inability to cope with stress.

Other hormones that are not commonly tested for, such parathyroid hormone, could be overlooked in patients with hypertension, headaches, rapid aging, atherosclerosis, and chronic pain. Aldosterone deficiency can be a culprit in some patients with memory loss, hypotension, chronic fatigue, and dizziness due to sodium and water imbalances. Pregnenolone deficiency can be presented as non-specific symptoms or memory loss.

In order to treat physical and cognitive ailments resulting from hormonal imbalances, extensive testing of multiple hormones should be conducted, sometimes along with nutritional studies in order to diagnose the cause of such hormonal imbalances. Toxins and immunological reactions against food and environmental stressors can adversely impact our glandular systems, making them less efficient.

Laboratory tests including urine, saliva, red blood cell, and venous blood could be selected to accurately diagnose hormone imbalances and metabolism. Nutritional testing could help address deficiencies that could adversely impact optimum hormone function. Antibody tests could point to autoimmune reaction against glands and hormones.

Hormone deficiency or excess could be treated with supplemental support. But usually it is attention to lifestyle variables that will ensure the long lasting impact of hormone balancing treatments.