

Menopause

What is Menopause?

Menopause medically referred to as, a time in which a woman ceases to have a period for 12 months in a row. In the years leading to Menopause the ovaries slow down the production of hormones, Estrogen, Testosterone and Progesterone. Long before a woman's menstruation stops, she will already have noticed a change. Her periods may become shorter, she may notice loss of energy, and her mood may be altered, and experiencing forgetfulness. The main symptoms associated with Menopause are:

- Pattern changes in your period
- Hot flashes
- Night sweats
- Mood swings
- Trouble sleeping
- Vaginal dryness
- Hair loss or thinning hair
- Loss of libido
- Fuzzy thinking
- Fatigue
- Depression
- Anxiety

What is Peri-menopause?

Peri-menopause is a fluctuation in hormones that leads up to menopause. Peri-menopause may begin as early as 10–15 years before your menstrual periods completely stop. Symptoms associated with Peri-menopause are:

- Irregular periods
- Sleep disturbances
- Heavy bleeding
- Weight gain
- Loss of sex drive
- Vaginal dryness
- Dry eyes

Why do women need hormones before and after Menopause?

No matter how old you are, if your hormones are unbalanced, you may experience some of these symptoms, hot flashes, night sweats, trouble sleeping, mood swings, and depression. These symptoms are not necessarily limited to menopause. Some women experience these symptoms in their early twenties, primarily due

to hormonal imbalances they were not aware of such as adrenal fatigue. Hormones are specifically designed to help our bodies adjust as we go through life.

Can Estrogen increase the risk of cancer or heart disease?

There are **three** type of Estrogen:

- E1 – Estrone, which is **breast and clot stimulating** and increases in women in their late 40's from 10% to 80%, hence known as the "bad" estrogen
- E2 – Estradiol which is **breast and clot protective** and decreases from 80% to 10%
- E3 – Estriol, which is also **breast and clot protective** and also decreases from 80% to 10% in women in their late 40's

The *only form of Estrogen* that has been **linked to breast cancer and heart disease**, specifically in the Women's Health Initiative (WHI) study, is **E1 – Estrone**. Estrone is used in **Non Bio-Identical (Synthetic) Hormones for Estrogen Therapy**, such as Premarin, Prempro and Climara.

At Aspen Chiropractic and Wellness we only use **compounded Bio-Identical** estrogen hormones made from E2 – Estradiol (20%) and E3 – Estriol (80%), which have actually been shown to decrease the risk of breast cancer and heart disease.

Will Bio-identical Hormones help me?

Women who are suffering from Menopausal symptoms, and who are looking to put an end to the hot flashes, night sweats, insomnia, memory problems, mood swings, weight gain, and low libido, should make an appointment for further evaluation. We will address these symptoms and design an individualized program specifically geared for you.

What is Estrogen and what benefits can I expect from taking it?

Estrogen is one of the two main sex hormones in women and is synthesized mainly in the ovaries and comes in three forms in the body: estrone

Menopause

(E1), estradiol (E2), and estriol (E3). Estradiol predominates between menarche and menopause and can be converted to testosterone via the enzyme aromatase. The benefits of estrogen replacement are very significant:

- Prevent bone loss
- Improve heart health
- Prevent memory loss
- Stimulate growth and repair
- Reduces osteoporosis by 50%
- Reduce wrinkles and the signs of aging
- Reduces the risk of colon cancer by 30%
- Reduces the risk of Alzheimer's by 80%
- Reduces the risk of osteoarthritis by 40%
- Decrease the risk of stroke and heart attack by 50%
- Reduces the risk of periodontal disease and tooth loss by 40%,
- Relieve symptoms of menopause: hot flashes, irritability, insomnia, loss of sex drive

What is Progesterone and what benefits can I expect from taking it?

Progesterone is a steroid hormone found in both women and men. It is a very important hormone and has many purposes as there are three-hundred receptors throughout the body for Progesterone. The most important benefits of Progesterone are:

- Balances Estrogen
- Natural anti-depressant
- Helps eliminate migraines
- Regulates the immune response
- Acts as an anti-inflammatory agent
- Helps the thyroid to function better
- Prevents the over production of insulin
- Helps eliminate allergies, including asthma
- Prevents Osteoporosis and helps bones to calcify
- Treatment for fibrocystic disease and uterine fibroids
- Beneficial for blood vessels and can prevent coronary artery spasm

- In pre-menopausal woman, eliminates PMS, menstrual cramps, headaches, and breast tenderness.

What is Testosterone and what benefits can I expect from taking it?

Testosterone is a sex steroid hormone produced in the ovaries and adrenal glands in women. A healthy testosterone level is as important in women as in men. The benefits of Testosterone therapy include:

- Reduced body fat
- Improvement in memory
- Increased sense of well-being
- Improvement in bone density
- Increased libido and enhanced sensitivity
- Testosterone is one of the top protectors of the heart
- Increased strength, endurance and enhanced body composition

Adrenal Fatigue

What Causes Adrenal Fatigue?

The Stressful lives we live! Due to our round-the-clock stimulation and stress we are constantly over-worked, under-nourished, over-stimulated, under-rested, exposed to environmental toxins, worrying about others — with no let-up. It is estimated that 65% of the population exhibit signs & symptoms of adrenal fatigue. The common daily challenges are endless: lack of sleep, commuting to work, personality conflicts or a demanding boss, financial pressures, the threat of losing your job, yo-yo dieting, relationship issues, death or illness of a loved one, skipping meals, reliance on stimulants like caffeine and processed carbohydrates, digestive problems, over-exercise, illness or infection, and surgery. These unrelenting signs and symptoms as a result of adrenal fatigue are directly contributing to the rise in chronic disease that we see in modern Western society, such as adult onset diabetes, hypertension, hyperlipidemia, respiratory infections, fibromyalgia, auto-immune disorders, chronic fatigue syndrome and arthritis.

Why Do these Stressful Conditions Cause Adrenal Fatigue?

The bottom line when the adrenal glands become over stimulated, burnt out, then key hormones become imbalanced, affecting the efficiency of the body to recuperate from the stress. When chronic stress repeatedly forces the adrenal glands to sustain high levels of cortisol, two things happen: first, the adrenals can't keep up with hormonal regulation because the same resources that are needed to make hormones like pregnenolone, dehydroepiandrosterone (DHEA), estrogen, progesterone, and testosterone, are required to make Cortisol (first response or fight or flight hormone). Cortisol converts protein to energy and releases our stored sugar (*glycogen*) so our bodies have the fuel needed to respond quickly. Unfortunately high levels of cortisol starts to damage healthy tissues and due to inadequate levels of the other hormones then the effects of adrenal dysfunction can be profound on our health.

What are the symptoms of Adrenal Fatigue?

The most predominate symptoms of Adrenal Fatigue include: weight gain, Fatigue, decreased productivity, insomnia, exhaustion regardless of adequate amount of sleep, depression, decreased sex drive, brain fog and memory problems, hair loss, acne, reliance on stimulants like caffeine, cravings for sweets or salty snacks, and poor immune function.

What are the steps to recovering from Adrenal Fatigue?

At Aspen Chiropractic and Wellness we have a specialized program for Adrenal Fatigue therapy, which after an extensive medical evaluation and review of your laboratory results of your TSH, Free T3/T4, Pregnenolone, DHEA, Estriol/Estradiol, Progesterone, Testosterone levels, and other chemical panels; we will implement an individualized treatment plan which may include Bio-Identical Hormones and Nutraceutical Supplementation. Our goal is to bring your body back to its natural, peak balance and give you your healthy life back!

What are Bio-Identical Hormones?

Bio-Identical hormones are bio-chemically identical to the hormones made within the human body. The original source comes from a plant – yams. What starts out as wild yam gets converted through enzymatic steps in the laboratory before it ends up as a bio-identical hormone exactly equal to what humans actually have. They do not contain unnatural or harmful chemicals. Bio-Identical hormones are customized and compounded to each individual's needs.

Why should I consider Bio-identical Hormones?

Around the age of 30, our hormones start to decline and an imbalance of those hormones, start to manifest themselves. Bio-identical hormone replacement therapy, may be one of the best things you can do for yourself, because of the benefits bio-identical hormone replacement therapy has on everything from, our sense of well-being, the cardiovascular system, the aging brain, and to the strengthening of muscles and bones.

What is DHEA and what benefits can I expect from taking it?

Dehydroepiandrosterone (DHEA), is a steroid hormone produced mainly by the adrenal glands, but also by the gonads, the brain, the skin, and is essential for optimal health. DHEA levels decline in a straight line as we age and it is seen as the biological marker for aging, as the people with the highest levels seem to have the greatest longevity. DHEA therapy provides a remarkable increase in physical and psychological well-being to include:

- Increases energy
- Reduces body fat
- Decreased depression
- Restored muscle mass
- Increased bone density
- Boosts immune system
- Enhances quality of sleep
- Normalized blood pressure
- Improves libido and sexuality
- Reversal of human biological aging
- Enhances memory and mental acuity
- Improves Chronic Fatigue Syndrome
- Enhances mood and increased feeling of well-being
- Restoration of thinning hair and growth of new hair
- Helps treat auto-immune diseases such as lupus, ulcerative colitis, and rheumatoid arthritis
- High levels of DHEA have lower incidences of Alzheimer's and Parkinson's disease

Adrenal Fatigue

What is Pregnenolone and what benefits can I expect from taking it?

Considered the “master” hormone because it is the basic raw material for all steroid hormones in the body. This includes cortisol, progesterone, estrogen, testosterone and DHEA. Pregnenolone is manufactured from cholesterol by cellular mitochondria. It’s found in the tissues of your nervous system, including your skin, adrenal glands, eye retinas, the brain, and the testicles of men and ovaries in women. Optimal levels of Pregnenolone are important:

- Fighting stress and fatigue
- Improving mood and energy levels
- For mental health, enhancing memory
- Reducing PMS and menopausal symptoms
- Reducing inflammation and marked improvement in joint pain for patients with rheumatoid arthritis, systemic lupus erythematosus (SLE), psoriasis, and scleroderma

What is Testosterone and what benefits can I expect from taking it?

Testosterone is a sex steroid hormone produced in the testes in men and in the ovaries and adrenal glands in women, in a much smaller amount. A healthy testosterone level is as important in women as in men. The benefits of Testosterone therapy in men and women include:

- Reduced body fat
- Improvement in memory
- Increased sense of well-being
- Improvement in bone density
- Increased libido and enhanced sensitivity
- Testosterone is one of the top protectors of the heart
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