

Natural Solutions for Hormonal Imbalance



How It Affects Your Weight, Energy,
Aging & Sex Drive

By Dr. Linda Marquez Goodine

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Welcome

Hi! I'm Dr. Linda Marquez Goodine, DC – a speaker, author, Chiropractic Doctor, Nutritionist, Functional Medicine Practitioner and Women's Wellness Expert.

After more than 20 years of practicing and more 30 years of research in the health and fitness industry, I have learned a few things (okay maybe more than a few) about the health challenges that men and women encounter on a daily basis.

Today women have more pressure from society to be a mom, a wife, a boss, a cook, a chauffer for the kids and of course incredibly exciting in the bedroom. Unfortunately, the challenges of life have taken the mojo out of most women.

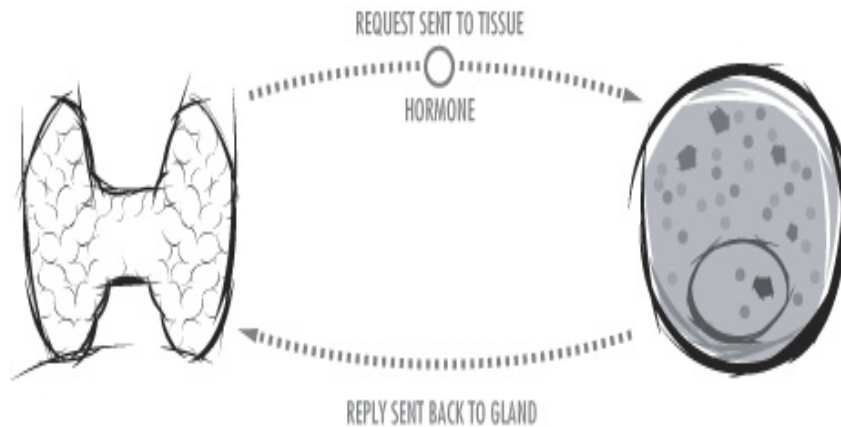
Does this sound familiar to you? Did you know that hormones rule your body? When they are communicating properly, they sound like a well-tuned orchestra and when they are out of balance they sound like a start up garage rock band. By requesting this book, you have already taken the first step to creating hormone harmony and balance in your life.

It's time to find out what the heck hormones do and how to get them in harmony with some natural solutions. Isn't it time for the mood swings, fatigue and lack of joy for life to improve? All right let's get started!

Health & Blessings,

Dr. Linda Marquez Goodine

What Are Hormones & What Do They Do?



Hormones are chemical messengers that tell your body what to do. It's the body's language of communication. There are many different types of hormones made by the human body. The number of hormones circulating throughout the body vary every second of the day and are made by glands. Some of the glands are the adrenals, ovaries (in females), testes (in males), pancreas, thyroid and pituitary.

Hormones regulate and control ALL aspects of who you are and how you feel. Hormones:

- ❖ Store Fat
- ❖ Burn Fat
- ❖ Help You Stay Asleep
- ❖ Help You Stay Awake in The Middle of Day
- ❖ Control Sugar Cravings
- ❖ Help You Stay Young

Causes of Hormone Imbalance



You don't have to look far to see what's causing hormone chaos. The most common causes are:

- Medication – prescription & over the counter drugs
- Diet – sugar, alcohol, grains, Genetically modified foods
- Environmental Toxins – smog, industrial chemicals
- Stress – sleep deprived, emotional stress, no self care
- Blood Sugar Imbalance – sugar cravings
- Personal Hygiene Products – cosmetics, body wash
- Home Cleaning Products – air fresheners, laundry soap
- Menopause – change in hormone out put

Signs & Symptoms of Hormone Imbalance

The life of hormones can be fun and exciting or dull and depressing. Some of the symptoms we frequently see in our office are:

- Aches & Pain
- Acne
- Allergies
- Anxiety
- Belly Fat
- Bladder Incontinence
- Breast tenderness
- Cold Hands & Feet
- Depression
- Difficulty Staying Asleep & Falling Asleep
- Diminished Sex Drive
- Dry Eyes
- Dry Skin & Hair
- Endometriosis
- Fatigue
- Fibrocystic Breast
- Foggy Brain
- Hair Loss
- Headaches
- Hot Flashes
- Memory Loss
- Mood Swings (irritability, weepiness)

Signs & Symptoms of Hormone Imbalance

- Migraines
- Muscle Weakness
- Night Sweats
- Osteoporosis
- Ovarian cysts
- PMS
- Sleepiness
- Slow Digestion
- Thinning of Skin
- Urinary Tract Infections
- Uterine Fibroids
- Vaginal Dryness
- Water Retention
- Weight Gain

Some of the most common hormone disorders are:

- Adrenal Fatigue
- Diabetes
- Infertility
- Insulin Resistance
- Menopause
- PCOS
- PMS
- Thyroid Dysfunction

Why Is It So Hard to Balance My Hormones?



Most women and men have challenges balancing their hormones because the odds of obtaining great health are stacked up against them. The convenience of fast foods, the ease of obtaining medication to patch up the symptoms, lack of sleep and improper diagnostic testing make it so easy for most people to give up and think that's just how it is.

The biggest complaint we here from our practice members is that doctors don't spend enough time with them or really get to the cause of the problem. Most people do not know what lifestyle changes they need to make, what tests they need to evaluate their body's chemistry or what lifestyle changes they need to make. Fortunately, we will share with you, what tests are important and some simple changes to help you minimize hormone chaos!

The Key Players in Hormone Chaos & Harmony



Hormones 101

In order to understand hormone balance we need to know who, the key players are and what they do. The 3 hormones most commonly out of balance are ***Estrogen, Progesterone, and Testosterone***. In my opinion the devilish duo hormones ***Cortisol and Insulin*** are also key players.

Estrogen – Is the dominant hormone in women and made in the ovaries and adrenal glands. It is also made in a lesser quality in the testes in men. They primarily affect the female reproductive system and characteristics like higher pitch voice, soft skin, breast, hips, menstruation, and pregnancy.

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There are three types of Estrogen hormones: (E1) Estrone, is the primary estrogen in postmenopausal women and is also the inactive estrogen that can become estradiol. It is made in the ovaries, adrenal glands and fat cells. (E2) Estradiol is the primary and most active form of Estrogen. It is made primarily in the ovaries and in smaller amounts in the adrenal glands. However, when a woman goes through menopause the adrenal glands become the most active gland for Estradiol production. (E3) Estrone is produced in significant amounts during pregnancy in the placenta. It is the weakest of estrogens. Although it does have protective affects and helps minimize estrogen dominance.

Many of the women's health conditions we see today is because of estrogen dominance and low progesterone. The most common conditions: *breast cancer, endometriosis, fibrocystic breasts, hypothyroidism, ovarian cysts, PMS, polycystic ovarian syndrome, and uterine fibroids.*

Progesterone – Plays a vital part in balancing estrogen. It is sometimes referred as the sister hormone to Estrogen. It is made in the ovaries and the adrenal glands. It helps regulate the menstrual cycle, vital for causing and maintaining a pregnancy and most other hormones are made from it. It also plays an important role for breast, brain and bone health.

The Key Players in Hormone Chaos & Harmony



Testosterone – Is the dominant male hormone. It is also made in the ovaries and adrenal glands but to a lesser degree compared to men. In women it plays a vital role because it converts to Estradiol (E2) which is important for maintaining bone mass. It is also important in sex drive.

DHEA (dehydroepiandrosterone) – Is an important hormone because testosterone and estrogens are made from it. It is mostly made from the adrenal glands and important in building protein and repair. It is also known as the “*youth hormone*”.

Cortisol – Is often called the anti-stressor hormone and made in the adrenal glands. It responds to stress in the fight or flight response. Too much of it can elevate your blood pressure, weaken your immune system, promote insomnia, blood sugar issues and contribute to loose belly fat and/or muffin tops.

The Key Players in Hormone Chaos & Harmony



Thyroid Hormones – The thyroid makes T4 and T3 hormones. T3 is the active hormone that is made in smaller amounts and also known as the fat burning hormone. An abundance of T4, inactive hormone is made which can be converted to the more active T3 hormone, with the proper vitamins, coenzymes and minerals. It plays an important role on how efficient your body burns fat.

Insulin – Is made by the pancreas and is important for metabolizing fat and regulating carbohydrates. It moves the glucose out of the blood stream into the cells of the liver and muscles for later use. When they become full it stores it in fat tissues. When we eat too many refined foods (carbs) the pancreas releases insulin. If this continues on a frequent basis the insulin receptors become resistant and don't recognize insulin anymore. Hence, we get the term insulin resistance which has been linked to diabetes, heart disease, PCOS, PMS and low thyroid dysfunction.

Important Tests for Hormonal Health



Get Your Blood Test

Blood tests have always been the gold standard for checking over all health and the body's chemistry. A comprehensive blood test should be ordered which includes a CMP, lipid, CBC, Hg A1C, Homocysteine, Vitamin D3, C-Reactive Protein, thyroid tests that include TSH, Free T3, Free T4, reverse T3 and TPO and Anti-thyroglobulin antibodies especially if you suspect you have a low functioning thyroid. The antinuclear antibody test is also helpful.

Important Tests for Hormonal Health



Check Hormones with DUTCH (*Dried Urine Testing for Comprehensive Hormones*)

In our office we utilize advanced hormone testing. DUTCH offers the most extensive profile of sex and adrenal hormones along with their metabolites. The hormones include:

1. Cortisol
2. Cortisone
3. Estradiol
4. Estrone
5. Estriol
6. Progesterone
7. Testosterone
8. DHEA
9. Melatonin

Steps to Minimizing Hormonal Chaos



Sleep

Get your beauty sleep! Your body is very active at night and not getting enough sleep can raise cortisol levels, increase sugar cravings, slow down your thyroid and interfere with the anti aging hormones. A good time to get to bed is about 10pm. Goal is 7-9 hours of uninterrupted sleep.

Veggies

Increase your vegetable intake, especially your green leafy vegetables like spinach and cruciferous vegetables like kale and broccoli. They are loaded with vitamins, minerals, fiber and even helps activate the fat burning hormones. Fiber helps stabilize insulin reduces cortisol and help with sugar cravings. Aim for 7-9 cups of organic vegetables a day.

Steps to Minimizing Hormonal Chaos



Sugar

Eliminate or minimize refined sugar intake. Most prepackaged foods are loaded with sugar to act as a preservative. Sugar contributes to insulin surges which contributes to belly fat, muffin tops, aging, lowers your immune system and interferes with thyroid function. Stick to low sugar fruits like berries.

Caffeine

Beware of your caffeine intake especially if you feel tired most of the time. Additional caffeine will stress out your adrenals. One cup of coffee or green tea a day is generally safe but most people add artificial creamers and sweeteners that contribute to hormone disharmony.

Steps to Minimizing Hormonal Chaos



Gluten

Avoid processed breads that contain wheat, rye and barley. Ever heard of a wheat belly? Gluten is a protein found in wheat, barley and rye. The majority of people are gluten intolerant, which can lead to a compromised immune system, allergies, fatigue, joint pain and weight gain.

Alcohol

Avoid or minimize alcohol. Alcohol is converted to sugar and overindulgence of alcohol usually leads to over eating of processed foods and sweets. It also adds stress to the liver, which is important for hormone balance and burning fat.

Chocolate

Dark Chocolate can be good for you. Studies show that dark chocolate is rich in anti-oxidants that protect cells from free

Steps To Minimizing Hormonal Chaos



radical damage, a contributor to aging. A small piece of chocolate that is at least 70% cacao can be beneficial.

Conventional Meats

Choose animal products that were treated humanely, free from antibiotics, ate nature's food and free roaming instead of in cages or barn stalls. Choose grass fed, organic meat over conventional meat.

Some Helpful Supplements

- **Ashwagandha** – is used as an adaptogen to help the body cope with the daily stresses of life, 1-6 g/day
- **Black Cohosh** – is an herb that has been used for years to treat menopause especially hot flashes, 20-40 mg/day
- **Chaste tree, Vitex or Chasteberry** – helps regulate the pituitary gland and support the body's natural progesterone and luteinizing hormone production, 30-45 mg/day
- **Don Quai** – has been used to help with hot flashes, sex drive, menopause, cramps and PMS. Pregnant women should avoid it, 600 mg/day
- **Vitamin E** – is helpful for reducing hot flashes, mood swings, and vaginal dryness, 400-800 IU/day
- **Maca** – has been used in Peru for years and helpful for increasing sex drive and energy in addition to supporting the production of estrogen and testosterone, 3,000-5,000 mg/day

Disclaimer Notice

This report has been written to provide information to bring awareness to what may be interfering with your body's ability to create harmony and extraordinary health. The suggestions in this report are not intended as a substitute for proper medical advice. Always consult your physician or healthcare professional, before implementing any new physical activity or dietary changes, especially if you're pregnant or nursing, elderly, have chronic or recurring conditions.

The author's purpose of this report is to educate and encourage positive changes for extraordinary health. The author and publisher does not warrant that the information contained in this report is fully complete and shall not be responsible for any errors or omissions or for any special or consequential damage caused or alleged to be caused directly or indirectly by the information contained within.

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If you would like to finally get a healthy, vibrant and fit body, let Dr. Linda develop a personalized plan for you, give you the tools and teach you how to use them for life. Contact her at: www.DrLindaMarquez.com

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