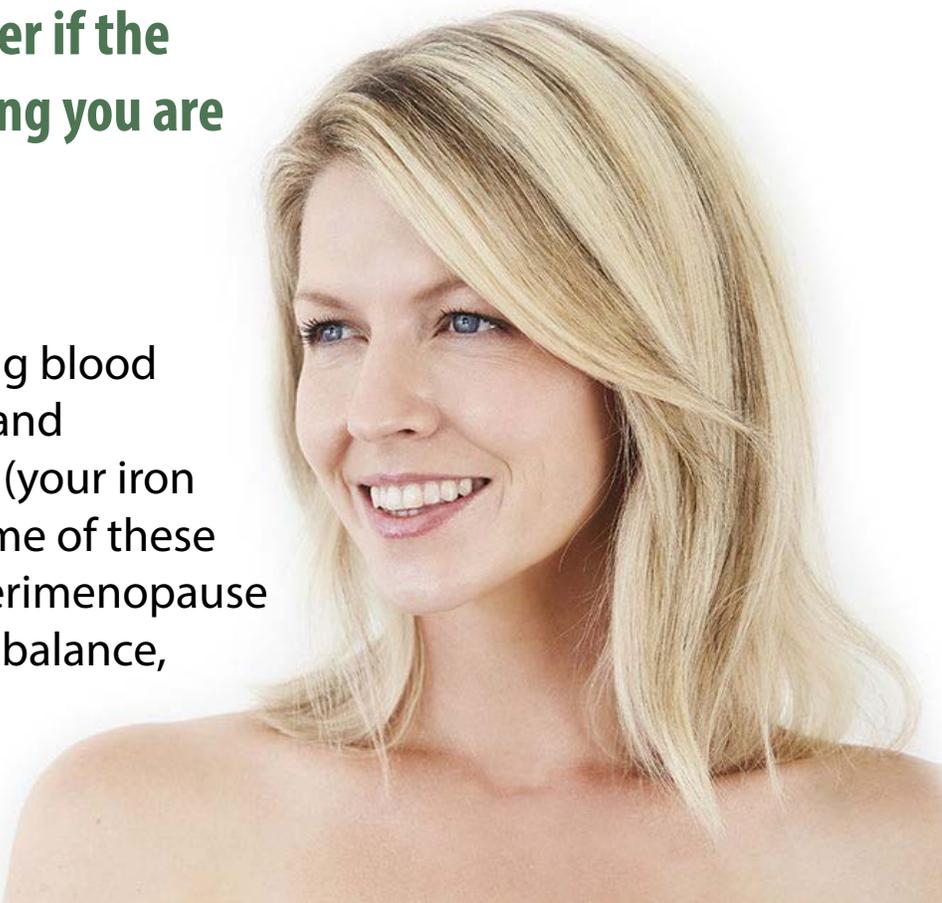




**THE NATUROPATHIC
APPROACH TO
HEALTHY
HORMONES
AT ANY AGE**



We strive to treat many conditions at the clinic, but patients often come in with concerns that are not related to a diagnosis of disease. These issues have to do with quality of life: hair loss, weight gain, low mood, fatigue, and low libido are naming a few. These symptoms are all actually all related, which is good news.

After the age of 35, the level of the hormone progesterone begins to decline. For women, progesterone helps with fertility, and also keeps our skin glowing, weight in-check, our mood stable and our sleep restorative. For men, progesterone is a key building block to adrenal hormones, but also the hormone testosterone. If we are under stress, or simply with aging, progesterone levels decline and we can begin to exhibit symptoms as if we have had a big shift in our hormones. Patients often report that their diet, exercise and stress levels haven't varied much, but they feel unwell. They are gaining weight, have poor sleep, fatigued, and finding less enjoyment in regular activities.

Here are 5 things to consider if the above sounds like something you are experiencing:

1. BLOOD SCREEN

A full blood screen including blood count, thyroid (TSH, T4, T3 and thyroid antibodies), ferritin (your iron stores) can determine if some of these symptoms are related to perimenopause or symptoms of another imbalance, such as low iron or thyroid.

Did you know that

we offer in-house testing through LifeLabs and other private labs? Standard blood tests only run a basic screen of your thyroid. We have the ability to check other markers of thyroid function, such as T3, T4 and thyroid antibodies.

2. ADRENAL TESTING

Our adrenal glands play a huge role in the ability of our body to balance our sex hormones. If we are under stress (physical, emotional, financial, shift work, illness or travel) our body takes stress as the priority to treat, and not other areas like metabolism or libido. We also can experience fluctuations in our sex hormones, which is inevitable as we age. As these levels decline, symptoms increase. Proper and accurate testing is important to determine what levels need to be addressed.

3. DIET

Diet plays a huge role in our ability to become, and stay, healthy. Whereas different diets seem to be appearing daily online, the Mediterranean or plant-based diet shows the most evidence for preventing cardiovascular disease, diabetes, and even cancer. Taking it one step further, certain hormone imbalances can make our body very sensitive to carbohydrates. One individual might eat 3 bagels in a day and lose weight (that's about 1200 calories)! The next person could eat the same, and assuming they are not sensitive to gluten, gain weight. What's the difference? The individual that gains weight likely has problems with



insulin regulation, a hormone that dictates how our body responds to, and balances, blood sugar.

4. INTERMITTENT FASTING

Intermittent fasting has become increasingly popular. Fasting for 16 hours or longer in the day, and eating all of your calories in a 4-8 hour period is showing beneficial for weight loss and blood sugar, particularly for patients that are not responding to standard treatment plans (please discuss with your physician before beginning any fasting regime).

5. NUTRIENT THERAPY

Nutrient therapy: whether it's a supplement capsule or vitamin IV therapy, our standard diet often meets the recommended daily allowance for nutrients, but to have a great impact on our health, we may benefit from higher dosages. My favorite supplement for patients experiencing any hormonal imbalances is Vitamin B6, combined with a lower dose of B complex. Oral contraceptive pills, for example, deplete the body of vitamin B6, which increases serotonin, helps the body metabolize fats and proteins, is a diuretic (helps shed excess water weight) and supports progesterone, referred to above.



If you are interested in optimizing your hormone health, or aren't quite sure if you have hormone levels that need to be checked, book your consultation today. Dr. Cathryn Coe, ND, has been helping patients look and feel their best for 14 years.



Book today: 604-929-5772

