

You have annual check-ups.  
 You perform monthly breast exams.  
 You exercise regularly.

Have you checked your hormone levels lately?



Hormone balancing can help you:  
**Maintain ideal weight**  
**Curb cravings**  
**Diminish hot flashes and night sweats**  
**Improve mood and cognition**  
**Boost libido**  
**Get regular sleep**

Taking charge of your health and asking for the right kind of testing is important. An accurate and easy salivary hormone test can be the first step to helping you look better and feel better!

Ask your Consultant about hormone testing today!

## Symptom Review

Review the symptom checklist below and indicate any symptoms you are experiencing. Return your answers to your Center to start the conversation about your health! 0 = none, 3 = severe

Symptom	0	1	2	3
Hot flashes				
Night sweats				
Fatigue				
Incontinence				
Increased forgetfulness				
Foggy thinking				
Tearful				
Depressed				
Mood swings				
Scalp hair loss				
Weight gain				
Decreased libido				
Vaginal dryness				
Difficulty falling asleep				
Difficulty staying asleep				



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 WEIGHT LOSS SPECIALISTS

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# Healthy Living in Menopause



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## Menopause is NOT a disease

One of the greatest myths about menopause is the idea that it has to be a negative experience, or that all women must “suffer” through it.

## Menopause is NOT just about estrogen

Estradiol levels do decline during peri-menopause (about 35%) while during those same years there is a 75% reduction in progesterone levels. For this reason, many women see significant benefit with progesterone supplementation alone.

## Hormone replacement is SAFE

Therapies have been shown to be safe and effective when bioidentical hormones are given in doses that mimic what the body produces naturally.

## What's Happening?

Life expectancy for women has nearly doubled over the last century, reaching an average age over 80. This increase means a woman can expect to live nearly half of her life after menopause.

A natural process for the aging woman, menopause is official when a woman has not had a period for 12 consecutive months, at which time she is considered post-menopausal. For many women, this time of life brings an array of concerns. There are safe and healthful ways to avoid the side effects of menopause, age gracefully and reclaim the vitality of your youth.

The first step is to identify the symptoms:

- Weight gain
- Hot flashes/night sweats
- Sleeplessness
- Unwanted hair growth
- Cravings
- Thinning skin
- Depression/anxiety
- Cognitive changes
- Libido changes



## Effect on the Body

Menopause is a gradual process that may take up to 10 years to occur. The years leading up to menopause are known as peri-menopause, and during this time, progesterone levels decline significantly. Estrogen levels dip during this time too, but they rarely decline in balance with progesterone levels. This imbalance often leads to more estrogen in relation to progesterone and is commonly referred to as “estrogen dominance.”

Estrogen dominance, or progesterone insufficiency, may contribute to mood changes, hot flashes, memory loss, irritability, menstrual changes and more. Persistent estrogen dominance may be a risk factor for several diseases including estrogen-dependent cancers, osteoporosis, dementia and cardiovascular disease.

During menopause, the androgens testosterone and DHEA can either increase or decrease, resulting in symptoms such as belly fat, scalp hair loss, weight gain, low libido, burn out, and feelings of rapid aging.

Assessing and optimizing cortisol levels is an essential component to a successful transition to menopause. Cortisol levels can shift with sudden or persistent stress. Cortisol levels that are too high or too low may further compound the symptoms associated with menopause.

## Testing Considerations

Hormone testing and follow-up monitoring are crucial for determining the most effective hormone balancing program. Salivary testing is advantageous over other testing mediums because it allows you to assess what is actually available for use by the body. Because of the complexity of changes to the endocrine system during menopause, hormone testing is imperative to identify proper treatment options.



The **Hormone Detection Kit** from Metabolic Research Center is an excellent tool for evaluating hormone function. This kit tests both reproductive (sex) hormones as well as adrenal (sleep and stress) hormone function. And the best part, it's so simple! You will collect saliva in very small tubes 4 times in a single day. That's it! No need for a blood draw. You can collect your samples in the privacy of your own home.

The Hormone Detection Kit will test the following:  
**Estradiol, Progesterone, Testosterone, DHEA  
Cortisol - four times throughout the day**