

### Symptoms of Premenopause Syndrome

- *Fatigue*
- *Depression*
- *Weight gain*
- *Water retention*
- *Headaches*
- *Loss of sex drive*
- *Mood swings*
- *Inability to handle stress*
- *Irritability*
- *Fibrocystic breasts*
- *Uterine fibroids*
- *Endometriosis*
- *Low metabolism*
- *Symptoms of hypothyroidism with normal T3 and T4 levels*
- *Unstable blood sugar*
- *Craving for caffeine, sweets, and carbohydrates*
- *Sluggishness in the morning*

### Symptoms of Decreased Progesterone and Estrogen Dominance

- *Decreased sex drive*
- *Irregular or otherwise abnormal periods (most often, excessive vaginal bleeding)*
- *Bloating (water retention)*
- *Breast swelling and tenderness*
- *Mood swings (most often irritability and depression)*
- *Weight gain (particularly around the abdomen and hips)*
- *Cold hands and feet*
- *Headaches, especially premenstrual*

*The estrogen highs occur because the ovaries have begun to allow entire groups of follicles to grow and mature during successive menstrual cycles, instead of only one at a time, as though attempting to hurriedly "spend" those remaining eggs. (This is the reason why the incidence of twin pregnancies increases with age).*

*The progesterone decline occurs because fewer and fewer of those maturing eggs actually complete the entire ovulation process.*

*Levels of the hormones FSH and LH, which the pituitary gland in the brain normally releases in precisely metered amounts to stimulate controlled follicular growth and ovulation, become erratic as our ovaries start to skip ovulation. Closer to menopause, hormonal levels start to stabilize. FSH and LH levels smooth out and climb to their new, higher cruising altitude, where they stay for the rest of our lives.*

### *Preferred Testing Method*

*Salivary hormone testing: is the most accurate testing, it measures the free hormone present in the saliva, which has been shown to be comparable to what is present in other body tissues. saliva does not contain measurable levels of protein-bound (inactivated) hormone. Testing for estrogen, progesterone, and testosterone levels in your salivary sample will give you a good baseline assessment of your overall hormonal status.*

*Salivary hormone testing is a technology that has proven reliable for roughly thirty years but is still unfamiliar to many practicing physicians. You can order a test kit for home, with printed instructions. Saliva is collected and placed into provided containers at one or more specific times of the day, then sent in prepaid mailers directly to the laboratory. Results are provided to both the patient and the health care provider, if desired. You can obtain a home test kit from mail order, telephone order, and Internet sources without a prescription.*

*Wisdom Hormone Program: For more information or to order a salivary hormone test kit, call 800-705-5559.*

*Great Smokies Diagnostic Laboratory: 63 Zillicoa Street, Asheville, NC 28801-1074, tel. 800-522-4762 or 704-253-0621, website: [www.gsdl.com](http://www.gsdl.com). Great Smokies Diagnostic Laboratory offers salivary hormone testing, as well as a wide range of other functional testing for bowel health, cardiovascular health, and more. Collection kits, articles, abstracts, and other publications regarding test methodology, clinical applications, and patient aids are available.*

## Potential Side Effects of Provera

### Warnings:

- *Increased risk of birth defects such as heart and limb defects if taken during the first four months of pregnancy.*
- *Discontinue this drug if there is sudden or partial loss of vision.*
- *This drug passes into breast milk, consequences unknown.*
- *May contribute to pulmonary embolism, and cerebral thrombosis.*

### Precautions

- *May cause fluid retention, epilepsy, migraine, asthma, cardiac dysfunction.*
- *May cause or contribute to depression.*
- *The effect of prolonged uses of this drug on pituitary, ovarian, adrenal, or urine function is unknown.*
- *May decrease glucose tolerance, diabetics must be carefully monitored.*

### Adverse Reactions:

- *May cause breast tenderness.*
- *May cause sensitivity reactions such as rashes, and acne.*
- *Edema, weight changes (increase or decrease).*
- *Cervical erosions and changes in cervical secretions.*
- *Cholestatic jaundice.*
- *Mental depression, nausea, insomnia.*
- *Severe acute allergic reactions.*
- *Breakthrough bleeding, spotting, and changes in menses.*

### When taken with estrogens:

- *Rise in blood pressure, headache, dizziness, nervousness and fatigue.*
- *Changes in sex drive and loss of scalp hair.*
- *Premenstrual-like syndrome, changes in appetite.*
- *Urinary tract infections.*
- *Hemorrhagic eruption, itching.*



### Functions of Progesterone

- *is a precursor of other sex hormones, including estrogen and testosterone*
- *maintain secretory endometrium (uterine lining)*
- *is necessary for the survival of the embryo and fetus throughout gestation*
- *protects against fibrocystic breasts*
- *is a natural diuretic*
- *helps use fat for energy*
- *functions as a natural antidepressant*
- *helps thyroid hormone action*
- *normalizes blood clotting*
- *restores sex drive*
- *helps normalize blood sugar levels*
- *normalizes zinc and copper levels*
- *restores proper cell oxygen levels*
- *has a thermogenic (temperature-raising) effect*
- *protects against endometrial cancer*
- *helps protect against breast cancer*
- *builds bone and is protective against osteoporosis*
- *is a precursor of cortisone synthesis by adrenal cortex*

### Symptoms of Estrogen Deficiency

- Hot flashes
- Night sweats
- Vaginal dryness
- Mood swings (mostly irritability and depression)
- Mental fuzziness
- Headaches, migraines
- Vaginal and /or bladder infections
- Incontinence; recurrent urinary tract infections
- Vaginal wall thinning
- Decreased sexual response

### Symptoms of Estrogen Excess

- Bilateral, pounding headache
- Recurrent vaginal yeast infections
- Breast swelling and tenderness
- Depression
- Nausea, vomiting
- Bloating
- Leg cramps
- Yellow-tinged skin
- Excessive vaginal bleeding

### Symptoms of Progesterone Deficiency

- Premenstrual migraine
- PMS-like symptoms
- Irregular or excessively heavy periods
- Anxiety and nervousness

### Symptoms of Excess Progesterone

- Sleepiness
- Drowsiness
- Depression

### Principles of HRT

- *Establish your natural hormonal levels by getting a baseline test in your late thirties or early premenopause.*
- *Replace only those hormones that need replacing*
- *Use the lowest dose that does the job.*
- *Support your HRT regimen with a healthy diet, the right nutritional supplements, and exercise.*
- *Be realistic. The goal is not to turn back the clock. Rather, the goal is to optimize your comfort and overall health so you can live the second half of your life with maximal vitality and mental clarity.*

### Symptoms from Synthetic Progestin

- *Headache*
- *Depression*
- *Weight gain and bloating*
- *Moodiness*
- *Lack of sexual desire*
- *Potential narrowing of blood vessels, causing chest pain and lack of oxygen to the heart.*

### Symptoms of Testosterone Deficiency

- *Decreased libido*
- *Impaired sexual function*
- *Decreased energy overall*
- *Decreased sense of well-being*
- *Thinning pubic hair*

### Symptoms of Testosterone Overdose

- *Mood disturbances*
- *Acne, particularly on the face and scalp*
- *Increased facial hair growth*
- *Deepened voice*

*In the United States and most industrially advanced countries, diets are rich in animal fats, sugar, refined starches, and processed foods, providing calories in excess of need and leading to estrogen levels in women twice as high as those in women of the more agrarian third-world countries.*

### *Estrogen effects*

- *causes breast stimulation*
- *increases body fat*
- *salt and fluid retention*
- *depression and headaches*
- *interferes with thyroid hormone*
  
- *increase blood clotting*
- *decreases sex drive*
- *impairs blood sugar control*
- *loss of zinc and retention of copper*
- *reduces oxygen levels in all cells*
  
- *increases risk of endometrial cancer*
- *increases risk of breast cancer*
- *reduces vascular tone*
- *increases risk of gallbladder disease*
- *increases risk of autoimmune disorders*

### *Progesterone effects*

- *protects against fibrocystic breasts*
- *helps use fat for energy*
- *natural diuretic*
- *natural antidepressant*
- *facilitates thyroid hormone action*
  
- *normalizes blood clotting*
- *restores sex drive*
- *normalizes blood sugar levels*
- *normalizes zinc and copper levels*
- *restores proper cell oxygen levels*
  
- *prevents endometrial cancer*
- *helps prevent breast cancer*
- *restores normal vascular tone*
- *necessary for survival of embryo*

*It is clear that excess estrogen, when unbalanced by progesterone, is not something wholly to be desired. Many of estrogen's undesirable side effects are effectively prevented by progesterone.*

*Symptoms familiar to most women in industrialized countries, commonly occurs in the following situations:*

- *Estrogen replacement therapy*
- *Premenopause*
- *Exposure to xenoestrogens*
- *Birth control pills*
- *Hysterectomy*
- *Postmenopause (especially in overweight women)*



*A peculiarity of Western industrialized societies is the prevalence of uterine fibroids, breast and/or uterine cancer, fibrocystic breasts, PMS, ovarian cancer, premenopausal bone loss, and a high incidence of osteoporosis in menopausal women. Most of these are the symptom of estrogen dominance.*

*The following is a list of symptoms that can be caused or made worse by estrogen dominance.*

- *Acceleration of the aging process*
- *Allergies*
- *Breast tenderness*
- *Decreased sex drive*
- *Depression*
- *Fatigue*
- *Fibrocystic breasts*
- *Foggy thinking*
- *Headaches*
- *Hypoglycemia*
- *Increased blood clotting (increasing risk of strokes)*
- *Infertility*
- *Memory loss*
- *Miscarriage*
- *Osteoporosis*
- *Premenopausal bone loss*
- *PMS*
- *Thyroid dysfunction mimicking hypothyroidism (low thyroid)*
- *Uterine cancer*
- *Uterine fibroids*
- *Water retention, bloating*
- *Fat gain, especially around the abdomen, hips, and thighs*
- *Gallbladder disease*
- *Autoimmune disorders such as lupus erythematosus and thyroiditis and possibly sjogren's disease.*



## Adrenal Stressors

*The following stressors can lead to fatigue and, ultimately, adrenal dysfunction-which may, in turn, make some stressors worse:*

- *Excessive, unremitting worry, anger, guilt, anxiety, or fear*
- *Depression*
- *Excessive exercise*
- *Chronic exposure to industrial or other toxins*
- *Chronic or severe allergies*
- *Overwork, both physically and mentally*
- *Chronically late hours or insufficient sleep*
- *Unhealed trauma or injury*
- *Chronic illness*
- *Life-cycle disruptions: shift work*
- *Surgery*
- *Caffeine whips the adrenals into a frenzy*

*Signs of adrenal exhaustion are:*

- *fatigue*
- *Depressed mood*
- *Irritability*
- *Loss of interest in life*
- *Mood swings*
- *Sleep disturbances*
- *Reduced resistance to disease*

*A woman in a state of adrenal exhaustion is likely to find herself at a distinct disadvantage when entering premenopause, because in the simplest terms premenopause is another form of stress.*

*Adrenal exhaustion requires making changes in the lifestyle that caused the adrenal depletion.*

*Furthermore adrenal exhaustion suggests that there are long-standing life problems in need of resolution.*

## Menopausal Herbs

### Dong Quai

*Dong Quai has excellent phytoestrogen activity and has been called female ginseng because of its ability to enhance energy and a sense of well-being. It is used for amenorrhea, irregular periods, and excessive uterine bleeding. It is one of the most widely used herbs in China and that many women take it throughout their reproductive and premenopause years.*

*Dong quai is widely available health food stores. It is the foundation of almost all menopausal formulation and can be taken indefinitely.*

*Do not take dong quai if there's a chance your're pregnant.*

### Chaste Berry

*Chaste Berry is widely available at natural food stores, often under the name vitex. It seems to have the ability to shift the production of hormones toward more progesterone and less estrogens. It is one of the main reason why it helps balance the irregular periods that result from the hormonal swings of premenopause.*

*Chaste Berry is particularly beneficial for women who are having PMS-like symptoms or are experiencing scanty, irregular periods. It has been shown to suppress appetite, relieve depression, and improve sleep. It can take several months to work.*

*Chaste berry can cause rashes in susceptible individuals. Don't take it with neuroleptic medicines such as haloperidol (Haldol) or thioridazine (Mellaril), or when pregnant or nursing.*

### Black Cohosh

*Black Cohosh estrogenic effect decreases hot flashes, night sweats, emotional lability (unstable), and is helpful for PMS symptoms. It relieves menopausal symptoms such as depression, vaginal dryness, hot flashes, and menstrual cramps.*

*Black Cohosh can interact with medicines for high blood pressure and may result in excessively low blood pressure in some women.*

## Licorice Root

*Licorice has many pharmacological actions, including estrogenic, anti-inflammatory, anti-allergy, antibacterial, and anti-cancer effects. It helps regulate estrogen/progesterone ratios. It also helps replenish adrenal functions, so it is very good for fatigue.*

*Blood pressure should be monitored to be sure that it stays stable. The cortisol-like activity of this herb may cause a problem in those who are prone to hypertension. In those with low blood pressure, this herb can help correct and balance the problem.*

*Any of the menopausal herbs above, either alone or in combination, often help relieve a wide variety of symptoms including vaginal dryness, hot flashes, and mood swings.*

## Soy Isoflavones

*Each of the following servings contains approximately 35-50 mg of soy isoflavones.*

- 1 cup soy milk
- ½ cup tofu
- ½ cup tempeh
- ½ cup green soybeans (edamame), available fresh or frozen
- 3 handfuls of roasted soy nuts

*Powdered soy protein can be mixed with water, milk, or juice. Various brands are available. This is a particularly convenient way to get the benefits of soy. Make sure you buy your soy protein in a natural food store to get the most benefits out of it.*

*Add soy foods to your diet gradually; otherwise you might experience gas, since your intestinal bacteria have to adjust to this new food. You can use digestive enzymes with it.*

*It is estimated that about 20% of the American soy crop has undergone genetic modification to enhance drought resistance and other desirable traits. Make sure to buy organically grown soy products.*



### Menopause Diet

- *Eat whole, unprocessed foods*
- *Eat organic foods whenever possible*
- *Eat three meals a day, making lunch the biggest meal of the day*
- *Avoid caffeine and refined sugar*
- *Take 2 tbsp. of flaxseed oil daily*
- *Add ground flaxseed to your diet*
- *Take your basal temperature test in order to check your Thyroid*
- *Make sure to have soy protein and your phytoestrogens foods every day*
- *Herbs and fruits contain bioflavonoids which are a good source of phytoestrogens.*
- *Drink Green tea daily, it is rich in phytoestrogens and it is a good source of antioxidants.*
- *Do not eat past 8:pm*
- *Avoid hydrogenated oils and most vegetable oils*
- *Use only cold pressed natural oils such as olive oil*
- *Eat organic meat only once or twice a week*
- *Eat more fiber*
- *Eat a wide variety of fresh fruits and vegetables daily*
- *Include wholesome grains and beans to your diet*
- *Take a good supplement such as Plus Formula which has antioxidants, minerals, vitamins and adrenal concentration that support the adrenal glands*
- *Drink plenty of purified water*
- *Get some exercise*
- *Take digestive enzymes with your meals to ensure proper digestion*
- *Meditate, take time to nurture yourself*
- *Laugh, play, have fun*
- *Do not use plastic containers in the microwave*
- *Body cleansing is very important in order to remove toxins*

Osteoporosis  
Bone Building Program

- *Eliminate alcohol and caffeine, if eliminating coffee is too hard, try to cut down to one or two cups a day and make sure you take more calcium supplements*
- *Quit smoking*
- *Follow the menopause diet as much as you can*
- *Eat phytoestrogens (Soy and ground flaxseed)*
- *Drink Green tea daily, it is a good source of phytoestrogens*
- *If you are depressed, make sure you get proper treatment. The nutritional supplement St. John's wort which has proven antidepressant effects also lowers the immune system chemical known as IL-6, which overstimulates the osteoclasts, the cells responsible for breaking down bone.*
- *Take your antioxidants*
- *Weight bearing exercise in general and strength training in particular play a crucial role in creating and maintaining healthy bones.*
- *Yoga and Tai Chi are beneficial.*

Bone Building Nutrients

- *Magnesium: 600-800mg (because of farming practices, many foods are low in this key mineral, so it must be supplemented)*
- *Calcium: 1200mg*
- *Vitamin D: 200-1,200 IU (dosage requirement increases with age)*
- *Vitamin C: 1,000-3,000 mg*
- *Boron: 4-12 mg*
- *Zinc: 15mg*
- *Manganese: 2-5mg*
- *Copper 2-3mg*
- *Vitamin K: 70-140mcg*

## HIGH-CALCIUM FOODS\*

There are many good sources of dietary calcium. Yogurt is one of the most easily digestible. One cup of yogurt contains about 300 mg of calcium. However, Americans have been culturally conditioned to focus on dairy as the key to healthy bones. Consider that a 3.5 oz can of sardines also contains 300 mg of calcium and is loaded with health-enhancing omega-3 fats.

Food	Amount	Calcium (mg)
<b>Green Leafy Vegetables (cooked, unless specified)</b>		
collard greens	1 cup	300
wild greens		
(lamb's-quarters, wild onions)	1 cup	350
broccoli	1 cup	150
kale	1 cup	179
spinach	1 cup	278
turnip greens	1 cup	229
beet greens	1 cup	165
bok choy	1 cup	200
mustard greens	1 cup	150
rhubarb	1 cup	348
watercress (raw)	1 cup	53
parsley (raw)	1 cup	122
dandelion greens	1 cup	147
<b>Sea Vegetables (cooked, unless specified)</b>		
hijiki	1 cup	610
wakame	1 cup	520
kombu (kelp)	1 cup	305
agar-agar	1 cup (dry flakes)	400
(Kanten flakes)	(16 tbs)	
used as a thickener for sauces, etc.		
dulse	1 cup (dry)	567
<b>Fish (bones: the major source of calcium in fish)</b>		
sardines	3 1/2 oz can	300
(with bones)	(drained)	

Food	Amount	Calcium (mg)
salmon (canned)	1 cup	431
oysters, raw	1 cup	226
<b>Beans and Legumes</b>		
tofu, firm	4 oz	80-150
tempeh	4 oz	172
garbanzo beans	1 cup (cooked)	150
(chickpeas)		
black beans	1 cup (cooked)	135
pinto beans	1 cup (cooked)	128
torillas, corn	2	120
<b>Nuts and Seeds</b>		
sesame seeds	3 tablespoons	300
(must be ground for absorption)		
almonds	1 cup	300
sunflower seeds	1 cup (hulled)	174
Brazil nuts	1 cup	260
hazelnuts	1 cup	282
<b>Other Sources</b>		
blackstrap molasses	1 tbs	137
orange juice	1 cup	210
calcium fortified (Minute Maid)		
<b>Mineral Waters</b>		
Perrier	1 liter	140
Mendocino	1 liter	380
San Pellegrino	1 liter	200
Apollinaris	1 liter	91
Contexville	1 liter	451
<b>Dairy</b>		
milk		
skim	1 cup	300
whole	1 cup	288
cheese (American, Swiss, cheddar)	1 1/2 oz	300
ice milk	1 cup	204
nonfat yogurt	1 cup	294
cottage cheese (low fat)	1 cup	150



Dear Miss know-it-all,



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What is one of the sure signs that you may be menopausal?



11-7

WHEN THE SMOKE ALARM OVER YOUR BED GOES OFF.



MLT

NEIGH, NEIGH, MY DEAR— THE ESTROGEN MAY COME FROM HORSE URINE BUT IT'S PERFECTLY NATURAL AND HEALTHY!



ALAYOINE



DOCTOR— ESTROGEN'S MAKING ME SICK!

THEN YOU'RE TAKING TOO MUCH!

BUT I CUT THE DOSE IN HALF!

AH!— THEN YOU'RE NOT TAKING ENOUGH!



ALAYOINE

PLUS... THERE'LL BE 100 LUCKY WINNERS OF 6 MONTHS ESTROGEN REPLACEMENT!

ST. MARY'S HOSPITAL OB/GYN

SIGN UP NOW! FOR THE LATEST, PAINLESS LAPAROSCOPIC HYSTERECTOMY AND BE ENTERED FOR A 10 DAY HOLIDAY CONValescence IN THE BAHAMAS ENTER TO WIN!



ALAYOINE