

Understanding Types of Hormones

Hormone levels vary by type, individual, and age. To ensure the best results, bio-identical hormone replacement therapy (bHRT) prescriptions are customized according to each individual's hormone needs.

Types of hormones include:

Estrogen

Estrogen is the main sex hormone in women and is essential to the menstrual cycle. Estrogen protects against Alzheimer's, colon cancer, and osteoporosis while also enhancing mental sharpness, mood, skin tone, and sex drive. Bio-identical estrogens derived from soy include estradiol (produced in large amounts by a woman's ovaries before menopause), estrone (predominant in a woman's body after menopause), and estrinol.

Progesterone

Progesterone is necessary for fertility and pregnancy. The balance of progesterone and estrogen in a woman's body is very important, as an imbalance can cause symptoms of PMS and menopause. Progesterone decreases risk of endometrial cancer, stabilizes blood sugar, increases energy and sex drive, and enhances mood. Bio-identical progesterone is derived from wild yam or soy.

Testosterone

Testosterone activates the sexual circuits in the brain and plays a dramatic role in a woman's libido, sexual satisfaction, well-being and body composition. Testosterone declines in both men and women as they age. It helps increase energy and decrease fatigue, build muscle tone, increase sexual drive, and strengthen bone.

Cortisol

Cortisol is often referred to as the "stress hormone" as it helps us respond and cope with stress, injury and infection. Too little or too much cortisol can be damaging. Chronic stress, for example, may decrease cortisol levels and lead to fatigue, sugar cravings and heart palpitations, while severe stress may increase levels and cause sleep disruptions, depression, and weight gain. Cortisol helps maintain immune function, improve REM sleep, control weight gain, balance blood sugar, and manage stress.

DHEA

DHEA is another important hormone known as "the fountain of youth." DHEA declines with age and correlates to a decline in immunity, memory, and energy. DHEA helps support the immune system, protect against stress, enhance brain and memory function, and prevent blood clots.