

LIVING WATERS OUTREACH



LIVING + WELL

together

A NATURAL WELLNESS COMMUNITY



**SUPPORTING
HORMONES
NATURALLY**

Disclaimer

I am not a doctor.

NOTHING I SAY IS INTENDED
TO DIAGNOSE, TREAT, OR CURE
ANY ILLNESS OR CONDITION.

Other Essential Oils...

THE RECOMMENDATIONS I MAKE
ARE FOR YOUNG LIVING PRODUCTS ONLY.
I BELIEVE THESE ARE THE MOST PURE OILS ON
THE MARKET TODAY AND MY EXPERIENCES
ARE FROM THIS BRAND ONLY. I CANNOT
SPEAK ON BEHALF OF ANY OTHER
BRAND AT THIS TIME.



THE ENDOCRINE SYSTEM:

A network of glands that secrete hormones (or chemical messengers) that coordinate a range of bodily functions.

Our body contains more than 100 different hormones racing through our bloodstream.

Conventional medicine tends to ignore hormones.

**Hormones are
chemical signals
coordinating a range
of bodily functions.**

- » Heartbeat, breathing, and blood pressure
- » Sleep and awake schedule
- » Growth and development (including muscles)
- » Reproduction
- » Metabolism (energy levels)
- » Response to stimuli (stress/injury)
- » Eye health
- » Brain function
- » Conversion of (LDL) cholesterol to (HDL) cholesterol

Hormones and enzymes are two of the most critical needs of the human body.

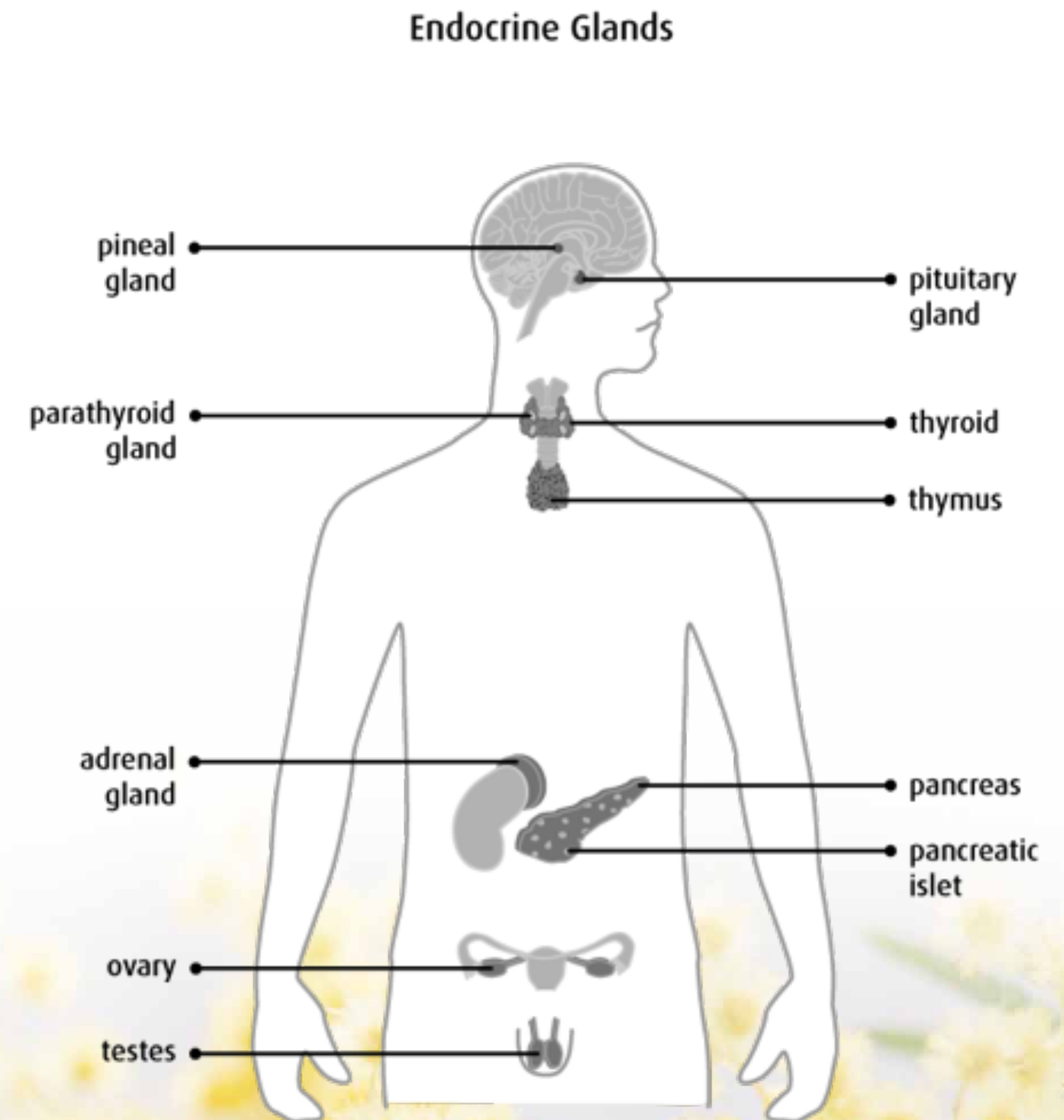
- » The body ages faster when we do not eat live foods that are rich in natural enzymes and hormones.
- » Lack of proper nutrients, hormone imbalance and insufficient enzymes are key factors in diminishing health to a state of disease and malfunction.

Did you know?

- » Hormone **imbalances** can result from the liver not digesting fats properly to create the building blocks from which hormones are made.
- » Enzymes help the liver to do its job. Enzymes are substances produced by a living organism that act as a catalyst to bring about a specific biochemical reaction.

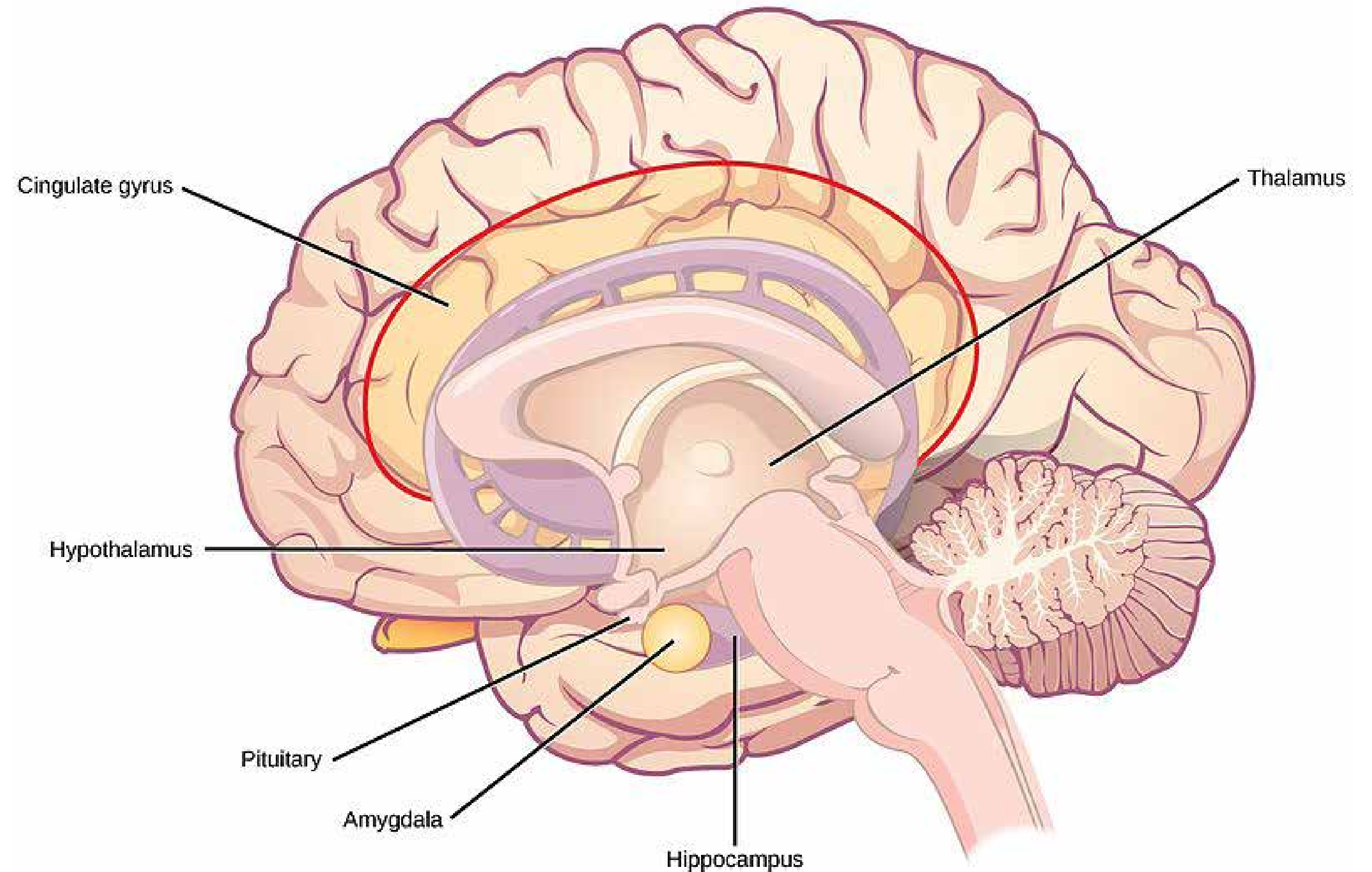
The Endocrine System

- » The endocrine system is the collection of glands and glandular organs that produce hormones to regulate bodily processes.
- » The glands of the endocrine system secrete hormones directly into the spaces surrounding their cells where the bloodstream picks them up and circulates them throughout the body, ultimately reaching the organ or cells designed to respond to the particular hormone. Hormones, much like the nervous system, tell the body what to do, and when. The endocrine system does this through chemicals, while the nervous system does this through electrical nerve impulses.



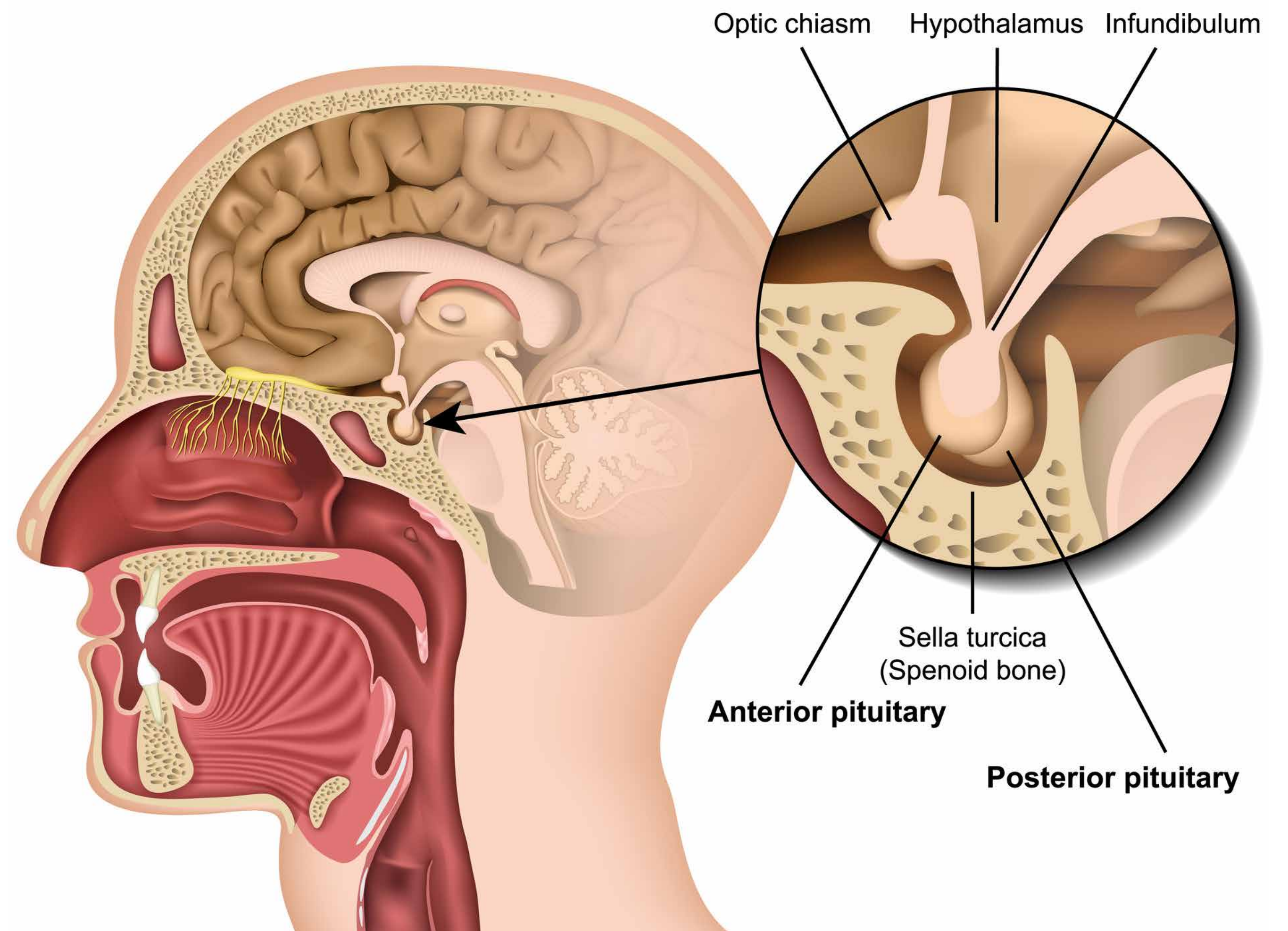
The **hypothalamus** and **pituitary** gland work together in the brain.

Hypothalamus: Maintains homeostasis. Regulates heart rate, blood pressure, electrolyte balance, appetite, and weight. It is the link between your endocrine and nervous system. Controls hormone function by releasing different chemicals to the pituitary.



The **pituitary** gland connects to the hypothalamus via the pituitary stalk (infundibulum).

Pituitary: Controls the adrenal and thyroid glands, ovaries and testes.



**LET'S START WITH
THE WOMEN**

ESTROGEN & PROGESTERONE

- » Estrogen and progesterone are steroid hormones which passively enter into the cells, where they bind to and activate receptors.
- » They must be balanced to work together and are responsible for blood clotting and the storage of fats in the body.
- » When the balance is upset a positive attitude and feeling of well-being is disrupted.
- » The ovaries are the most important part of the female reproductive system and secrete these two major hormones.

Possible reason for an imbalance:

Foreign estrogens

(xenoestrogens) are chemically manufactured hormones that are in animal growth hormones and pesticides which we ingest and can cause an overbalance of estrogen in our bodies.

ESTROGEN

Estrogens are important in cellular activities such as growth, strength, mental clarity, and temperature. This hormone provides the female characteristics including curves, fat distribution, breasts, your cycle, and soft skin as well as a high-pitched voice.

There are 3 types of estrogens

Estrone (E1)

Estradiol (E2)

Estriol (E3)

Too much estrogen:

- » Weight gain
- » Fibroids
- » Cysts
- » Irregular bleeding
- » Cancer

Too little estrogen:

- » Hot flashes
- » Night sweats
- » Insomnia
- » Poor concentration
- » Smaller breasts
- » Wrinkles
- » Dull hair and nails

ESTRONE (E1)

- » More than 50% of the body's estrogen is in the form of estrone
- » It is manufactured and stored as estrone sulphate in the fat cells and ovaries so the body can call on it when needed.
- » **Estrone sulphate is the chemical compound that attracts breast cancer cells when too much is produced.**



ESTRADIOL (E2)

CONVERTS TO 2 KINDS OF ESTROGENS – ONE GOOD AND ONE BAD!

- » Converts to either 2-hydroxyestrone (a good estrone metabolite that prevents cancer) or
- » 16-alpha-hydroxyestrone (that feeds cancer cells).
- » **Studies show that when 2-hydroxyestrone increases, the body resists cancer.**

NOTE:

- » All inorganic estrogen compounds manufacture 16-alpha-hydroxyestrone.
- » Natural, organic compounds will metabolize to 2-hydroxyestrone, or good anticancer estrone, unless the liver is toxic or enzyme deficient.

PROGESTERONE

Progesterone is a steroid hormone that is secreted by the corpus luteum, a temporary endocrine gland that the female body produces after ovulation during the second half of the menstrual cycle.

- » Regulates menstrual cycles
- » Essential for creating and maintaining pregnancy
- » Balances the effects of estrogen (anti-growth)
- » Most other hormones are made from it.

Low progesterone levels can cause too-high levels of estrogen, which can decrease sex drive, contribute to weight gain, or cause gallbladder problems. Other problems can include risk of breast cancer, uterine cancer, fibroids, or endometriosis.

Progesterone levels start declining in women in their 30s. High progesterone is extremely rare. Many times women who are on sleep and anxiety medications are low in progesterone.

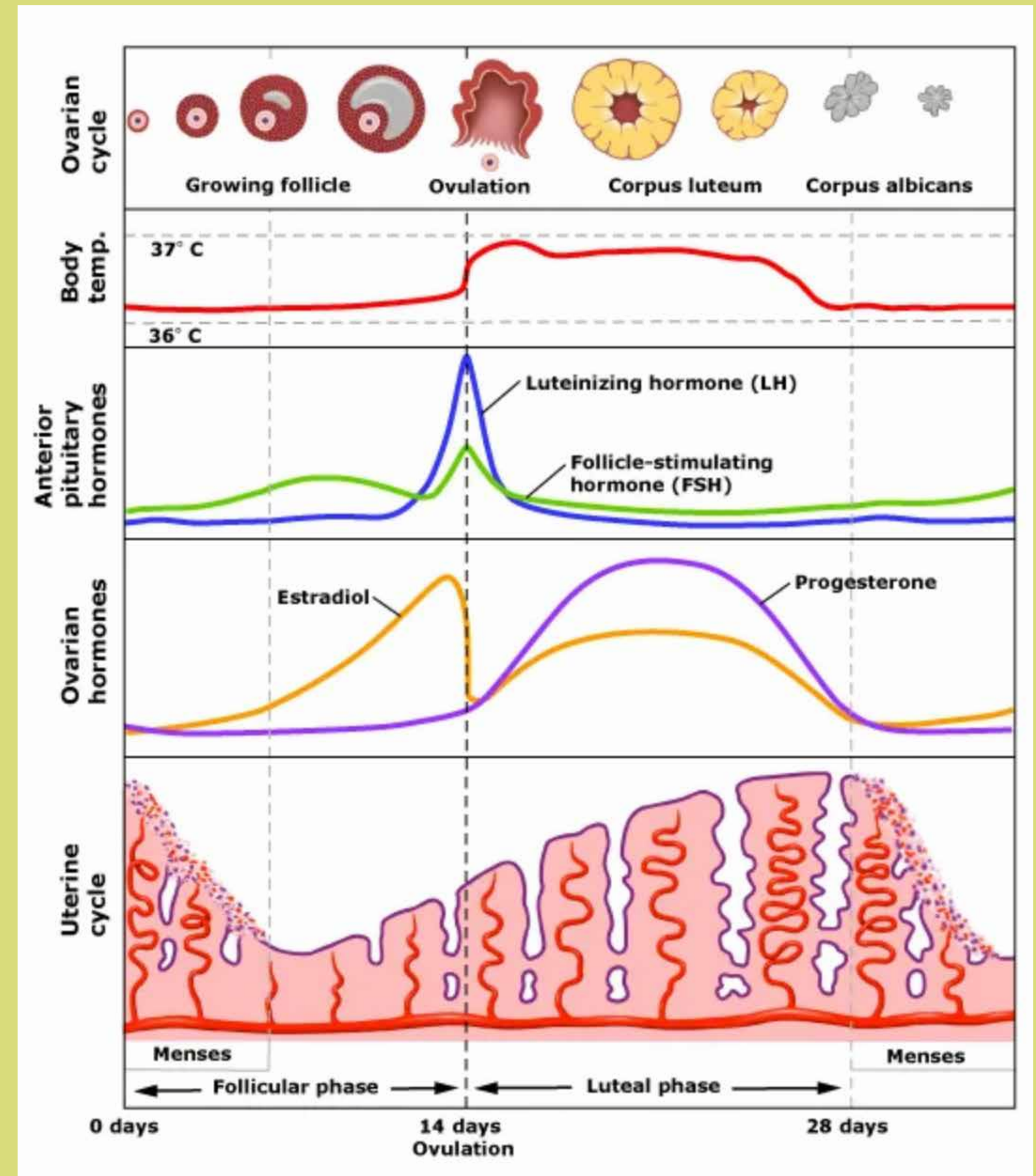
Low progesterone:

- » Abnormal uterine bleeding
- » Irregular or missed periods
- » PMS
- » Amenorrhea
- » Infertility
- » Dysmenorrhea
- » Spotting and abdominal pain during pregnancy
- » Frequent miscarriages

PROGESTERONE FUN FACTS!

- » Stimulates cells to grow toward differentiation, which is an anti-cancer property, and then inhibits further estrogen-stimulated cell growth.
- » Also encourages cells to die when they are supposed to (which cancer cells do not).
- » Stimulates bone building and protects against osteoporosis.
- » Can be beneficial to those with endometriosis and fibroids

WOMEN'S HORMONE CYCLE



TESTOSTERONE

Primarily contributes to sex drive in women and also helps build bone.

- » Supports mood, motivation, drive, libido, energy and muscle mass.
- » **Low testosterone can lead to:** fatigue, depression, muscle loss, poor exercise performance, poor stamina, reduced libido, thinning hair and bone density issues.

Polycystic Ovarian Syndrome (PCOS)

Found in women with high testosterone.

Symptoms include irregular or absent cycles, weight gain, fatigue, unwanted hair growth, thinning hair on the head, acne, pelvic pain, sleep and mood changes, headaches and infertility.

PCOS is also linked to insulin resistance, type 2 diabetes, high cholesterol, high blood pressure and heart disease.

BIRTH CONTROL

- » **Can deplete your body of several vitamins and minerals including:** B vitamins (B2, B6, B12, and folate), vitamin C, vitamin E, magnesium, and zinc.
- » May cause liver dysfunction which can lead to metabolic issues

Symptoms of deficiencies include:

Folate: anemia, fatigue, weakness

Vitamin B2: anemia, fatigue, dry skin

Vitamin B6: neuropathy, brain fog, depression

Vitamin B12: fatigue, neuropathy, weakness

Vitamin C: fatigue, irritability, easy bruising

Vitamin E: muscle weakness, immune system deficiency, neurologic issues

Magnesium: cramping, aches, fatigue

Selenium: thyroid hormone deficiency, weakness, fatigue, skin and hair issues

Zinc: immune system deficiency, skin and hair issues

NOW FOR THE MEN

TESTOSTERONE

- » During puberty testosterone is responsible for transitioning a boy into a man including all the physical changes that come with this change (body hair, lower voice, muscle, sex organs, height, etc).
- » Testosterone is produced through a network of feedback mechanisms. The hypothalamus sends a signal to the pituitary gland to release gonadotrophic follicle stimulating hormone (FSH) and luteinizing hormone (LH) - which stimulates testosterone production.
- » **Andropause** is the male form of menopause caused by a decline in testosterone production.
- » Decline generally begins in the 30s and typically lose 1% a year. Hypogonadism is the clinical name for low testosterone.
- » **Symptoms of andropause include:** low libido, ED, fatigue, depression, muscle atrophy, weakness, reduced endurance, hair loss, weight gain, anxiety, apathy, gynecomastia, and increased abdominal fat.
- » Men may also develop osteoporosis.

SOMETHING TO NOTE:

Fat cells secrete an enzyme called **aromatase**. The higher a person's insulin level, the more aromatase is produced. This enzyme converts testosterone to estradiol. This can lead to low libido, mood changes, and gynecomastia.

Because of this, those who are younger and overweight may not need testosterone replacement but instead reduce their estrogens through diet change, lowering insulin in turn weight.

ENDOCRINE DISRUPTORS

- » Toxins in our environment can be detrimental to our hormones.
- » Many chemicals can block hormones, mimic their actions and interfere with their function.

Refer to our Natural Living class for more information on Endocrine Disruptors

Examples of hormone disruptors include:

BPA (from plastics)

Dioxins

Phthalates

Lead

Fire retardants

Pesticides

Herbicides

Personal care products

Even dryer sheets (xenoestrogens)!

DECLINING HORMONES

Hormones such as DHEA, testosterone and progesterone decrease with age. Estrogen (estradiol) also drops with age but not as quickly as progesterone which creates an estrogen-dominant condition which is common in women over 40.

- » After menopause and andropause, your adrenals take over hormone production, so its a really good idea to keep your adrenals in good shape as you age!
- » **The good news:** Natural hormone therapy can combat health problems including sleep disturbance, depression, anxiety, obesity, as well as reducing the risk of cancer and helping fight chronic diseases such as osteoporosis.

HORMONE REPLACEMENT

Natural or Bioidentical hormones:

- » These are hormones that have a molecular structure that are identical to those hormones made by your body.
- » Hormones do complex and specific jobs for the body by fitting into the part of your cells called receptors, similar to how a key fits into a lock. Once the hormone is in the receptor, it gives the cell instructions.
- » If the molecular structure is different, even by one atom, the instructions given to the cell are different and this is why hormones that are not natural can be so harmful to our bodies.

Synthetic Hormones:

- » There are not natural to your body. Drug companies create different molecular structures so they can be patented to make a profit.
- » Natural substances cannot be patented and therefore tend to be less expensive.
- » Examples of synthetic hormones are progestins (synthetic progesterone under the name of Provera, Aygestin and Megace). Premarin is an estrogen from pregnant horse urine. While it is natural, it is not bioidentical to humans. PremPro is a common hormone brand that is a combo of Premarin and Provera.

NOT TO FEAR...

The reason many conventional doctors and patients fear Hormone Replacement Therapy (HRT) is because for quite a while HRT wasn't handled correctly.

Just a few years ago, most women over the age of 50 who visited their doctor were offered hormone replacement therapy (HRT) whether they needed it or not. Prior to 2003 an estimated 8 million women were using HRT in the form of PremPro, which is a cocktail of synthetic hormones. Then a government-sponsored study called the **Women's Health Initiative** was released and showed that conventional HRT can significantly increase the risk of heart disease, stroke and breast cancer. This was the first large-scale study of its kind and was actually halted three years early due to its findings.

Sadly, current conventional methods of therapy offer nothing more for symptoms other than antidepressants. Many more are told their hormones are fine and to just "tough it out."

THE TRUTH:

- » Those taking **natural hormones** have good results.
- » **The key is to only take ONLY what you need.** Conventional medicine routinely prescribed large doses of estrogen to everyone in the perimenopausal or menopausal stage, but assuming everyone needs them is false.
- » It's best to test if you believe your hormone levels are out of balance.
- » There is a belief that a little bit of natural supplemental progesterone can be helpful to many perimenopausal women and the majority of menopausal women due to the amount of xenoestrogens we come in contact with.

NATURAL OR BIOIDENTICAL HORMONES

- » Natural hormones can be made from soybeans and wild yams, and it makes no difference which they are made from as long as they are made correctly.
- » They aren't directly extracted from these plants. There is a substance called diosgenin that is extracted and then modified in a lab to create the natural hormones. In other words, your body cannot create these hormones from the plant itself.
- » Only use enough hormones to create a balance.
- » Delivery methods include capsule, sublingual & creams.
- » When supplemental hormones are delivered through the skin or sublingual and enter the bloodstream, a much higher percentage are bioavailable. Hormones delivered through the skin do not accumulate in the bloodstream because they are efficiently delivered to tissue.
- » In pill form 95% of progesterone will be converted to inactive by-products in the gastrointestinal tract before it gets to the blood stream, so a higher dose is required.
- » Progesterone slows your heart rate, so is best to use at night with only small amounts in the morning.
- » Rotate the areas in which you apply so as to not saturate any one area.
- » Testosterone may be best replaced via pellet therapy. Natural testosterone pellets provide protection to the brain, heart, bones, joints, breasts and prostate.

BENEFITS OF OPTIMIZING HORMONES

Bone density improvement! Replacing estrogen, progesterone and testosterone in women as well as testosterone in men will help reduce bone loss and may even help with cartilage renewal.

Sleep better

Lose weight

Become more active

Reduction in PMS and menopausal symptoms

Improved mental health

TESTING HORMONE LEVELS

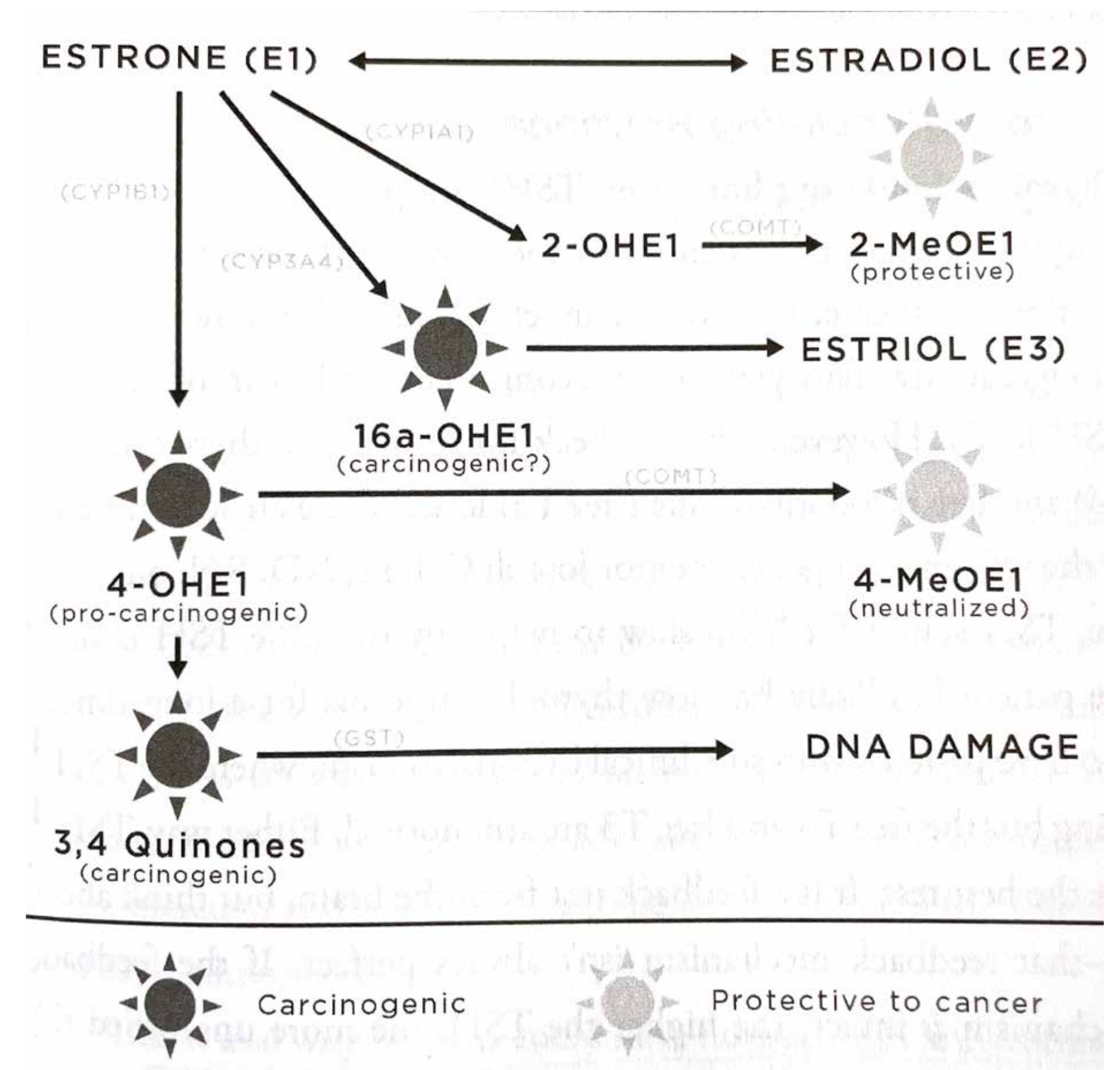
- » Saliva test is the most accurate way to test your hormones. Most of the hormones in our body are unusable because they are tightly bound to protein in the bloodstream. Only 1 to 2% escape the binding and are free and bioavailable to enter tissue throughout the body. Conventional blood tests measure only the total level of hormones in the bloodstream.
- » One of the tissues that bioavailable hormones enter in is the saliva gland, and they then freely pass through into the saliva. By collecting saliva and measuring its level of hormones, it is possible to determine the amount of hormones available to other tissues – your current balance.
- » Saliva testing is available without a prescription and can be easily collected at home.

Urine testing is the best and only way to detect phase 1 and 2 estrogen metabolites. (DUTCH test)

Saliva is also the best way to test cortisol

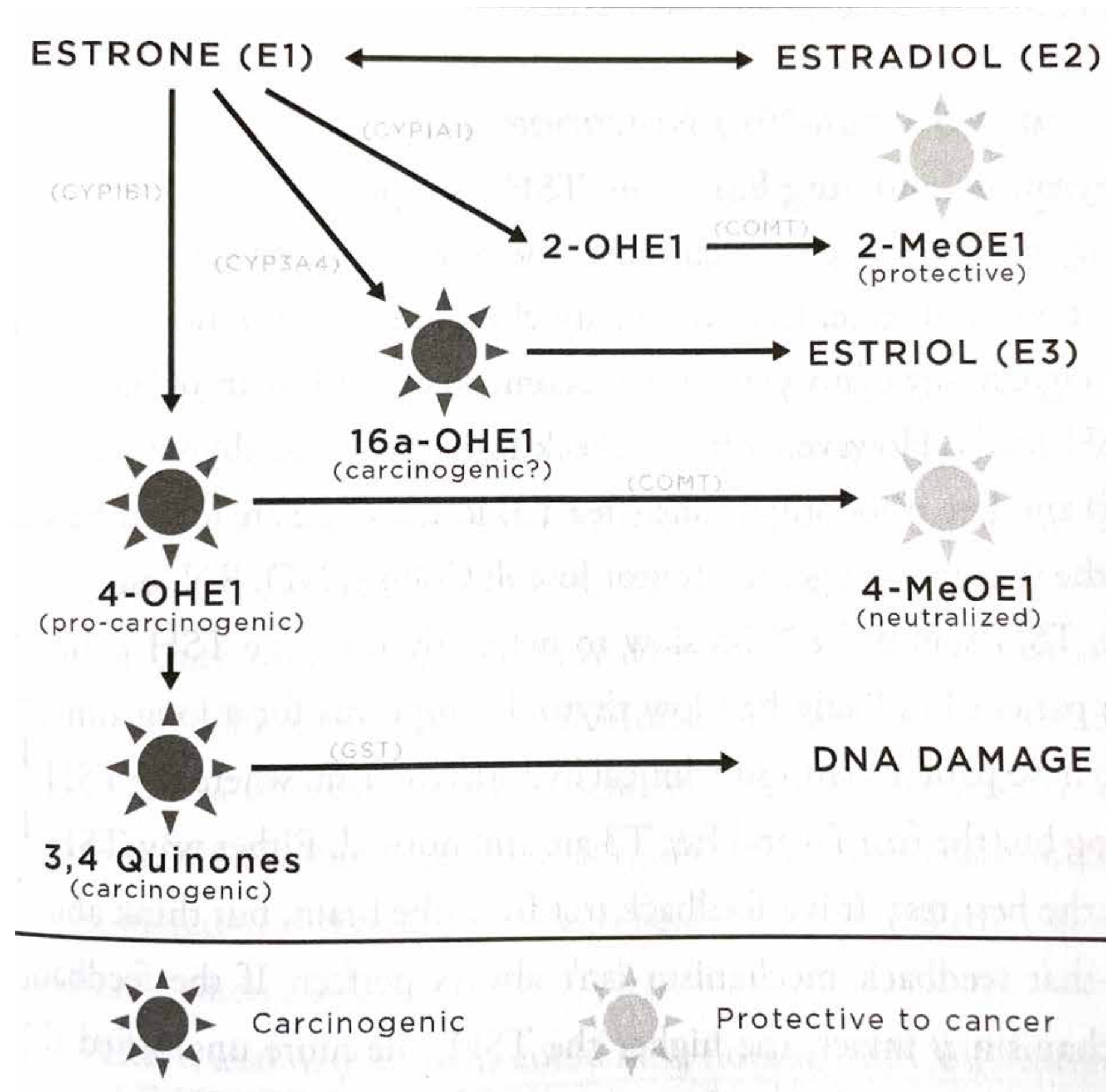
ESTROGEN METABOLISM

- » Breast cancer is the leading cause of cancer death among women.
- » Because of this many providers shy away from hormone replacement but we need the correct hormone balance to keep our body running smoothly.
- » More recent research suggests there to be a significant relationship between estrogens and cancer, and not the levels themselves but the metabolism by which the body detoxifies these estrogens.
- » **It is not only important to test hormone levels but to ALSO test how the body is eliminating hormones.**



From "Your Longevity Blueprint" by Stephanie Gray

ESTROGEN METABOLISM



- » Estrogens must be eliminated from the body (via urine or stool) after conversion to estrogenically inactive metabolites by the liver.
- » Roughly 80% of metabolites are from estrone and only 20% from estradiol or estrone.
- » **Phase 1** metabolite of 2-hydroxylation, 2-hydroxyestrone, or 1-OHE1 is “good” and anti-estrogenic to inhibit cancer growth.
- » **Phase 2** metabolite from 2-OHE1, 2-methoxyestrone (2-OmeE1) as well as the phase 2 metabolite from 4-OHE1, 4-methoxyestrone (4-OmeE1) is also anti-cancerous.
- » The metabolite 16-hydroxylation or 16a-OHE1 is “bad” and has a high affinity for estrogen receptors and estrogen sensitive tumors have tissue promoted by this metabolite. Having an increased 16-hydroxylation has been associated with higher cervical, endometrial, larynx and breast cancer.

MELATONIN

- » The natural hormone that regulates sleep.
- » A powerful antioxidant at night while we are sleeping.
- » May possibly prevent DNA damage by carcinogens and stop the mechanism by which cancer starts by increasing levels of the body's own tumor-fighting proteins, called cytokines.
- » Has been used to fight brain tumors.
- » Helpful in regulating metabolism.
- » Does not decline with age but is most likely lowered by ingesting food devoid of sufficient nutrients and enzymes.
- » Lower levels are directly linked to lower immunity, disturbed sleep cycles, anxiousness and heightened cancer risk.

During the day the pineal gland in the brain produces an important neurotransmitter called serotonin (a neurotransmitter is a chemical that relays messages between nerve cells). At night the pineal gland stops producing certain neurotransmitters and makes melatonin instead which causes drowsiness and lowers body temperature when released. Melatonin is produced in the dark. The darker the sleeping environment the more melatonin you will produce.

SEROTONIN

- » Produced in your brain and intestines.
- » A neurotransmitter that carries signals and between nerves.
- » Helps in maintaining mood balance and calming.
- » Cannot cross the blood brain barrier, therefore what is used in the brain must be produced there.
- » Managing stress and proper diet along with making sure you are getting the proper vitamins and minerals will support serotonin production.

» Antidepressant medications rob the body of B vitamins which are necessary for making neurotransmitters like serotonin!



ADRENAL GLANDS

Stress is your biggest hormone hijacker!

- » Your adrenals produce **cortisol** (which regulates metabolism and stress response), **aldosterone** (maintains salt and controls blood pressure) and **adrenaline**.
- » During times of stress you may experience the fight-or-flight response which is initiated by the sympathetic nervous system causing the adrenals to produce cortisol, adrenaline, epinephrine and norepinephrine. If the response is prolonged this can cause adrenal fatigue.
- » Cortisol should be highest in the morning and gently reduce throughout the day, being lowest at night to allow for sleep.

CORTISOL: THE STRESS HORMONE

- » Cortisol reduces sensitivity to pain and can suppress the immune system. It aids in the breakdown of fat and protein to supply more energy for the stressful situation.
- » **Increases with age:** can cause high blood pressure, obesity, blood sugar imbalances.

Too much cortisol production can:

- » Draw protein from bones leading to osteoporosis.
- » Cause adrenal exhaustion which can lead to low levels (can even bring on cardiac arrest!)

DID YOU KNOW? CAFFEINE STIMULATES THE PRODUCTION OF CORTISOL!

DHEA

The most common steroid hormone in the body of both men and women. A precursor to testosterone and estrogens. Made primarily in the adrenal glands and essential for protein building and repair. DHEA levels decline dramatically with age, making it a primary biomarker of aging.

- » Manufactured by enzymes from cholesterol.
- » Converted by enzymes to pregnenolone and 17 α -hydroxypregnenolone that help regulate steroid hormones and direct them to the appropriate conversion for male and female body functions.
- » Supports production of male and female sex hormones (androgen which converts to testosterone in males and female estrogens to estrone and estradiol).
- » Strengthens neurons in the brain for better memory retention, and protecting against degenerative diseases such as Alzheimer's.
- » Keeps cortisol levels in balance (supporting the immune system).
- » Produces hormones responsible for burning fat and converting fat to muscle.
- » Blocks G6PD (glucose-6-phosphatedehydrogenase) the major enzyme that produces fat tissue and cancer cells.
- » DHEA decline can cause lower energy and obesity.

OTHER CAUSES OF HORMONE DYSFUNCTION

- » Emotional, mental and physical turmoil are frequently the root of hormone issues
- » Depression, worry, fear obsessiveness, overworking and conflict
- » Lack of exercise, alcohol, smoking, birth control pills etc.
- » Poor diet: Excess sugar, carbs, lack of healthy fats, lack of fiber, lack of needed nutrition
- » Lifestyle choices and chronic health conditions such as diabetes, heart disease and arthritis can also cause imbalances

Supplementing without addressing these problems may resolve things temporarily, but the issues will return.

OPTIMIZE YOUR HORMONES

Support your liver

Consume enzyme-rich foods (whole foods)

Avoid processed foods & sugar

Reduce insulin levels

Make sleep a priority

Reduce stress

Avoid chemical toxins and xenoestrogens

SIGNS OF DEFICIENCY

DHEA Deficiency:

- » Decreased muscle strength
- » Low sex drive (women)
- » Cellulite on thighs
- » Anxious, gloomy, insecure and sad
- » Low energy

Progesterone Deficiency:

- » Painful or tender breasts before period
- » Estrogen dominance
- » Obesity in lower half of body
- » Bad sleep habits
- » Headaches and migraines

Estrogen Deficiency:

- » Loss of "girly" figure
- » Lack of sexual desire
- » Breasts shrink or sag
- » Dry, irritated eyes
- » Tendency towards depression

Testosterone Deficiency:

- » Loss of sexual desire (men and women)
- » Feel fatigued day and night
- » Tendency towards depression
- » Dry eyes
- » Wrinkles around mouth and corner of eyes

HORMONE SUPPORTING ESSENTIAL OILS

For women:

- » **Clary Sage** – estrogen balancing
- » **Dragon Time** –PMS symptoms
- » **Endoflex** – adrenals, thyroid support
- » **En-R-Gee** – adrenal support
- » **German Chamomile** – emotional stabilizer
- » **Juva Cleanse** – liver support
- » **Joy** – releases grief, promotes romance

- » **Lady Sclareol** – phytoestrogens
- » **Orange oil** – liver support
- » **Progessence Plus** – progesterone
- » **Sclar Essence** – balances hormones (estrogens)
- » **Valor** – adrenal support
- » **Ylang Ylang** – promotes feelings of love

For men:

- » **Orange oil** – liver support
- » **Shutran** – confidence, endocrine support, calming
- » **Mister** – hormone balancing and supports prostate
- » **Golden Rod** – performance
- » **Endoflex** – thyroid support
- » **Idaho Blue Spruce** – supports healthy testosterone
- » **Valor/Valor II** – balance and stabilize

HORMONE SUPPORTING SUPPLEMENTS

Infused with Young Living Essential Oils

- » **PD 80/20** (overall hormone support, women)
- » **CortiStop** (balance cortisol production)
- » **EndoGize** (endocrine support)
- » **Essentialzyme & Essentialzyme-4** (liver support)
- » **FemiGen** (women's reproduction & balance during menopause, women)
- » **ImmuPro** (boosts melatonin and immune supporting)
- » **Prenolone Plus Cream** (triple hormone cream with pregnenolone & DHEA for boosting hormone levels and balancing estrogens, women)
- » **Prostate Health** (prostate protection and function, men)
- » **Regenolone Moisturizing Cream** (joint support, women)
- » **SleepEssence** (sleep support)

Standard Process (Men)

- » Livaplex
- » Milk Thistle Forte
- » ProstaCo
- » Tongkat Ali
- » Adrenal Complex
- » Min-Chex

Standard Process (Women)

- » LivCo
- » Milk Thistle Forte
- » Wild Yam Complex
- » FemCo
- » Chaste Tree
- » Adrenal Complex
- » Min-Chex