

What Do Hormones Have To Do With Our Health? EVERYTHING!!!

Information compiled from "What do Hormones Have To Do With Health, Energy and Sleep"...presented by Barbara Fett, RN, BSN and Mary Ward-Farnham, MS, Wellness Coach

Did you know your body produces over 20 different hormones? When we hear the term hormone most of us think only of the sex hormones, however hormones are responsible for regulating many functions in the body. These include regulating the heart rate, blood pressure, glucose metabolism, muscle strength, red blood cell production, bone formation and more. Nutritional deficiencies, lack of exercise, chronic stress and long term use of over-the-counter and prescription medications can result in diminished hormone production and, ultimately, to diminished biological functioning.

For this article, we will focus on **Estrogen Dominance**—Our bodies are bombarded with Xenoestrogens which are chemicals that mimic estrogen. Daily exposure to Xenoestrogens cause imbalance—they are found in over the counter products we use such as soaps, shampoos, lotions, cleaning products, room deodorizers, product associated with plastics and possibly some commercially raised meat such as pork, chicken and beef. In his book, *Hormone Balance Made Simple*, Dr. John Lee coined the phrase 'estrogen dominance', where a woman can have a deficient, normal or excessive estrogen, but has little or no progesterone to balance it's effect in the body. It's possible that we are all—men, women and children, suffering from estrogen dominance, because there is so much of it in our environment.

So what can we do to correct these imbalances and get our body's endocrine system back into balance? Young Living suggested products are **Progressence Cream** and **Estro**. The key to these products is that you are applying bio identical hormones to your body so that it recognizes them and can use them like its own hormones. Unlike synthetic sources of hormones that require your body to go through many more steps in order to utilize them. YL products, have essential oils in them which allow the hormones to be carried more easily into your blood stream. Other products which support the endocrine systems and balance hormones are **Prenolone Cream**, **PD 80/20**, **Ultra Young**, **EndoGize**, **Endoflex**, **Clary Sage**, **Dragon Time** and **SclarEssence**.

Some symptoms associated with estrogen dominance are:

- Acceleration of the aging process
- Allergies, including asthma, hives, rashes, sinus congestion
- Autoimmune disorders
- Breast cancer
- Cold hands and feet as a symptom of thyroid dysfunction
- Depression with anxiety or agitation
- Dry eyes
- Fat gain, especially around the abdomen, hips and thighs
- Fatigue, foggy thinking, memory loss
- Gallbladder disease
- Hair Loss, thinning hair
- Headaches
- Increased blood clotting (increasing risk of strokes)
- Infertility, irregular menstruation
- Irritability, mood swings
- Osteoporosis, premenopausal bone loss
- PMS
- Prostate cancer (men only)
- Sluggish metabolism
- Thyroid dysfunction mimicking hypothyroidism
- Uterine cancer, Uterine fibroids
- Water retention, bloating



Triclosan is an anti-bacterial chemical found in many consumer products. The U.S. FDA has begun a review of its safety. One study showed that the chemical can alter hormone regulation.

Testimonials—Mother Finds Balance After a Hysterectomy, Daughter-in-law is Blessed with Pregnancy!

After a hysterectomy, my doctor prescribed a hormone patch. Back then I followed his direction even though I knew that there were side effects with synthetic hormones. Then I learned that I could achieve the same results (I actually achieved better results) with Young Living products. For me I found a combination and rotation of **Progressence** and **Prenolone cream**, **Ultra Young Spray**, **Estro**, **Clary Sage**, **Endoflex** and **SclarEssence** essential oils. I not only got rid of night sweats, but I sleep better. My emotions are balanced, plus face and neck blemishes stopped appearing—finally, I am over 50!

During my research, I also learned that hormonal balance is essential for all women not just those in menopause. I shared this information with Jessica, our daughter-in-law. Her and Jon had been trying for over a year to get pregnant. Jessica followed the Hormone Balance procedure with Young Living products in LeAnne Deardeuff's book *Ultimate Balance* (can send these pages to anyone interested). She increased her intake of **Ningxia Red** daily and made better food choices. We are expecting a new grandbaby girl on September 1st!.....Cindy Phillips, Hartford



May Recipe—Hot Flash—NO MORE!

4 drops **YL Clary Sage**
3 drops **YL Chamomile and Geranium EO**
2 drops **YL Lemon and Peppermint EO**
1 drop **YL Pine EO**
1 drop **YL Tangerine EO**

Combine all ingredients and use in roller or spray bottle. Or add to your lotion or bath.

Contact us if you have any questions.
Not a YL member yet? Or have question about Essential Rewards?

Call [Cindy Phillips 262.305.7733](tel:262.305.7733) or [Leann Larsson 262.573.0300](tel:262.573.0300)

Did you know? A rose may be a rose. But that rose-like fragrance in your perfume may be something else entirely, concocted from any number of the fragrance industry's 3,100 stock chemical ingredients, the blend of which is almost always kept hidden from the consumer. The average fragrance product tested contained 14 secret chemicals not listed on the label. Among them are chemicals associated with **hormone disruption and allergic reactions**, and many substances that have not been assessed for safety in personal care products. From: www.ewg.org

Wear Your Favorite Essential Oil Instead Of Perfume!