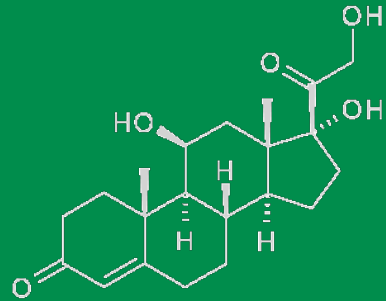


## Estrogens

Stimulate, animate, even can help w stress...

Stimulate breast glandular tissue, uterine lining



## Progesterone

Is the great calmer...supports mood and sleep

Balances the stimulatory effects of estrogen

# Estrogen

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“Estrogen makes you feel sensual.

It brings glow to the skin,

moisture to the eyes,

fullness to the breasts,

and clarity to the mind.

It keeps the vagina lubricated.

It uplifts and stabilizes your mood.

It influences your brain and your bones,

and protects you against cardiovascular disease...”

Uzzi Reiss M.D. [Natural Hormone Balance for Women](#)

# Common Estrogen Deficiency Symptoms

Hot flashes [75%] Night sweats Warm rushes Temperature swings	Racing mind @ night Sleep disturbance Dry vagina, eyes & skin Pain on intercourse	Mental fogginess Forgetfulness Cognitive dysfunction
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Urinary Sx: frequency, urgency, nocturia

Fatigue & reduced stamina

Pain: back & joint & + Headaches Migraines

Episodes of rapid heartbeat & palpitations

Diminished sense of sensuality & sexuality/libido

Weight gain, especially thighs, hips & buttox

Sense of normalcy only during 2nd week of cycle

Sense of intestinal bloating

# Common Progesterone Deficiency Symptoms

## Calming

Sleep disturbance      Anxiety      Difficulty relaxing  
Emotional problems, sometimes severe

## Balances Estrogen stimulation

Breast tenderness & pain  
Breast lumps, cysts & more  
PMS, Fibroids, Endometriosis

## Other

Decreased Libido      Water retention  
Fatigue & reduced stamina (Thyroid)  
Reduced sensitivity of estrogen receptor sites to estrogen!

# Diagnostic Possibilities....

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- Chronic Fatigue Syndrome
- Chronic pain syndromes
- Degenerative Brain Dx's
- Coronary Artery Disease
- Psychiatric disorders
- Migraines
- Arthritis
- Diabetes
- Sleep disorders
- Urologic possibilities galore
- GI malfunction w attendant diagnostic list

When a woman of  
peri or menopausal  
age demographic  
comes into your  
office...



With a multitude  
&/or severity of  
issues

Help correct her  
ovarian hormones....

Prior to drawing any  
conclusions or doing a  
major workup for a  
multitude of diagnostic  
possibilities...

And see if there is anything left to do....