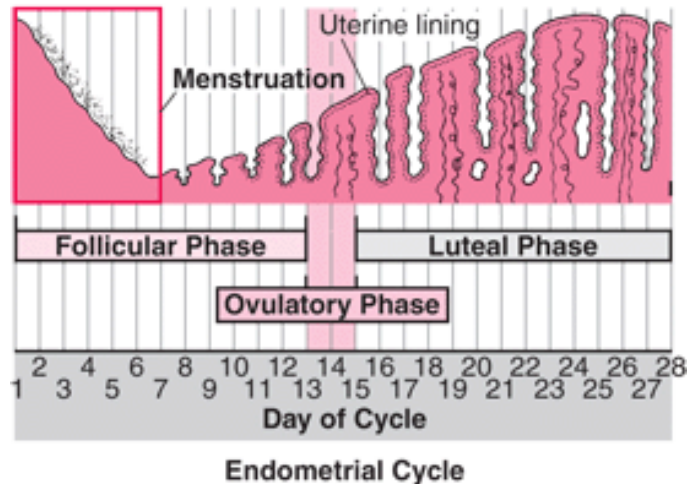
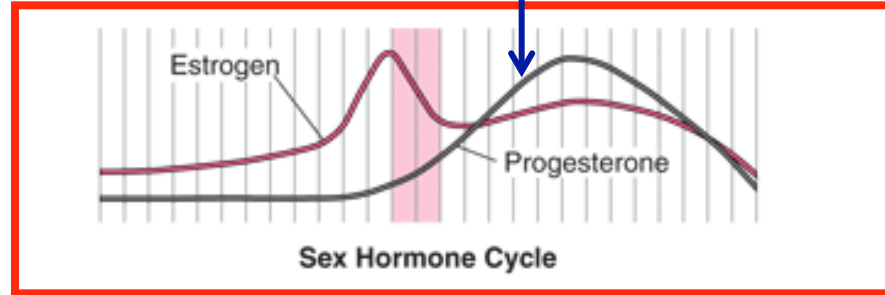
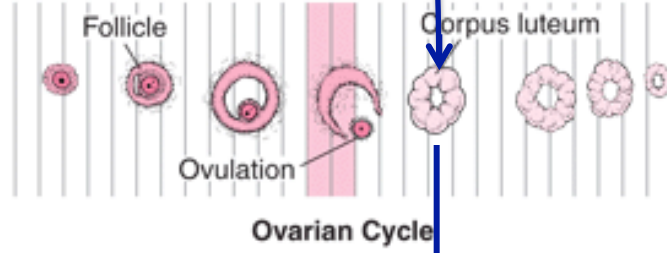


# Basic Information about Ovarian Hormones



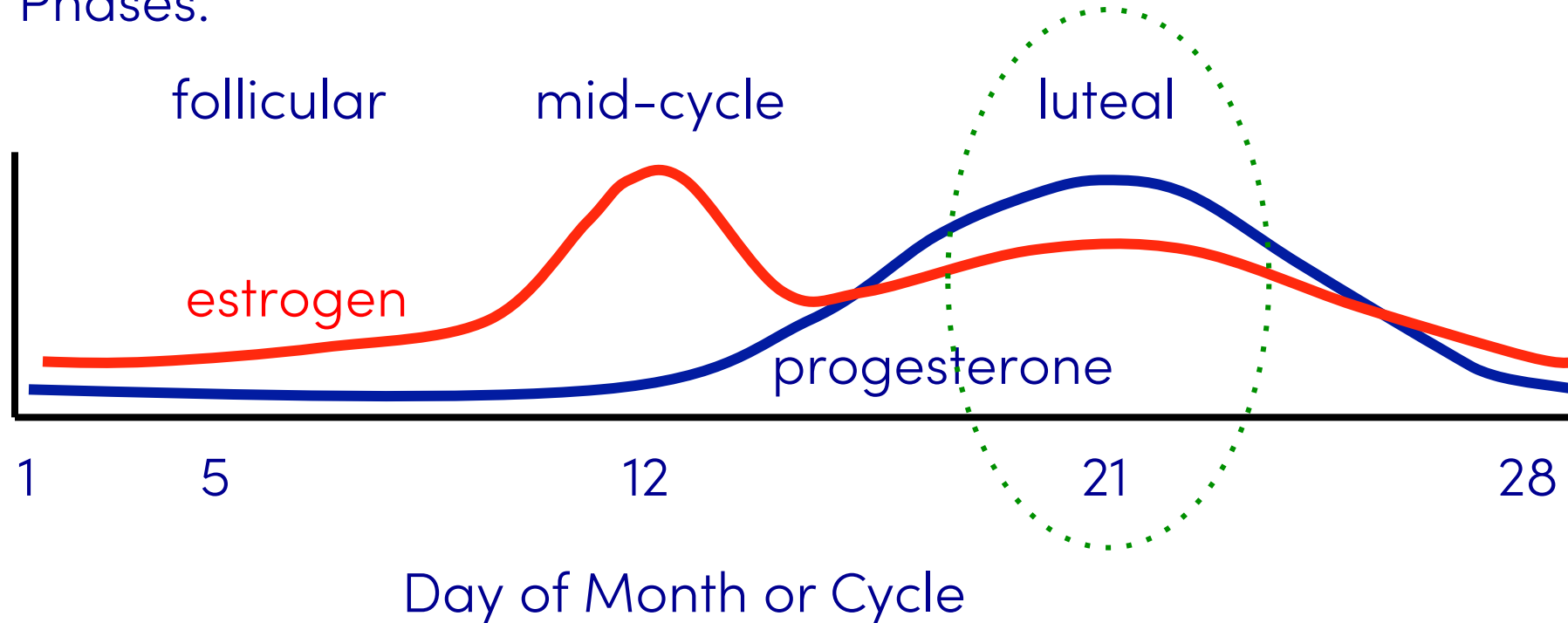
# Menstrual Cycle



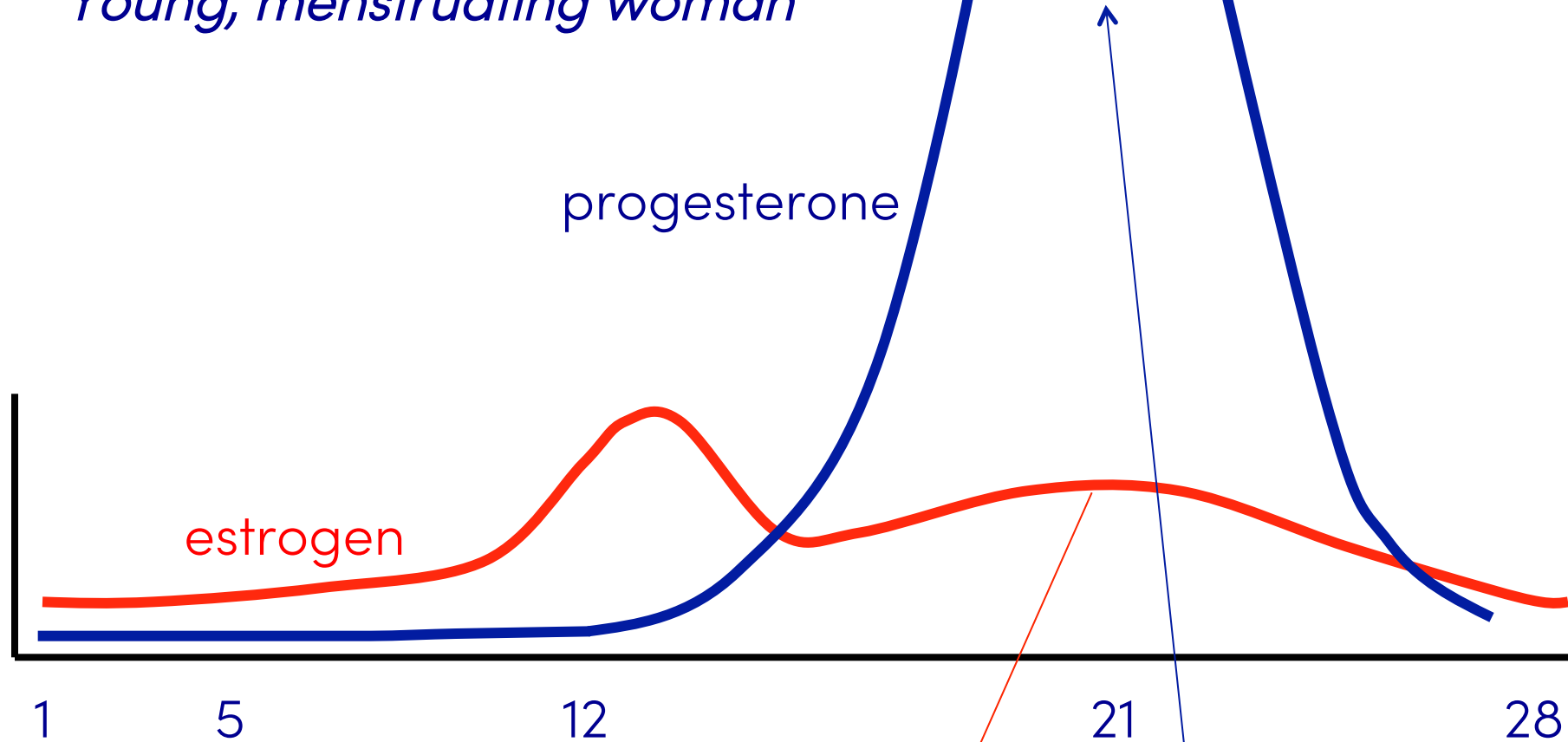
# Two of the Hormones Throughout a Cycle

*Young, menstruating woman*

Phases:



*Young, menstruating woman*



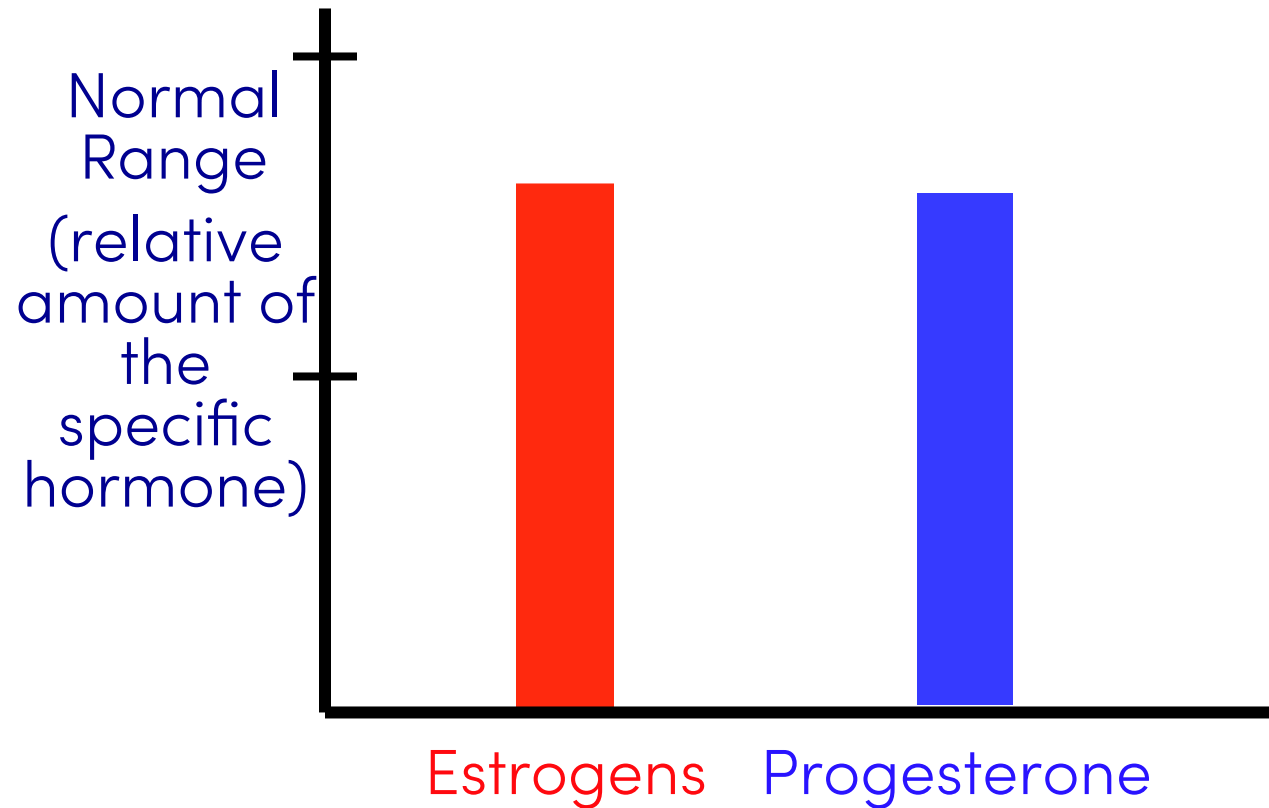
≈ Ovarian secretion, mg/d: 0.33 37 P = 100 x E

Serum pg/ml, ave: 127 14,350 [14.4 ng/ml]

# A Variation of Hormonal Balance

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In a Young and Cycling Woman  
Midrange for each hormone

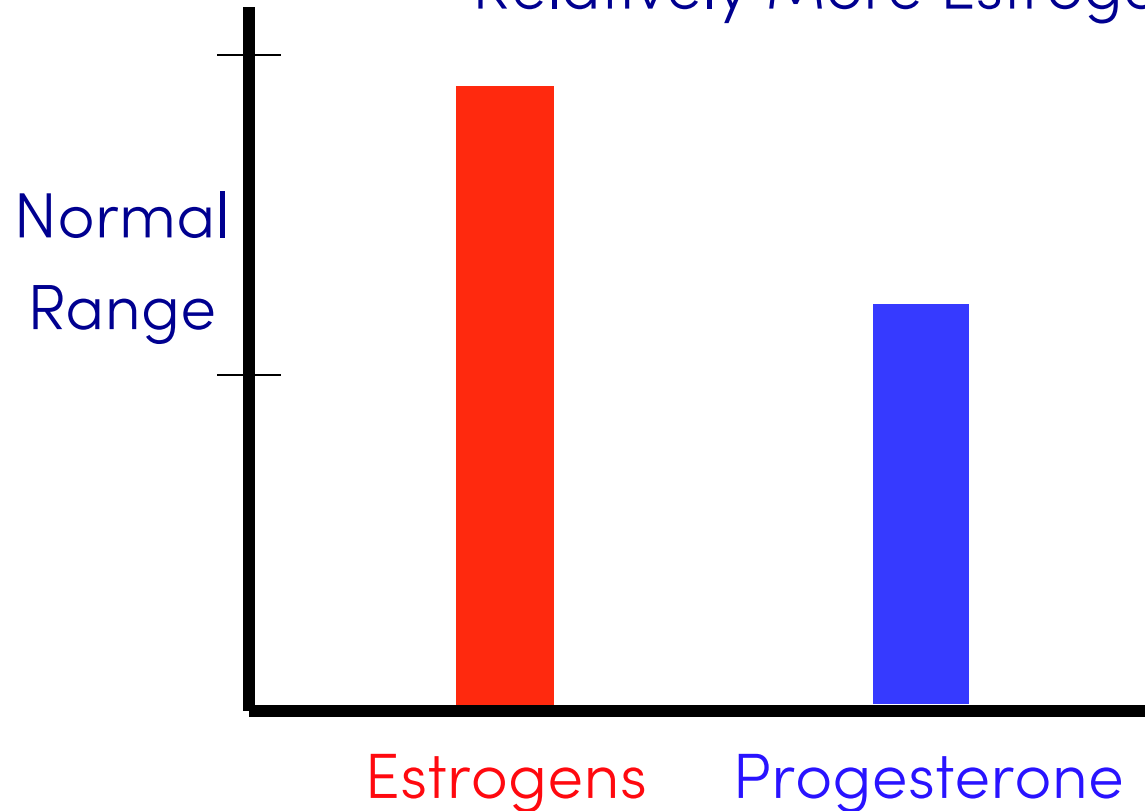


# One Variation of Hormonal Balance

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In a Young and Cycling Woman

Relatively More Estrogen



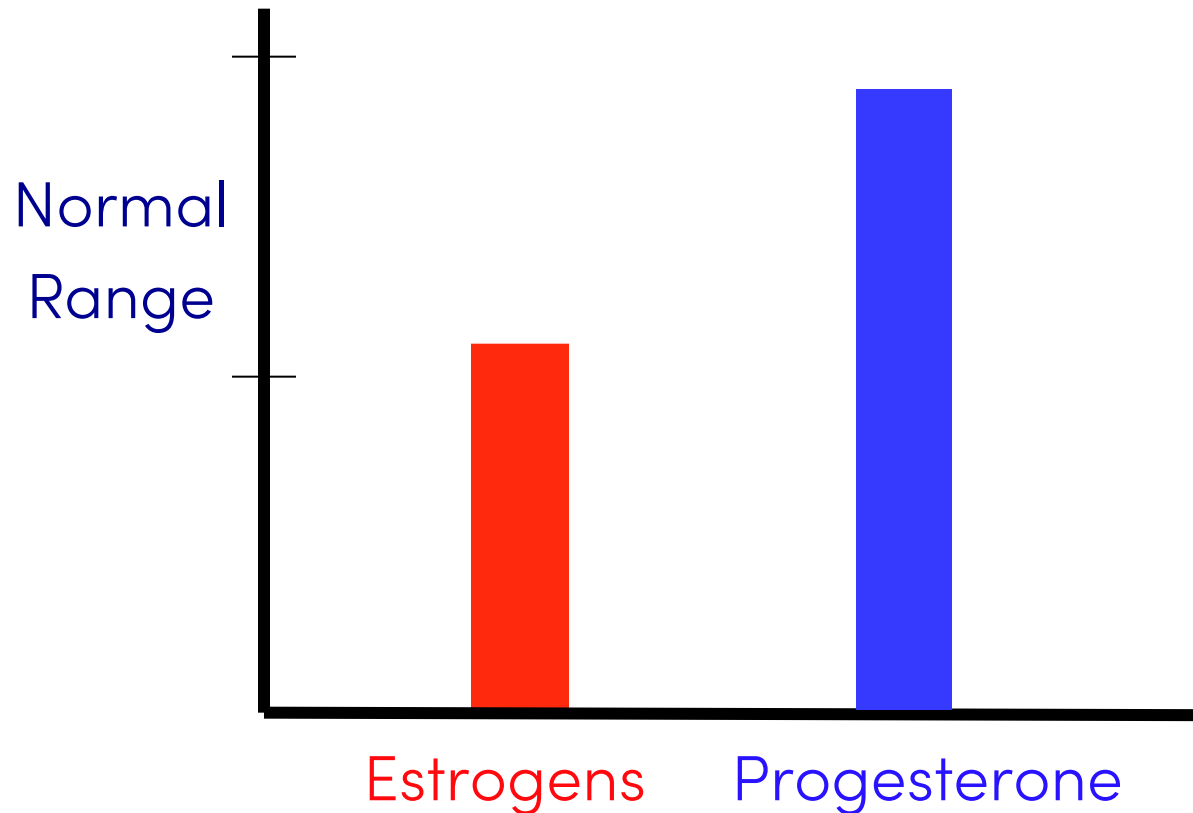
*Body Type: Curvy & Shorter & Larger Breasts*

*Medical History: can include PMS, Cramps, Heavy periods, etc*

# Another Variation of Hormonal Balance

In a Young and Cycling Woman

Relatively Less Estrogen

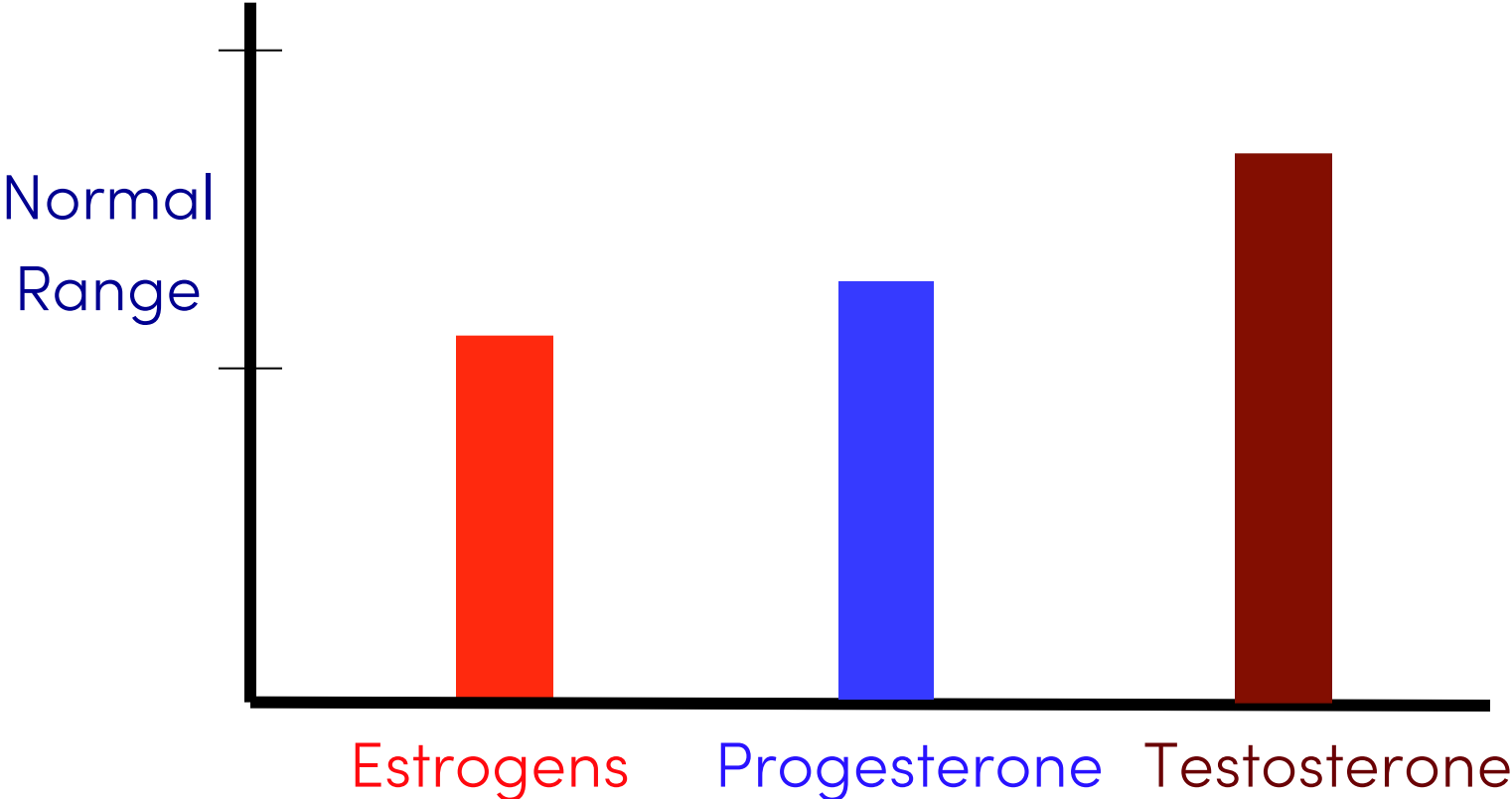


*Body Type: Taller, thinner, straighter with smaller Breasts*

*Medical History: can include Hx scant menses, easy menstruation*

# Another Variation of Hormonal Balance

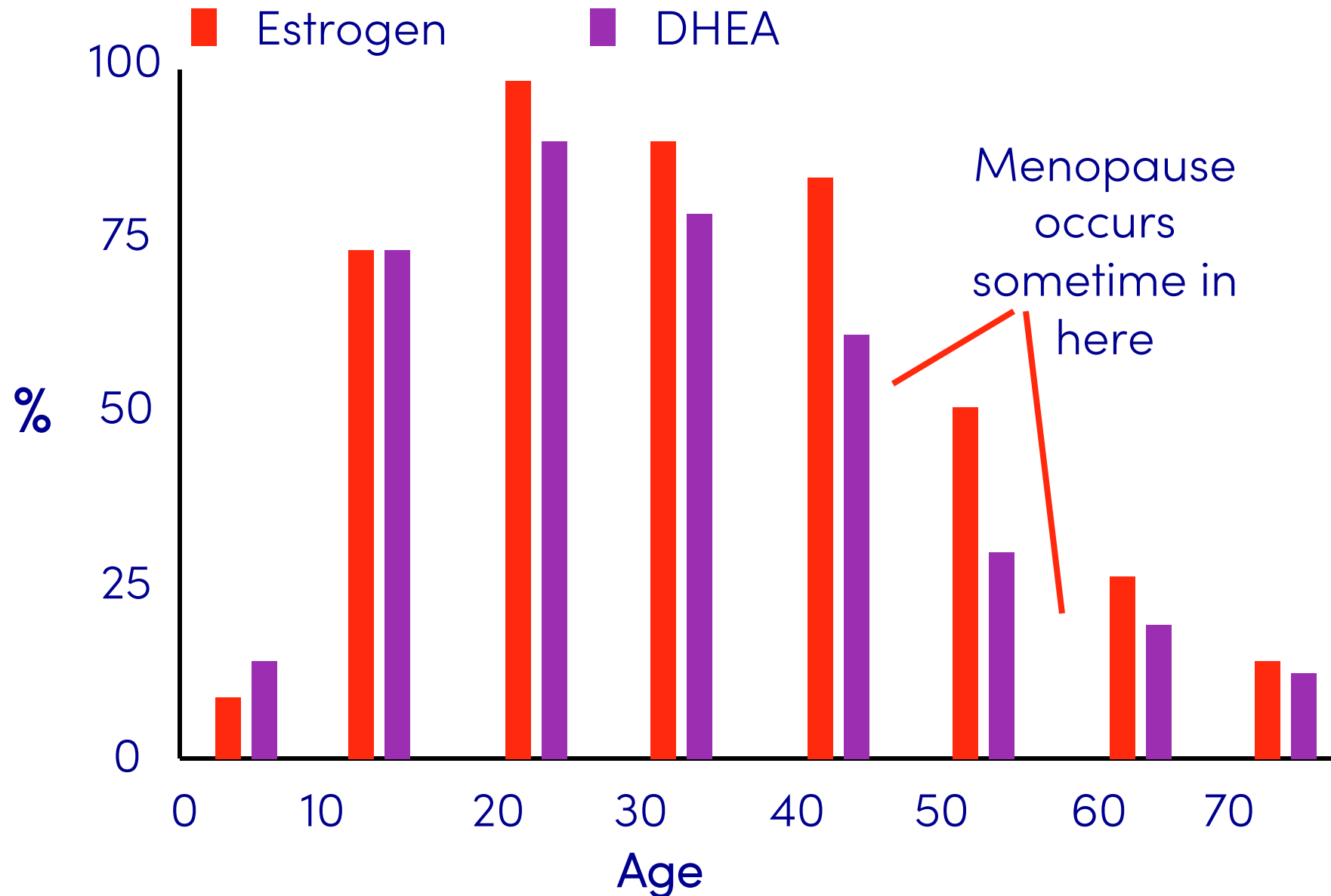
In a Young and Cycling Woman  
Relatively Less Estrogen



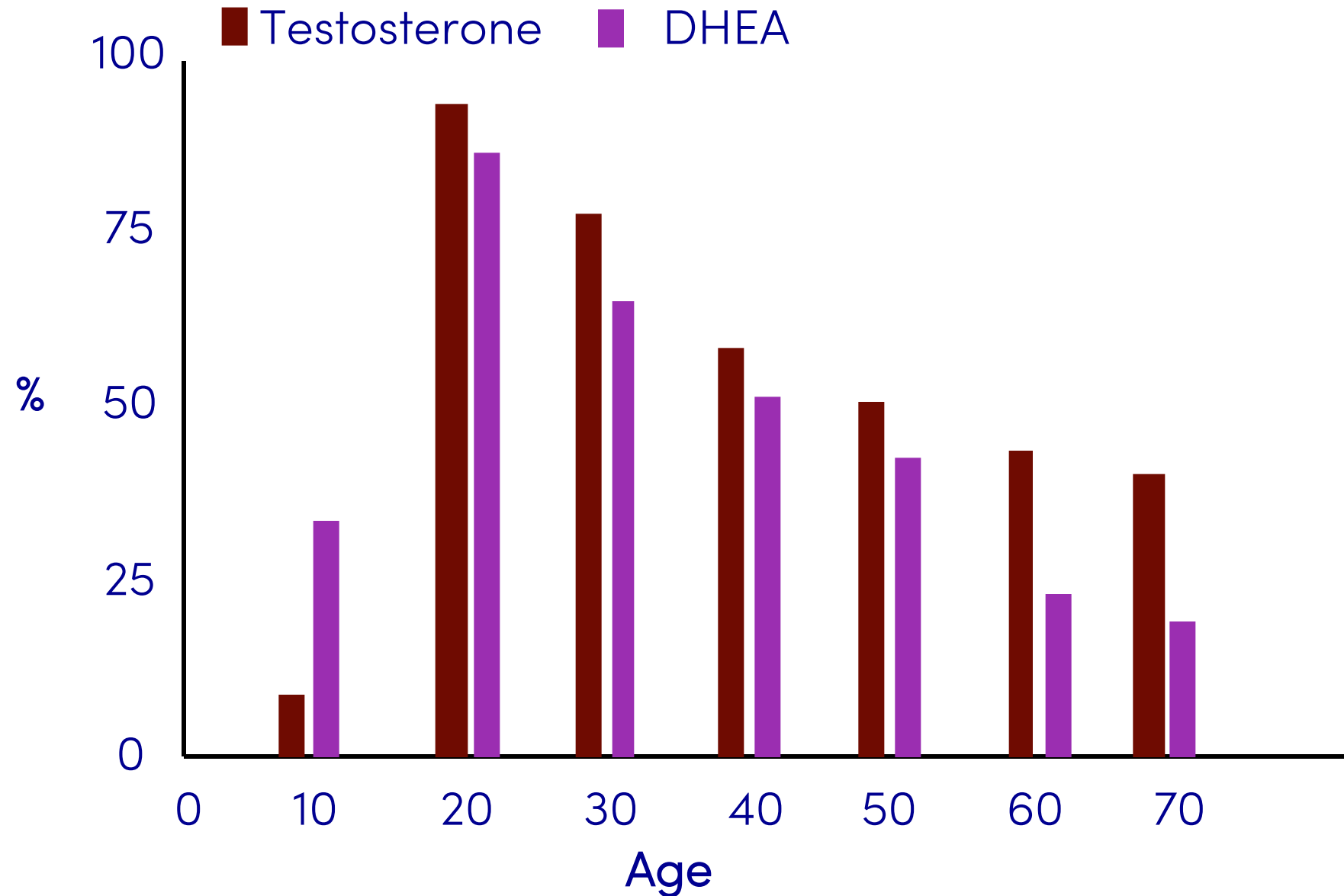
Body Type: *muscular*



# Variation in Women's Hormone Levels with Age

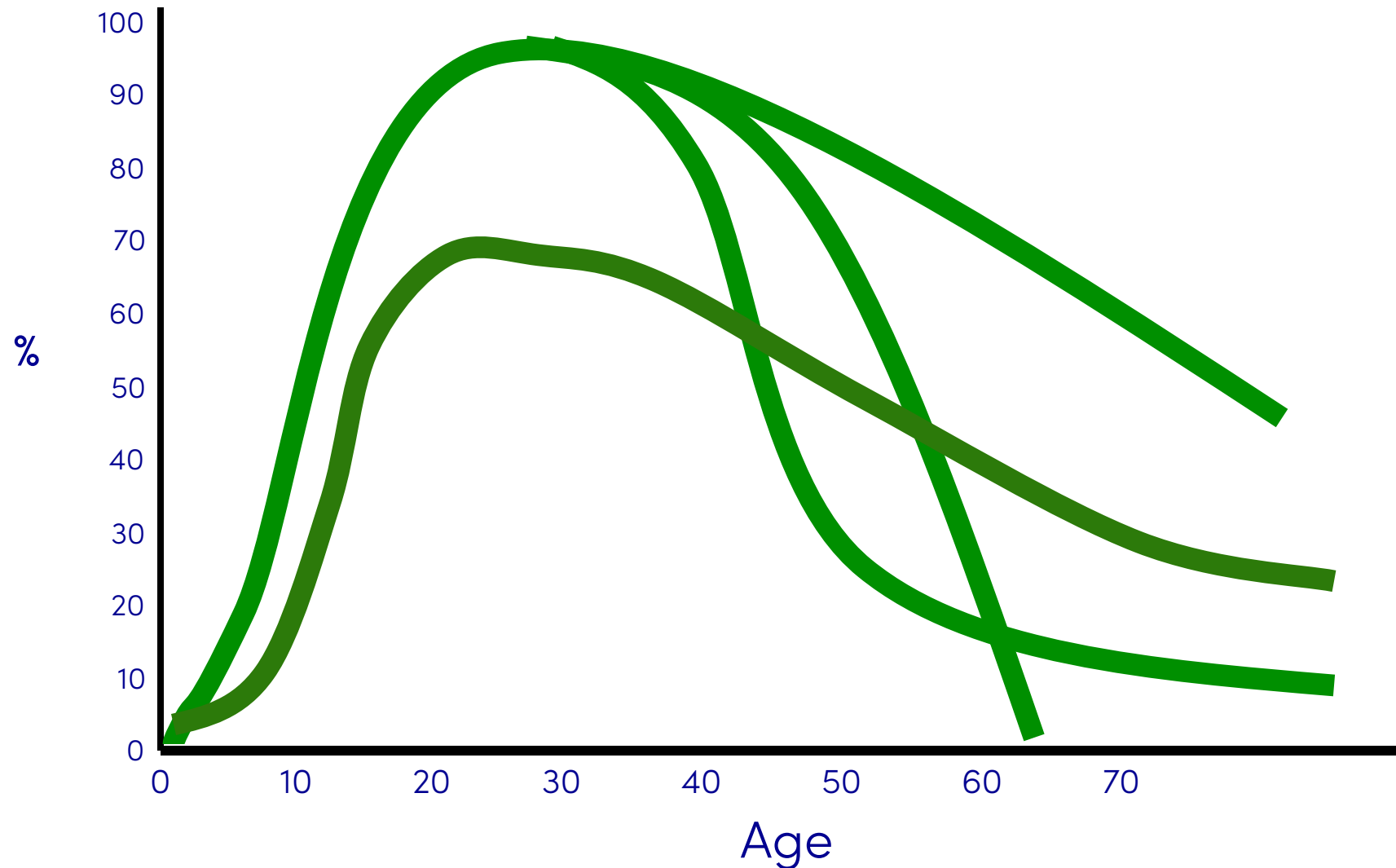


# Variation in Men's Hormone Levels with Age

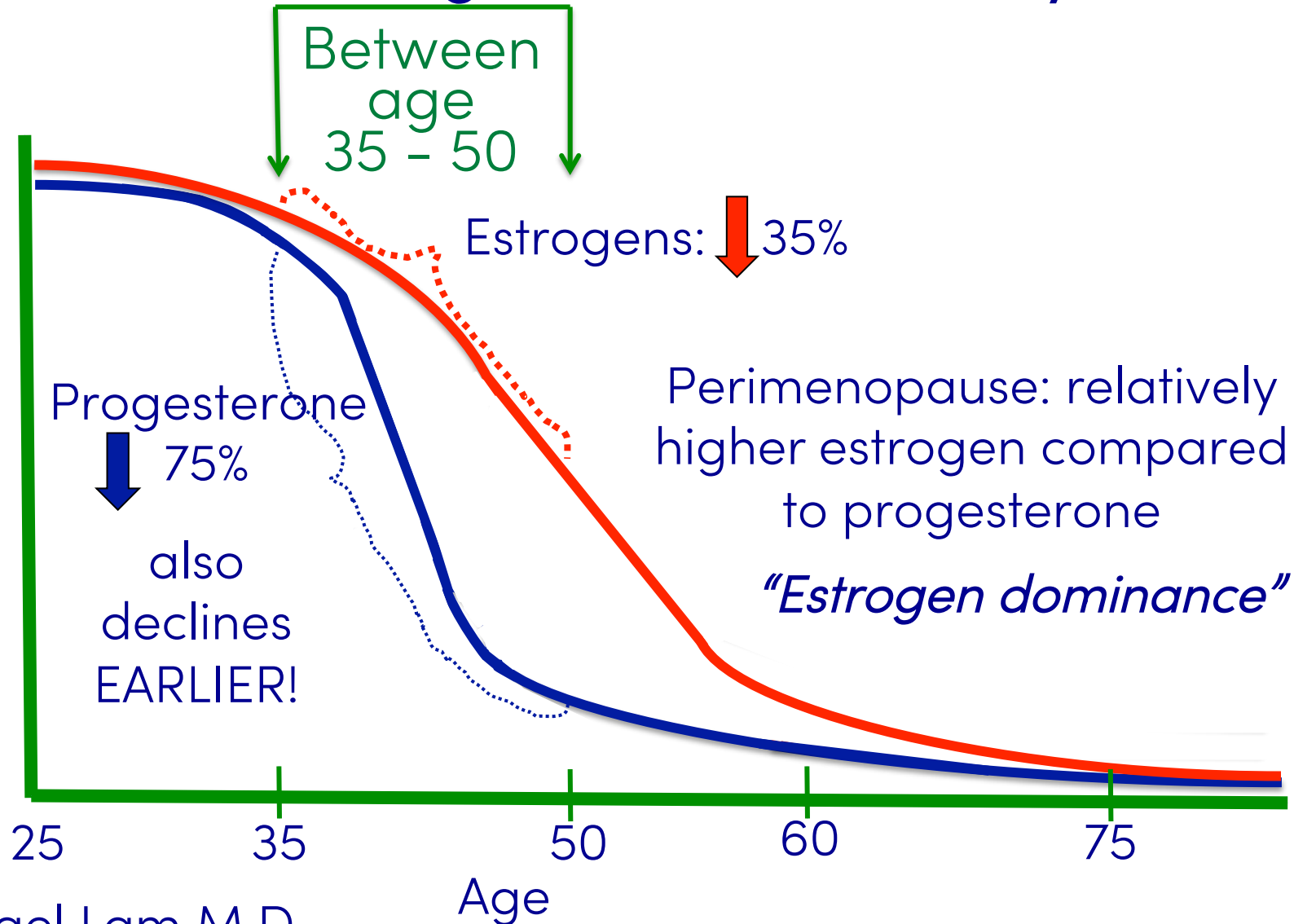


# Variation in Rate of Hormonal Decline

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# One Progesterone Possibility

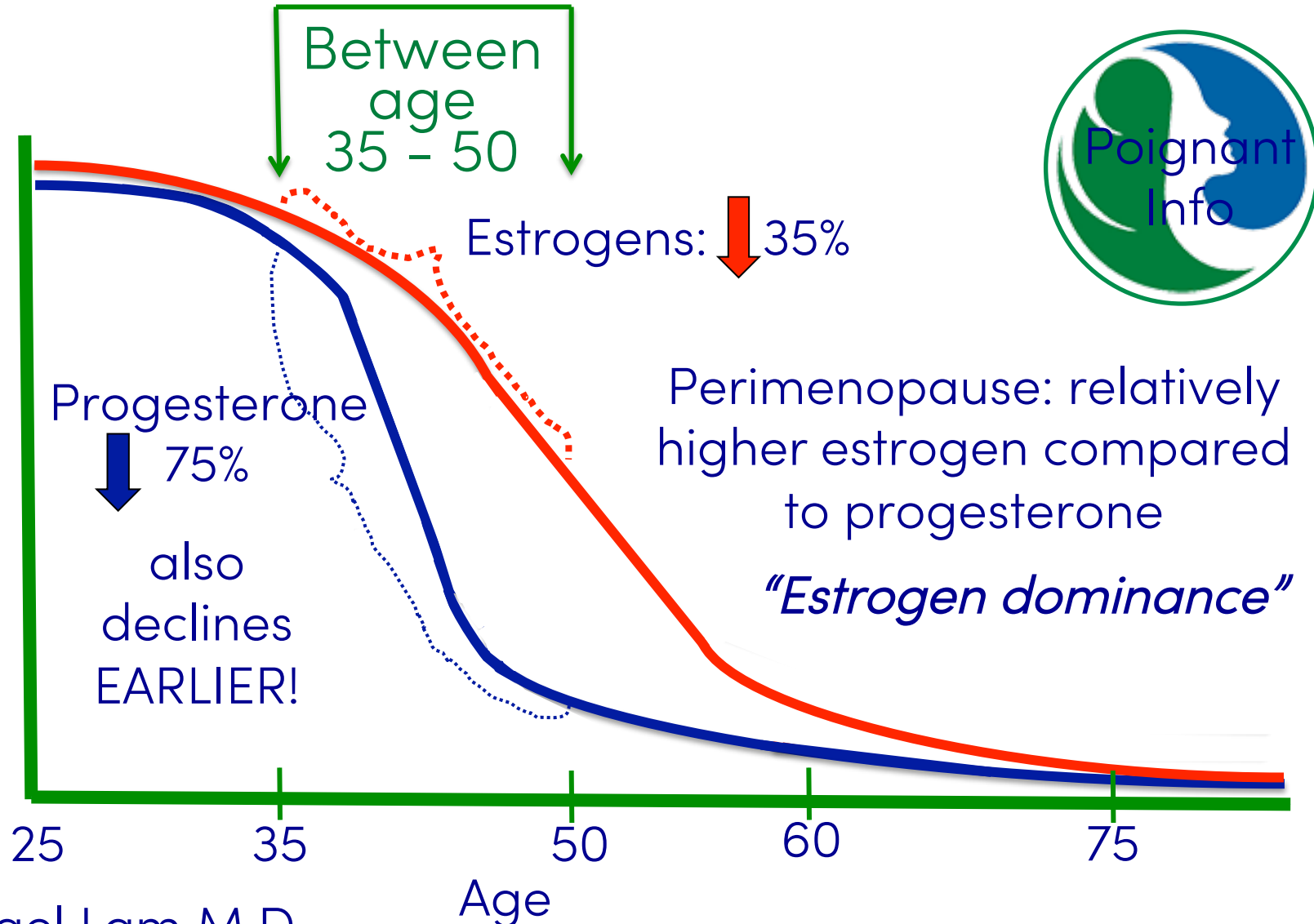


Michael Lam M.D.

[http://www.drlam.com/articles/estrogen\\_dominance.asp](http://www.drlam.com/articles/estrogen_dominance.asp)

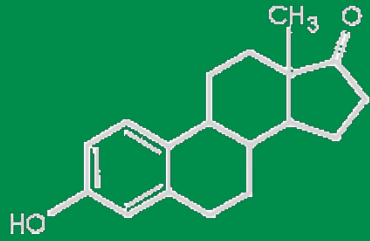


# One Progesterone Possibility



Michael Lam M.D.

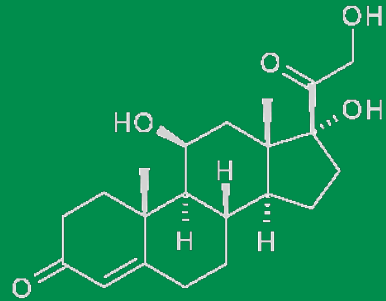
[http://www.drlam.com/articles/estrogen\\_dominance.asp](http://www.drlam.com/articles/estrogen_dominance.asp)



## Estrogens

Stimulate, animate, even help w stress

Stimulate breast glandular tissue, uterine lining



## Progesterone

Is the great calmer...supports mood and sleep

Balances the stimulatory effects of estrogen