

Natural Healing Express Weekly

Column Volume 71 Estrogen Dominance

What is up with these 60 degree temperature swings? I do not mean to be offensive, but is it possible Mother Nature has started to drink? And as one of my more witty friends stated, "Yes, I believe she has, but by the way we've been treating her, I think we drove her to it."

So, if you have a headache, joint and muscle aches, cold or sniffles, it's probably related to the huge swings in barometric pressure. Any meteorologists out there who can offer a scientific explanation? Nonetheless, come on in to Natural Healing Express, we have several products to help ease the pain and nuisance of these weather oddities until temperatures return to normal.

This week we'll touch lightly on the issue of estrogen dominance. Estrogen dominance is quickly becoming a very common hormonal imbalance and at least 2 of 5 women are demonstrating some form or it as well as several men. Estrogen Dominance begins when the ratio of estrogen to progesterone becomes out of balance.

So, how do you tell if this may be an issue for you? I have recently found a great chart from an article by Leslie Kenton and I can't define this any better than she already has. Please check yourself on the chart below knowing that the following symptoms are common among those with estrogen dominance.

What begins with mild symptoms in younger years often becomes moderate in the mid to late 30s and severe by the time a person reaches their mid-40s. If you are experiencing as few as 6 of these symptoms, it's likely you are experiencing some level of estrogen dominance.

MILD	MODERATE	SEVERE
Premenstrual breast tenderness	Irregular menstruation	Uterine fibroid tumors
Premenstrual mood swings	Weight gain	Endometriosis
Premenstrual fluid retention, weight gain	Hair loss	Fibrocystic breasts
Premenstrual headaches	Depression	Polycystic ovary syndrome
Menstrual cramps	Fatigue	Breast tumors
	Thyroid dysfunction	Infertility
	Adrenal gland fatigue	Thickened uterine lining

Headaches, migraines	Accelerated aging
Severe menstrual cramps	Miscarriage
Heavy periods with clotting	Anxiety and panic attacks
Joint and muscle pain	Autoimmune disorders
Decreased libido	Fibromyalgia
Insomnia and restless sleep	Impotency
Dry eyes	Estrogen related cancers
Lowered libido	
Prostate problems	

As Kenton states, if you are experiencing 6 or more of these symptoms, it is likely you are involved in some level of estrogen dominance.

To help you sort this out, we offer individual nutrient analysis at our Lena Store Location. The cost is \$30.00 for the initial visit and re-checks are on us. During this initial consultation we also discuss your particularly Bio-Individuality to see what will work specifically for you.

We have several great products on hand to help ease these symptoms and help to eliminate the estrogen dominance such as our Menopautonic which supports menopausal transition and promotes healthy hormonal function. Also, our Women in Balance which is a mixture of herbs such as black cohosh, chaste tree, yam and raspberry to name a few which work to get the estrogen/progesterone levels back in balance. Our DIM is an estrogen metabolizer and of course, we discuss the best nutritional options for your particular Bio-Individuality. Please schedule an appointment today to review your natural options. There is no need to continue suffering.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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