

About hormones

In simple terms, hormones are activators of many bodily functions. Hormones function as biological pacemakers, orchestrating the body's many functions in a delicate and balanced manner. Hormonal messages sent through the bloodstream activate or deactivate many biological processes including sleep and wakefulness. When all systems function properly within our 24-hour cycles we are at our best.

Hormones are chemical compounds formed by the glands and carried in the blood to other organs and glands. When these hormones reach their target, they stimulate that body part to function more vigorously.

When hormones are balanced, the body is able to do miraculous things: regenerate new tissue, create an abundance of energy, and defeat itself against disease causing microbes.

Leaders in Anti-Ageing Medicine have concluded that a deficit in the body's production of hormones is the most probable cause of the growing incidence of premature ageing in the general population.

The primary goal of natural hormone enhancement is peak physical and mental performance. With lowered production of testosterone, oestrogen and DHEA, we get fatter and flabbier - lose our energy and sex drive - and our youthful resilience to disease. A vicious cycle ensues. Abnormal hormonal responses also weaken our digestive capacity. Our liver, pancreas, gall bladder, stomach and intestines decrease in function and we are less able to absorb the nutrients our body needs to restore our hormones to youthful levels.

How Hormones can affect your life

After menopause, muscles tend to loosen up and lose their tone. At that time, if a woman takes oestrogen in tablet form, that muscular laxity will increase because orally taken oestrogens pile up in the liver, and force it to deliver into the blood stream an excess of proteins that will fix and inactivate various hormones, including the necessary androgens for a good muscular structure. Therefore it is necessary to take a supplement of another hormone, an androgen like DHEA or even small doses of testosterone. Other problems may also occur like depression, lack of self involvement, libido, just to name a few.

How Hormones & Minerals can affect your Energy Level:

- Slow Thyroid: Tired when waking up and when resting. That tiring sensation fades away during morning and when in full activity
- Low Oestrogen level: Permanently tired, all day long
- Low Androgen level: Permanently tired, all day long, but increasing when doing physical efforts.
- Low Cortisol level: Extremely tired in the evening, with increased peaks in case of stress.
- Low GHG level: Intense tiredness on the evening, difficulty to stay awake after midnight, feeling impossible to recover the morning after.
- Low Aldosterone: Tired when standing up.
- Low Iron: Mainly tired in the evening, increasing all day long.
- Low Vitamin B12: Constant fatigue, with peaks when doing physical and mental efforts.
- Low Co Q10: Muscular tiredness.
- Low Magnesium: Muscular tiredness but increasing with stress.

How Hormones can affect your Skin and Wrinkles :

- Drooping eyelids: Lack of GHG & androgens (DHEA)
- Hollow cheeks, Lack of fat: Low cortisol & insulin
- Thin lips, Thinner jaws, Falling cheeks: Low GHG
- Thighs too soft, Fat above knees, Thin transparent skin, falling breasts: Low oestrogens
- Crumpled upper lip: Low oestrogens and androgens

How Hormones could affect your body fat :

- Puffed up face in the morning, swollen cheeks & eyelids: Slow thyroid
 - Face as a balloon: Too much cortisol, not enough GHG and androgens
 - Buffalo's neck: Too much cortisol, not enough GHG, androgens and T3
 - Heavy, big breast: Low progesterone, eventually low hGH & androgens
 - Big belly (man & woman): Low DHEA, eventually testosterone
 - Big Bottom and thighs: Too much insulin, low cortisol, T3, GHG, testosterone
 - Cellulite: Low androgen & GHG
 - Big calves: Sign of slow thyroid
 - Bloated legs and ankles: Often slow thyroid, sometime too much aldosterone
- Hormone research is like clumsily putting together a gigantic jig-saw puzzle. The more we learn, the more we realise how much more we need to know

