



Why Hormone Health Is So Important and Key to Your Wellbeing

Hormones are your chemical messengers and come from the glands of the endocrine system and travel through the bloodstream to trigger certain activities or changes in the body.

Your hormones affect you physically, mentally and emotionally and in recent decades the sciences of psycho-neuro-immunology (PNI) and psycho-neuro-endocrinology (PNE) have gained respect and integration into mainstream medical science. These sciences were a major breakthrough in establishing the actual mechanisms for mind-body and body-mind interactions and your chemical messengers (hormones) play a key role in both frameworks.

For example, as far as immunity is concerned, the main hormone that is involved is cortisol, your stress hormone (and this is why "steroids" or hydrocortisone (a synthetic cortisol) is often prescribed to modulate inflammatory or immune responses. Many studies have researched this area and here are some examples:

- cortisol's immune-suppressive effects¹
- cortisol's ability to up-regulate and down-regulate immune function²
- cortisol's ability to prevent over-activity (as in autoimmune problems) whilst also being very specific in its response³
- higher cortisol levels can inhibit ovulation⁴

Stress related health problems have replaced infectious disease as the main health concern in medicine⁵, but medicine often considers stress to be too subjective for real medical consideration as it is more about emotional reactions or feelings and psychology.

But stress isn't the only area that affects your sense of wellbeing, for example, the contraceptive pill and HRT can dramatically impact your libido, making it disappear⁶.

In fact, excess oestrogen, whether natural or synthetic, has quite a broad impact on your wellbeing, e.g:

- increased risk of breast cancer and endometrial cancer;
- nausea, vomiting and abdominal cramps;
- bloating and water retention;
- breast tenderness and enlargement;
- headaches;
- convulsions;
- dizziness;
- anxiety;
- irritability⁷.

If these sound familiar to you it may be time to take your hormones more seriously.

Another problem area that is in epidemic proportions is insulin resistance, or pre-diabetes, and diabetes. Insulin resistance and diabetes can lead to a range of metabolic abnormalities, including: low HDL (so-called “good” cholesterol), high blood pressure and weight gain around the middle⁸.

Insulin also prevents the production of a protein that binds to oestrogen and testosterone, creating further imbalance with the sex hormones, giving a good example of the knock-on and inter-related nature of hormone health.

The connections and inter-dependencies of hormones and health and wellbeing are many and they are powerful. They can affect you on so many levels that directly impact your ability to fully participate in your daily life with problems such as:

- foggy thinking and memory lapses;
- depression and anxiety;
- tearfulness and nervousness;
- food and chemical sensitivities;
- acceleration of the aging process;
- weight gain around the middle;
- disturbed sleep;
- weight gain around the hips;
- headaches;
- hair loss;
- acne,
- excess facial or body hair ...

Hormones, of course aren't the sole solution to all health problems but with advanced medical testing it is possible to see the hidden hormone imbalances that may be affecting you.

You can find out more in my FREE report, Discover Your Hormones - just sign up to download.

References

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