



Inc androgenic DHEA & testosterone production
counteracts the effects of estrogen & progesterone decline.

Ovulation stops. Decline in estrogen & dramatic decline in progesterone.
c/b relative excess of estrogen. Small amt of Estrogen still produced by intestines, fat cells & tissue around ovaries

Relative estrogen excess causes:

Water retention,, Headaches/ migraines, Irritability & depression, fatigue, body aches, irregular bleeding patterns, panic attacks, forgetfulness, mental imbalance, **release of cortisol by the adrenals**

Decreasing estrogen causes irregular menses
Atrophy of vaginal & bladder wall & protective layer, change in acid-base balance.
Dec in progesterone causes causes anger

Bio-identical HRT, natural hormone balance with herbs, aromatherapy, diet & life-style modifications
counteracts the effects of hormone fluctuations. Detoxifications support helps clear hormones metabolites

Hypothalamus secretes more & more LH & FSH in effort to stimulate ovulation and the production of progesterone by a corpus luteum

No response by ovaries

Adrenal fortification supports the transition through menopause

Hypothalamus releases epinepharine to try and stimulate ovaries to produce estrogen, progesterone & an egg. There is some response because this stimulates the adrenals to make pregnalone (precursor to estrogens & estrogen). The consequence of epinepharine surge is vasodialation and increased circulation to the skin
HOT FLASHES

If the adrenals are not supported before, during and after menopause the result is adrenal exhaustion and exacerbation of menopausal symptoms. The production of both progesterone & estrogen is compromised

Adrenal glands eventually take over the production of estrogen & everything stabilizes.