

BIOIDENTICAL ESTROGEN

SIGNS OF TOO LITTLE ESTROGEN

Irritability

Decreased Sex Drive

Memory Loss

Difficulty Concentrating

Depression

Harder to Reach Climax

Fatigue

Arthritis

Hair Loss

Hot Flashes

Bladder Symptoms

Night Sweats

Dry Skin

WHAT ARE BENEFITS OF TAKING BIOIDENTICAL ESTROGENS?

Relieves hot flashes

Reduces the risk of heart disease, cancer and osteoporosis

Improves vaginal dryness and integrity

Reduces fatigue and sleeplessness

Improves memory

Improves bladder function

Helps alleviate depression and mood swings

Improves lipid profile

WHAT IS 'ESTROGEN DOMINANCE'?

An excess of estrogen in the absence of adequate levels of progesterone

WHAT CAUSES ESTROGEN DOMINANCE?

Environmental xenoestrogens

Pesticides and herbicides

Lack of dietary fiber

Lack of proper exercise

Fluctuations of peri-menopause

Overdosing of estrogen

Hysterectomy

Birth control pills

Decline in ovarian progesterone production

WHAT ARE SIGNS OF ESTROGEN DOMINANCE?

Fatigue

Sweet cravings

Heavy or irregular menstruation

Fibrocystic breasts and breast tenderness

Mood swings

Headaches/migraines

Sleep disruption

Weight gain

Fluid retention

Hot flashes/night sweats

