

"The Change: Before, During, and After"

April 18, 2009

Doctors Nutrition Center

1804 E. Southern Ave., Ste. 5, Tempe, AZ 85282
4800-730-6688

Dr. Dennis Clark

Subscribe to Natural Health News at HerbScientist.com
Get the latest report: "Brief Guide to Menopause Hormone Balance"

For Starters: A Little Clarity (*menopause*: permanent cessation of menstrual cycles)

What is *Normal* Transition? - Cultural Evidence

The Main Issues in a Nutshell

Epidemic of Progesterone Deficiency

How Best to Raise Progesterone Levels

Yams are *NOT* a Source of Progesterone

Other Key Steroid Hormones

- DHEA

- Cortisol

Avoiding Xenoestrogens is Crucial

Phytoestrogens are *NOT* Human Estrogens

The Real Benefits of Phytoestrogens

Top 4 Menopause Herbs

- Black Cohosh

- Dong Quai

- Flaxseed Oil

- Borage Oil

Thyroid Confusion

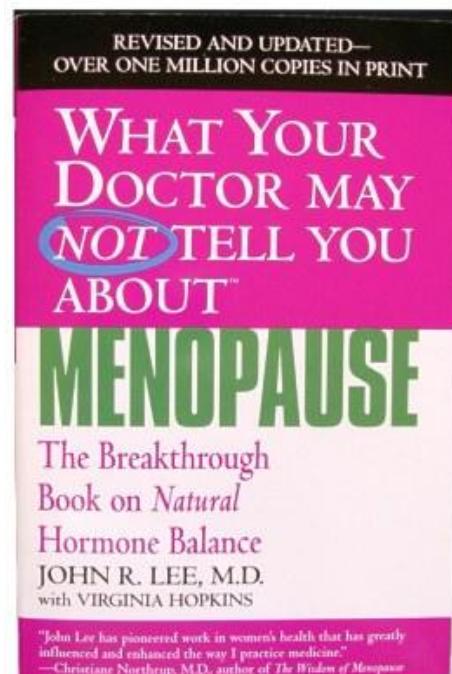
Role of Excess Fat in Estrogen Dominance

Help with Bone Health

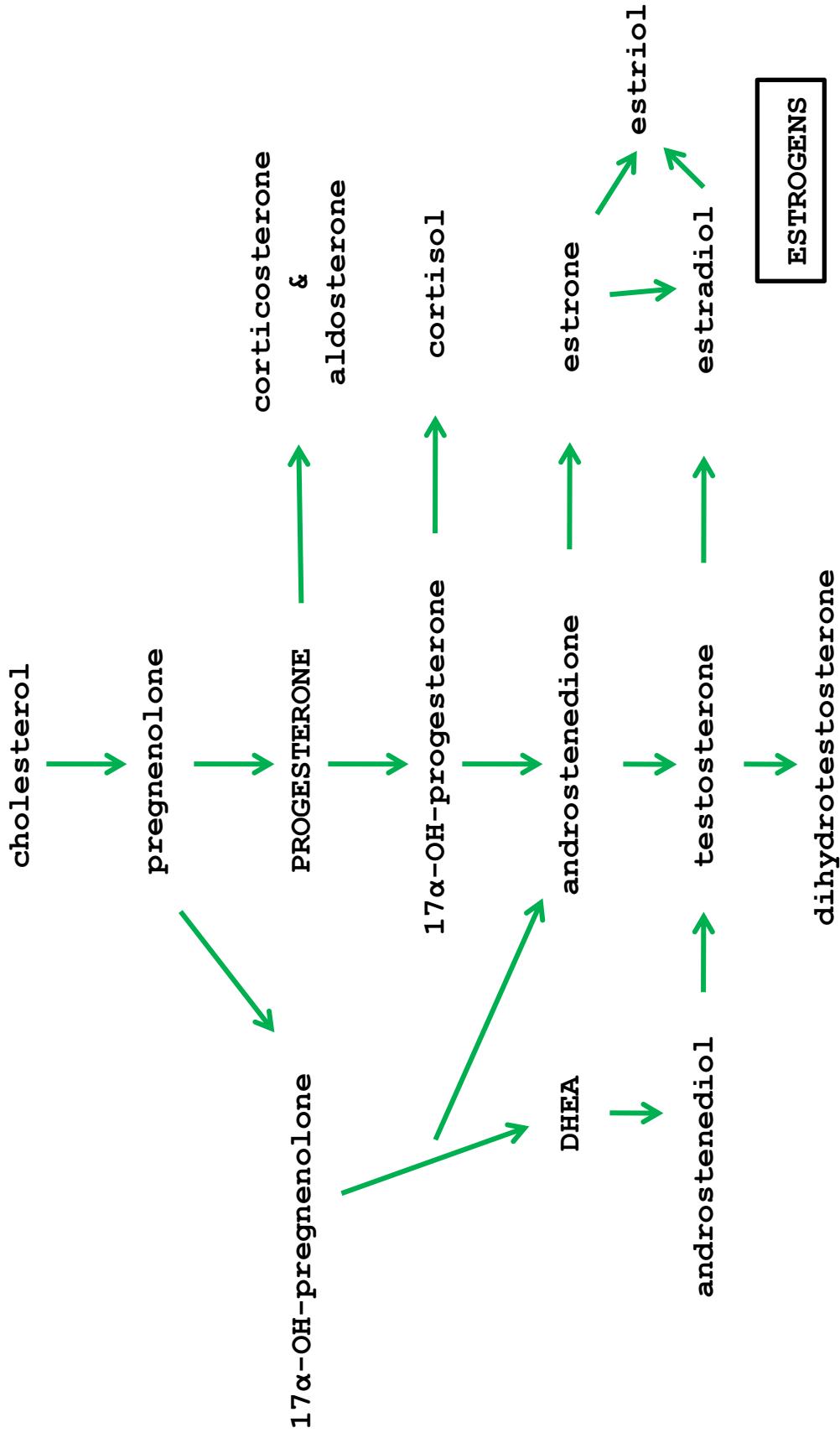
- Minerals with Phytoestrogens

- Strontium: Miracle Bone Mineral?

Balancing the Master Hormone



HUMAN STEROIDS



Symptoms of Hormone Imbalance

From: 34-menopause-symptoms.com/

1. Hot Flashes
2. Night Sweats
3. Irregular Periods
4. Loss of Libido
5. Vaginal Dryness
6. Mood Swings
7. Fatigue
8. Hair Loss
9. Sleep Disorders
10. Difficult Concentrating
11. Memory Lapses
12. Dizziness
13. Weight Gain
14. Incontinence
15. Bloating
16. Allergies
17. Brittle Nails
18. Changes in Odor
19. Irregular Heartbeat
20. Depression
21. Anxiety
22. Irritability
23. Panic Disorder
24. Breast Pain
25. Headaches
26. Joint Pain
27. Burning Tongue
28. Electric Shocks
29. Digestive Problems
30. Gum Problems
31. Muscle Tension
32. Itchy Skin
33. Tingling Extremities
34. Osteoporosis

Achieving Hormone Balance

1. Counteract estrogen dominance with progesterone supplementation.
2. Reduce exposure to toxins that cause estrogen dominance.
3. Raise dietary iodine intake to a sufficient level.
4. Adopt a fat-burning lifestyle that includes appropriate eating, exercise, nutritional supplementation, and stress management.
5. Increase levels of circulating HGH.

Overall Benefits of Phytoestrogens

(mostly based on soy phytoestrogens)

1. Prevent cancer at multiple sites
2. Prevent gallstones
3. Protect kidney function
4. Prevent osteoporosis
5. Stimulate bone formation
6. Lower cholesterol levels
7. Inhibit the oxidation of LDL cholesterol
8. Inhibit the development or progression of atherosclerosis