The dancing hormones and their interactions are responding not only to each other but are modulated by our lifestyles and significantly impacted by stress.

Hormones. Most women think of “hormones” as estrogen, progesterone and sometimes testosterone. Throughout a woman’s lifetime they experience the fluctuating hormones and attribute mood swings, hot flashes, cravings, anxiety, depression, fatigue, joint pain, weight gain, low libido, mental confusion or memory loss and insomnia to the imbalance of female hormones. Frequently, this is only one piece of the puzzle.

Our bodies are complex. How we feel and respond involve the interaction and integration of the endocrine, immune, enteric and nervous systems. Neurotransmitters carry messages to every organ, muscle and gland. Poor nutrition, drugs, heavy metal toxicity and over stimulation deplete and imbalance the neurotransmitters which impairs the function of all systems. Thus, the balancing of these systems is a delicate dance, and one that requires a great deal of experience and information.

The Women’s Health Initiative (WHI), set out to definitely answer questions about the risks and benefits of hormone replacement therapy (HRT), but only added to the confusion and concern. First, it studied only synthetic hormones (Premarin and PremPro), given orally in a fixed dose. Secondly, the study chose older participants; the mean age was 63.2, allowing females up to 79 years of age. This age group generally has greater health risks and is not using HRT. Also included were women who were overweight, had hyperlipidemia, subclinical atherosclerosis, and 49.9% were smokers.

Interestingly enough, the study actually excluded women with hot flashes, a major symptom of menopause. Based on misconceptions and misinformation, sensational reports of WHI findings indicted HRT for causing
Dr Norling is an established Integrative Medicine practitioner, author, speaker, and is a nationally recognized leader in natural approaches to health and healing. She brings extensive experiences to Samesco’s Medical Board in a wide range of areas in healthcare, including practicing women’s health and Integrative Medicine, serving as Medical Director and as Vice President of two large health organizations.

Dr Norling is the only physician in the United States known to be nationally board-certified in OB/GYN, Integrative/ Holistic Medicine, and Medical Acupuncture. Dr Norling is also a Certified Biofeedback Specialist. Dr Norling served on the faculty of the University of Minnesota Medical School for 12 years. As a visionary and successful leader, Dr Norling combines a credible and responsible academic knowledge with years of experience and a caring nature.

While practicing OB/GYN for 12 years in Westlake Village, CA, Dr Norling held leadership positions in both the medical field as well as in the community. She was the first woman OB/GYN and first woman surgeon in the area. She was also honored as the first woman member of the Westlake Sunrise Rotary Club and was a founding member of The Wellness Community. In 1990 she built the successful, comprehensive Conejo Women’s Medical Center, which included physicians, nurses, nurse practitioners, nutritionist, psychologist and an esthetician and massage therapist. The center combined the best of natural approaches with state of the art conventional medicine.

breast cancer and heart disease.

A secondary review of the WHI’s findings separated the estrogen and estrogen-progestin arm into the 50-59 year olds, the age when women generally use hormonal replacement therapy. In the estrogen-progestin arm the CHD hazard risk ratio was found to be 0.76. A risk ratio of less than 1 is indicative of less risk of disease. In the estrogen only arm there was 23 % less invasive breast cancer than in the placebo group.2 Another study found that administration of trans-dermal estrogen diminishes the largest adverse hormone-event: thromboembolism. 3 Based on the results of these studies, further research is needed to identify the risks and benefits of HRT and bio-identical hormone use in appropriate age groups.

In addition to the questions regarding the risks and benefits of female hormones, women present with multiple symptoms which may or may not be due to these hormones. Often, when a woman experiences premenstrual syndrome (PMS ), peri-menopause or menopause, conventionally they are prescribed female hormones. When this is not effective or symptoms remain, the hormones are changed or the dose is increased. Looking at only one hormone system, however, is not adequate. Successful treatment of women requires proper diagnosis and treatment of adrenal function. When adrenals are stressed, estradiol and testosterone can be shunted to DHEA while progesterone goes to cortisol. In women, the adrenal glands are the only source of DHEA.

In the menopausal female, the adrenals are the only source of testosterone and the ovaries produce estrogen and progesterone at a much lower rate. If the adrenals are exhausted and cortisol is low, menopausal and PMS symptoms intensify. Therefore, adrenal normalization should precede hormone modulation. Neurotransmitter evaluation and support is also important. The inhibitory neurotransmitters, serotonin and GABA help to maintain calm and mood in the body, while the excitatory system, the dopamine, norepinephrine (NE), epinephrine (EPI) and glutamate, influence energy, focus, and memory. While imbalances in sex hormones create many symptoms in the peri-menopausal and menopausal woman, these symptoms can also stem from adrenal, neurotransmitter, and thyroid imbalances.

The dancing hormones and their interactions are responding not only to each other but are modulated by our lifestyles and significantly impacted by stress. The complicated balance of our hormones and our brain chemistry challenges our stress adaptation mechanisms, and fatigue can result. These fluctuating levels in hormones such as estrogen, progesterone, testosterone, cortisol and thyroid, interact with brain neurotransmitters that affect our emotional and physical responses to life, stressors in our environment, insults, and even infections.

Neurotransmitters affect hormones. Serotonin increases thyroid function while GABA inhibits it. NE excess can increase or decrease cortisol depending on whether it is acute or chronic NE excess. EPI excess can increase insulin and contribute to insulin resistance.

Hormones affect neurotransmitters. Estrogen is a serotonin agonist and a dopamine modulator. Progesterone is a GABA agonist. Testosterone supports both serotonin and dopamine. Low cortisol can increase NE and glutamate and lower serotonin and EPI. High cortisol blocks serotonin. DHEA is a serotonin, dopamine and NE agonist, and as a GABA antagonist it is neuroprotective. Thyroid hormone supports serotonin and decreases dopamine. Insulin resistance decreases serotonin and
increases NE and dopamine.

In conclusion, replacement of deficient female hormones alone without addressing the overall health of the adrenal function, neurotransmitters, and thyroid function, is a band-aid approach and often ineffective in the long run. The communication system is complex, so appropriate testing and monitoring must always be done to determine the current state of balance, the ongoing need for specifically designed supplements, and appropriate dosing.

References:

Adrenal Support from Adaptacin

In her article, Dr. Norling discusses the importance of adrenal function in the health and well-being of patients. The adrenal glands influence many body systems, including sex hormones, and play a role in energy, immunity, and, of course, the stress response. NeuroLab’s HPA test can determine your patient’s adrenal output, as well as gauge its influence on the major neurotransmitters in the body. Adaptacin is Sanesco’s own adrenal support formula. A combination of adaptogens and cofactors, this formula is designed to give support to and rebalance the adrenal glands, helping to address symptoms of fatigue, allergies, and hypoglycemia. When used in conjunction with Sanesco’s other inhibitory and excitatory support formulas, Adaptacin can work to benefit the entire HPA axis, alleviating concerns and returning the patient to a more optimal state of health.

Inhibitory Support Formula

Tranquilent is one of Sanesco’s inhibitory support formula, specially designed for acute anxiety and hyperactivity. Meant to be used as an adjunct support, it contains low doses of 5HTP, L-theanine, and Myo-Inositol to help counter the effects of low serotonin and GABA, as well as high cortisol, norepinephrine, and glutamate levels. As a chewable, raspberry flavored tablet, Tranquilent works quickly to calm during moments of high stress. Perfect for adults feeling the effects of fluctuating neurotransmitters and hormones, and safe and effective for use in pediatric patients, it can be a great product to add into any Sanesco protocol.
One of the clinical “tools” available to practitioners considering the natural therapy options discussed by Dr. Watkins is Sanesco’s Communication System Management (CSM) model. The CSM model is a clinical system designed to help you to assess, monitor, and correct key neurotransmitter imbalances that may be associated with your patients’ symptoms of anxiety and depression. **The CSM model includes three integrated components.**

- The CSM model utilizes a **noninvasive lab assay** measuring neurotransmitter and adrenal hormone levels to establish baseline levels of a patient’s biochemistry. Subsequent testing is used as an effective tool for monitoring treatment.

- As a model of individualized medicine, CSM includes patient-centered analysis of symptoms and lab results. With oversight by Sanesco’s Medical Board, highly trained clinical staff correlates 48 patient-reported symptoms, current dietary and lifestyle factors, supplement and medication intake, to the reported lab results; generating a comprehensive **“Correlation Analysis”** report. This Correlation Analysis report provides you with extensive patient specific information to help you open the window to your patient’s neuroendocrine system.

- The third component of the CSM model is using the **nutraceutical supplements** discussed in Dr. Watkins’ monograph. Sanesco’s Targeted Nutritional Therapy products are safe and effective options for restoring some of the biochemical imbalances that may be associated with anxiety and depression, as well as other symptoms related to neuroendocrine system function.

Sanesco developed this “CSM” model in collaboration with a team of medical doctors, naturopathic doctors, nutritionists, and researchers. The goal was to provide a practical science-based individualized approach for looking at the key contributors to potential underlying causes of chronic symptoms.

Sanesco provides complimentary training to practitioners on the three components of this model through its **CSM Certification Program**. This exclusive program includes one-to-one interactive training sessions, live webinars, a self-tutorial library, and much more. Contact a Sanesco representative to **enroll today - Call 866.670.5705 and Press “2”**

The above statements have not been evaluated by the FDA. The products mentioned above are not intended to diagnose, treat, cure or prevent any disease.

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