

# HAPPY HORMONES

## HAPPY LIFE

Simple steps to balance  
your hormones



**JEFF BUTTERWORTH**

B.App.Sc, N.D

The information presented in this book is based on my experience over 20 years of clinical practice. It is not meant to act as a prescribing tool and always consult your physician before making any changes to your medications.

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## INTRODUCTION

There is a silent, public health epidemic occurring. Largely unrecognised and ignored by conventional medicine, hormonal imbalance affects 85% of women. Most women suffer from some degree of hormonal imbalance. Due to this fact, hormonal imbalance is considered a 'normal' part of every woman's life, destined to suffer in silence. How can a health condition affecting millions of women be ignored? Hormonal imbalance affects more people than diabetes, heart disease and cancer put together, yet a correct diagnosis and effective treatments are rare.

Hormonal imbalance is considered a taboo subject. Too dangerous to discuss for fear of repercussions and women feel too embarrassed to talk about the way they are feeling. Hormonal imbalance suffers the same public stigmatism as depression and mental health issues. Hormonal imbalance has very real physical mechanisms causing the symptoms and is not just another misunderstood mental health issue.

Symptoms of erratic mood swings, emotional instability, depression, anxiety, irritability, teariness, and anger coupled with physical symptoms of pain, cramping, bloating, flushing, acne, weight gain, aches and fatigue are affecting millions of women's lives on a daily basis. These symptoms are contributing to marriage and relationship breakdowns, disharmony in the home and work environments, increased sick days and general discontentment with life.

The body does not create symptoms by accident. It creates symptoms as a coping mechanism for deeper imbalances. Symptoms of hormonal imbalance are not normal and need not exist in a balanced, healthy individual. Women for decades have simply accepted hormonal symptoms as part of 'being a woman'. Women do not have to suffer from hormonal imbalance and there are very real and effective complementary medicine treatments addressing the cause of the problem and not just the symptoms.

This e-report book is designed to educate and give women real solutions to a modern day epidemic of hormonal imbalance. Hormonal imbalance affects women in many different ways; however the same solutions apply for most cases. The solution lies in re-correcting the body's natural biorhythms through dietary and lifestyle measures in combination with proven natural therapies.

*"There are 2 types of women. Women who recognise they have some hormonal imbalance, and women with hormonal imbalance who do not recognise the symptoms."*

## LISA'S STORY - NOT SO UNCOMMON

Lisa Curry had it all- she is attractive, fit, had a successful professional sports career, 3 healthy children, and her own successful business career with recognition as an intelligent, articulate, passionate and driven individual.

When I first met Lisa however she was tired, and understandably. You do not create such a successful life without a tremendous amount of hard work and dedication. It is easy to forget successful people who are in the public eye always looking a million dollars are human like the rest of us and susceptible to the same pressures of life.

Lisa was tired and wanting to know what she could do to get her energy back. So I said "OK let's have a look at what may be causing you to be fatigued and lacking energy." As the consultation unfolded it was easy to see why Lisa was tired, considering her busy lifestyle, however other symptoms were starting to emerge which gave me a greater insight into what was really happening.

Apart from the fatigue Lisa mentioned she had always suffered from PMS and symptoms seemed to be getting worse. In fact they seemed to be lasting longer and she was experiencing the traditional emotional shifts throughout the entire month with an escalation premenstrually. For someone who had always been in control of her life, she was experiencing feelings of anxiety, irritability, anger, teariness and was feeling emotionally imbalanced.

In combination with the tiredness, Lisa was finding the emotional symptoms hard to deal with and it was not only affecting her professional life, but personal life as well. As with most of us, the ones we love the most are often the ones which suffer when things start to go wrong. Because Lisa was constantly feeling tired and emotional, she did not realize it was her family being affected the most. We often find the energy to put on a brave face publicly, however at home things begin to suffer.

So here we have a successful woman used to being energetic and in control of her life to someone who is slowly sliding out of control and wondering what is going on. WHY? Luckily I had been treating women with symptoms similar to Lisa for years and was able to identify what was occurring and started to correct the physical metabolic imbalances making Lisa feel the way she was.

Lisa was suffering from a glandular imbalance that was affecting her energy levels and hormone levels. Without knowing, thousands of women suffer in silence from the very same glandular imbalance believing the way they are feeling is normal for a busy working woman, mother and wife. Most of these women suffer in silence because discussing emotional imbalances, like depression and mental disorders is a kind of taboo in society. People think you are going crazy if you discuss feeling angry, irritable, moody, anxious and being teary all the time.

The key for Lisa and for all women to understand is these feelings are being caused by a physical problem. You are not going crazy!

There is a very real physical imbalance in the glandular system making you feel this way. Once you can understand this fact, it becomes a lot easier to cope with. With the correct treatment for the glandular imbalance the body corrects itself and symptoms subside.

There are many triggers to create a glandular imbalance and Lisa had most of them. Her troubles began many years before as a teenager training for the Olympics. Professional athletes place a huge demand upon their bodies, both physically and mentally. For women in particular the physical stress restricts the production of natural reproductive hormones. At the time this has little impact physically, and can actually assist the athlete through restricting reproductive function.

Lisa is not your average professional athlete who relaxes a little when they retire however. Lisa kept very active with several swimming come backs and eventually becoming passionate about long distance out-riggering which requires extraordinary feats of strength and endurance. The continual stress on her physical body translated into a restriction in select reproductive hormones leading to a glandular imbalance.

Lisa, as with many women also had three beautiful children over this time. Pregnancy and childbirth is a very traumatic experience for the body. Pregnancy drains the body of many essential nutrients and post childbirth hormone levels can take many months to correct, if they correct at all.

Any parent will confirm raising children is a full time job. When trying to raise 3 children, run successful businesses, maintain public demand through speaking engagements and endorsements, and train for competitive sport, time becomes very scarce. You start to get the picture Lisa was a very busy Lady. Stress comes hand in hand with a busy lifestyle. Unfortunately prolonged stress also contributes to the glandular system becoming imbalanced.

The glandular system is very complex and relies on feedback from other glands to maintain balance. Excessive stress creates a hormonal imbalance as well as depleting the adrenal glands which contributes to the symptoms of fatigue Lisa was first seeking treatment for. I explained to Lisa that her fatigue and the way she was feeling emotionally, were interconnected and the best course of treatment was to look at correcting the glandular imbalance contributing to her fatigue and hormonal imbalance.

Fortunately nature has provided us with a range of medicines which assist in correcting the glandular imbalance. When combined with dietary and lifestyle changes, the imbalance slowly corrects itself; energy returns and emotional symptoms subside Lisa's story is not uncommon with most modern women suffering from similar stories about busy lives. It is important to understand you are not alone. If it can happen to Lisa it can happen to anyone and women need to be made aware these symptoms are not all in their head, they have very real physical causes and can be corrected.

## THE SILENT EPIDEMIC

Many women suffer from hormonal imbalance symptoms which are not classified or explained by modern medicine. If you do not have the typical symptoms of menopause, perimenopause or premenstrual syndrome, then it is very easy to slip through the gaps. Misdiagnosis can occur or the symptoms are deemed to be “all in your head”.

What happens if you do not fit into these conventional models? What happens if you are experiencing symptoms of hormonal imbalance such as mood swings, irritability, anxiety, irrational, depression, anger, tension and stress at different times in your cycle? You may have been prescribed anti-depressants or told to manage stress more effectively. You may not have even recognised it yourself and thought life was just getting too difficult. In fact the incidence of suicide in women increases by 45% in the week preceding menstruation!!!

When symptoms cannot be classified in medical terms we begin to question the legitimacy of the symptoms or start searching for other causes of the symptoms. In this situation it is the ones we love the most which become the outlet and reason you are feeling this way. Is it really the underpants left on the floor, toys scattered through the house or grizzly children which is making you feel this way? Daily stress is one of the main triggers to hormonal imbalance however it is not what is acutely making you feel this way.

*“I have a full-time business, four children and a husband of 19 years. I was giving up on all of them. I had no interest in them or my life.”*

Many women (yes you are not alone) suffer from these symptoms at various times in the cycle, some even throughout the entire cycle. The constant mental and emotion distress begins to take its toll and women literally feel like they are beginning to lose control. Simple daily tasks become difficult and their whole life can become a chore. For a few women, the symptoms can get so bad their whole life can disintegrate with relationship breakdowns, loss of employment and financial hardships. Who would think a physical health imbalance could create such hardship when left untreated.

*“Even organising myself to perform the basic tasks of life became impossible for several days of each month. When I am not in control I hate myself . . . and I was not in control”*

Apart from the physical symptoms of hormonal imbalance, the real life- changing effect of hormonal imbalance are the mental and emotional symptoms of mood swings, irritability, anxiety, irrational, depression, anger, tension and stress which occur throughout the menstrual cycle, not just premenstrually.

The key to understand here is these psychological symptoms have a physical cause, *‘Hormonal Imbalance’*.

All the psychological symptoms are caused by an imbalance of some very powerful messengers which have become imbalanced. Women literally do not have control over the way they are acting.

Mental and emotional symptoms are well-documented components of premenstrual syndrome, menopause and perimenopause. Conventional medicine often misdiagnoses hormonal imbalance for depression because there are very few conventional treatments which are effective for the psychological symptoms associated with hormonal imbalance. In fact the most commonly prescribed treatments are usually anti-depressants! Anti-depressants are definitely not treating the cause of the problem and eventually the symptoms get worse and women are left to deal with increasing hormonal imbalance and a drug dependency.

Constant mental and emotional neurosis can have a devastating effect upon a woman, disrupting all aspects of family, work and lifestyle. The peak incidence of mental and emotional symptoms occurs when women typically have the most amount of commitments in life with young families and careers.

It is important to differentiate hormonal imbalance from clinical depression as the two conditions have a similar symptom picture, yet the cause and treatment are very different. The key diagnostic feature of hormonal imbalance as opposed to depression is the symptoms often worsen at ovulation and premenstrual.

Hormonal imbalance often begins with premenstrual syndrome, then women begin to notice changes at ovulation and in the later part of the cycle. Eventually the level of physical, mental and emotional symptoms spread throughout the entire month, with a little bit of relief on the 2nd, 3rd and 4th days of menstruation when the hormone levels are relatively stable. Women often do not notice the relief due to the fact they are exhausted physically and mentally.

It is important to note hormonal imbalance can be experienced for a few days of each cycle only. It is in the later stages of the syndrome where women experience symptoms constantly. Most women suffer from some degree of hormonal imbalance with varying symptoms at different stages in life. The good news is that with the correct approach all these symptoms can be managed and avoided.

There are many contributing factors to hormonal imbalance; however the most common is a history of synthetic hormones such as the contraceptive pill and hormone replacement, excessive alcohol consumption, smoking, high levels of stress, a diet high in simple sugars and processed food, a family history and a sedentary lifestyle.

## THE IMPACT OF HORMONAL IMBALANCE ON YOUR LIFE

Hormonal imbalance can mean the difference between a woman living a happy, productive life, compared to another woman who struggles with relationships, work environment and life in general.

*Hormonal imbalance affects the logical decision making centres in the brain, heightens the stress response and generally makes women feel emotionally imbalanced.*

This makes women suffering from hormonal imbalance reactive. Reactive to situations and events which should not normally warrant an excessive response such as anger, irritability, teariness or anxiety. Constant reactivity leads to depression and mood swings.

The average person does not relate too or understand hormonal balance. Most women do not even recognise what is occurring. Women blame everyone around them for the way they are feeling. The people surrounding a hormonally imbalanced woman associate the behaviour with personality. The end result is marriage and relationship breakdowns, family disharmony and reactive children, work place disagreements and difficulty holding down a job.

The difficulty diagnosing hormonal imbalance is the woman often does not see the way they are feeling and behaving as abnormal. Usually the woman believes the way she is feeling is associated with everything else happening in her life. Her husband no longer makes an effort, the children are out of control, all the women at work are bitches. The only time she often notices something is happening is when a period of hormonal balance returns and the cloud temporarily lifts. When the hormones shift she is thrown into a world of hormonal imbalance yet again. Does this sound like your life?

If the woman identifies a problem and visits her GP to get some hormone tests, inevitably everything shows normal. The woman feels like she truly is going insane. If someone has diabetes, the symptoms only affect the individual. With hormonal imbalances the symptoms impact on everyone the woman associates with on a regular basis. Women are often the backbones of a family unit and when they are not functioning well, everything falls apart.

### • A REAL LIFE STORY

“I had been very teary regularly, had a roller-coaster of emotions, had a very short fuse with the kids and was at the point where I was considering seeing a psychologist to try and sort out why I was feeling like I was spiralling out of control. The worst part was that I really wasn’t enjoying being with the kids and they were constantly annoying me, although there was nothing that they were doing to justify that feeling, aside from being active two-year-old and four-year-old children.

Naturally I am a very positive person and love life but had found myself in very depressive moods quite regularly and I felt from day to day that I was fighting to stay in control of this negative cloud surrounding me . . . and I wasn't winning the fight!

I'm blessed to have a beautiful supportive husband (and two very gorgeous kids) and thank goodness I found your product, so once again fully appreciate and love every moment of being with them. Hooray! The negative fog has lifted so bring on the fun once again”

## **HORMONAL IMBALANCE FOR MEN**

Hormonal imbalance has been a taboo subject for generations, with men learning early in life it is best to leave a hormonal woman to her own rather than challenge the way she is acting. Men have learnt the issue is best left unsaid and get on with life once the monthly event passes. What happens when the monthly event becomes a month long event, 365 days a year. Well a lot of men throw in the towel, “she changed”, “she is not the same woman I fell in love with”, “she used to be great fun, now she is just a bitch all the time” are common phrases heard by men after relationship breakdowns.

Fundamentally men are simple creatures who are fairly easily pleased. Yes they may be pretty hopeless at understanding a woman's needs and desires, however they are the same hopeless case you married. It is often the hormones which make women feel anger and irritability towards the same insensitivities which were happening when they first met.

*The key for men is to understand is that the woman they fell in love with is also still the same woman.*

It is just her hormones which have changed!! A series of factors have just contributed to disrupting her hormonal cycle and through following the Happy Hormones program, the woman you fell in love with can return.

## **THE SOCIETY COST OF HORMONAL IMBALANCE**

What are the implications of hormonal imbalance on personal life and the cost to society? On a financial level, lost productivity in the work place and the cost of relationship breakdowns is enormous. Society as a whole is affected daily from women with hormonal imbalance and modern medicine does not even recognise the condition. It is important the awareness of hormonal imbalance is raised to educate society of the condition, how to treat it and how to minimise the impact.

Once you understand the emotional symptoms of hormonal imbalance such as mood swings, irritability, anger, irrationality, teariness and anxiety, the effect on relationships can be understood. How many marriages and relationships are broken down as a result of women suffering hormonal imbalance? How many children grow up with single parents? How many couples remain in unhappy relationships due to hormonal imbalance? These are big issues in our lives and a physical problem is creating these life changing events. Yes that's correct.

*A physical imbalance* is creating this psychological syndrome.

We have public health policies for every modern day epidemic such as heart disease, diabetes and cancer to name a few. All have millions of dollars in research looking for cures, public education campaigns, advanced diagnostic and treatment protocols. Hormonal imbalances are having a profound effect on women and society as a whole and is not even recognised by most health practitioners. We are looking at a silent epidemic which needs to be brought to the public's attention.

- **SOLUTION**

There is a solution to the problem. The Happy Hormones Program. It involves resetting the body's natural hormonal balance and biorhythms. The world we live in has conspired to disrupt your delicate hormonal, glandular and nervous system balance. A woman's anatomy was not designed to live the lifestyle we currently lead. A woman's anatomy is also extremely sensitive to the environment which has been polluted through modern development and progress.

## HORMONES AND THE LAW

There is a strong link between violent criminal behaviour and hormonal imbalance. Many women over the years have cited PMS as the primary reason behind their crimes. Perfectly understandable when you look at the physical effect of imbalanced hormones. These two cases really emphasize the extent some women can go to when under stress and combined with hormonal imbalance.

R v. Craddock (1980) and R v.

Smith (1981): Craddock was a barmaid with a lengthy criminal record; 30 prior sentences for theft, arson and assault. Charged with murdering a co-worker, years of diaries and institutional records indicated a cyclical pattern to her violent behaviour. She was found guilty of manslaughter based on a plea of diminished responsibility; that PMS turned her into a raging animal each month and forced her to act out of 'character' (Benedek 1985, p. 24).

R v. English: This defendant differed significantly from Craddock/Smith since she had no prior criminal record. After a fight with her lover, a married man, English

drove her car at him ramming him into a lamp post. Charged with murder, English ultimately was put on probation with the restrictions of abstinence from alcohol and a year's driving ban, plus a directive to eat regular meals.

Preceding the death, English had not eaten for nine hours. Dr Dalton testified that this fact coupled with the accused's severe PMS resulted in a raised glucose tolerance leading to a blood sugar level drop and the overproduction of adrenalin. Several other physicians also testified that English had extreme PMS. Further, since she began to menstruate a few hours after the crime, there was no question concerning the premenstrual stage of her cycle at the time of the 'murder'. The court held that she had acted under 'wholly exceptional circumstances' and reduced the charge to manslaughter on the grounds of diminished responsibility due to PMS (T. Johnson 1987, p. 340).

A 1968 report found that 45 per cent of attempted suicides occurred during the week preceding menstruation. Other research has shown that 52 per cent of women admitted to hospital after serious accidents were para-menstrual (this term combines the four days prior to bleeding with the first three days of menstruation). These data could be related to alcohol abuse since a 1971 United States survey revealed that 67 per cent of female alcohol drinking binges occurred at this time of the cycle.

So as you can see there are patterns with society relating directly to hormonal imbalance. Larger epidemiological studies would find a raft of incidences occurring as a result of hormonal imbalance.

## SYMPTOMS OF HORMONAL IMBALANCE

Symptoms of hormonal imbalance have for many years been a taboo subject. Women do not want to talk about them, men do not want to hear about them and doctors do not understand them. Hormonal imbalance conditions are difficult to diagnose and treatments are often ineffective and can contribute to further worsening of the glandular imbalance which has created the problem in the first place.

It is important to understand hormonal symptoms are simply an expression of the body trying to cope with a larger glandular imbalance. Hormones are merely messengers from the glandular system to aid the body in its attempts to communicate with itself.

Hormones are released from glands to affect a response at a cellular level. When the glandular system becomes incapable of correctly managing the levels of hormones in the system and their desired response, hormone levels fluctuate causing false signals to cells. Cells begin to under or over react to the hormone messages and hormonal imbalance symptoms begin to manifest.

Initially they may be mild, or even unnoticed until eventually cellular changes occur and physical symptoms develop such as menstrual and emotional fluctuations. If left untreated a wide range of serious physical changes can occur like Endometriosis, Poly Cystic Ovarian Syndrome (PCOS) and certain cancers.

There are two distinct types of symptoms resulting from hormonal fluctuations; physical and psychological/emotional. Most women experience a combination of both and there are complex biochemical reactions which occur to give a woman her individual symptom picture. Although modern medical science tends to diagnose a woman with a particular hormonal imbalance and give it a name, most women suffer from their own individual biochemistry and hormonal pattern. No two women will present with exactly the same symptom picture, personal history or biochemistry.

Each woman is an individual and unique in her own right and needs to be treated as such. Trying to alter hormonal levels based on a textbook definition of her symptoms is a very simplistic approach to treatment and will result in only marginal improvement in symptoms.

For true healing to occur a holistic model needs to be employed which aims to understand the development of the imbalance and treat the larger glandular malfunction. The Happy Hormones program takes into consideration the main causative factors in glandular malfunction and creates an environment where the body can heal itself, rather than relying on pharmaceutical intervention. The human body has an innate healing potential far more intelligent and powerful than any doctor or pharmaceutical. You just need to give it the environment and tools to work.

*Just as a sick plant will regenerate when given the correct environment, the human body will too!*

## PSYCHOLOGICAL EMOTIONAL SYMPTOMS

The psychological nature of hormonal symptoms has developed a curious approach to coping with the situation of a hormonal woman. Husbands, children and work colleagues often take a wide berth of a woman who is hormonal. There is an unspoken rule; *“do not mess with the hormonal woman!!”*

Nothing is said and everyone is on their best behaviour. Once the imminent danger has passed, broaching the subject is often met with denial from the offending lady and everything is forgotten for another month. Most hormonal women will not admit they are ‘hormonal’ or do not recognise what is happening. If left untreated, psychological hormonal symptoms can potentially ruin a woman’s personal life as relationships are strained, hormonal episodes are not discussed and emotions simmer unresolved.

Many marriages and relationships have broken down through misunderstanding from both men and women about ‘hormonal’ symptoms. Men are insensitive to the issue and do not understand the effect of hormones and women won’t admit it is a problem. A recipe for disaster.

The main psychological/emotional symptoms experienced are:

- Mood swings
- Irritability
- Anxiety
- Depression
- Irrational
- Anger
- Tension
- Teary
- Increased sensitivity
- Intolerant to stress

These symptoms vary enormously in women. They can be virtually unnoticeable through to totally crippling. The symptoms can be experienced only premenstrually through to the entire cycle. They can be worse at different months and can depend upon the level of external stressful factors in a women’s life such as relationships or work.

Because the symptoms are psychological in nature they are often associated with mental health and not hormonal health. They can also be simply put down to the stresses of life. There are a few questions you need to ask yourself to get a better understanding of how you are feeling;

- Is it your life making you feel this way or your hormones?
- Is the way you are feeling a rational reaction to a situation?
- Am I overreacting to trivial events?
- Do you feel irritable, moody or anxious for no apparent reason?
- Does your emotional well-being change independently of your life situation?

If you answered yes to these questions, then the chances are your hormones are affecting the way you are feeling. Hormones have a very powerful effect on the way you feel. So powerful in fact they can begin to define your personality if left untreated.

Observe a teenage girl who is beginning to go through puberty. They can change from the sweetest little girl into a rebellious, moody monster. If hormones can do this to your sweet little girl, what affect are they having on your own personality and how you react to situations?

It is important not to judge yourself for the way you are feeling or the actions you have taken when feeling 'hormonal'. The effect of imbalanced hormones on your emotional and mental well-being is very real. There is a physical reason why you are feeling this way. You are not a bad person, it is your hormones making you react this way.

## PHYSICAL SYMPTOMS

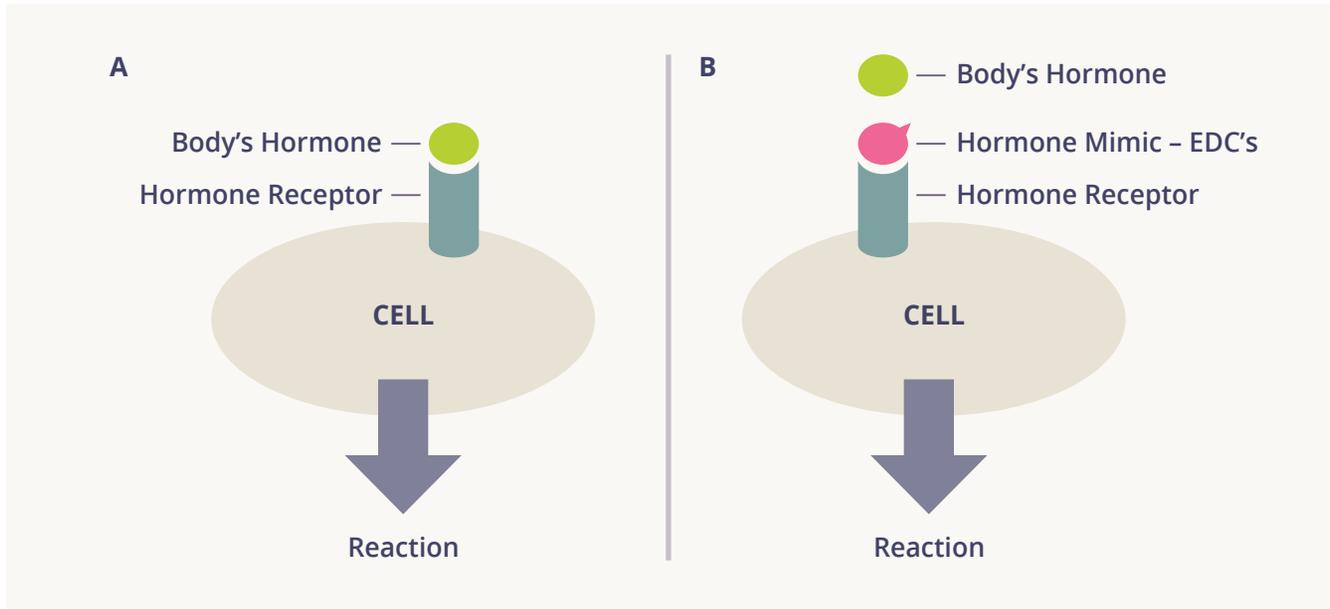
The physical symptoms of hormonal imbalance are easier to diagnose and understand in terms of hormonal levels. For example, menopausal symptoms of hot flushes are created by an increase in Follicle stimulating hormone and Luteinizing hormone and a deficiency of oestrogen. For this reason most physical symptoms can be treated with prescriptions of synthetic hormones.

There are several problems with this simplistic approach. Firstly and most importantly is synthetic hormones are not well recognised by the body and hence higher levels than necessary are prescribed. The synthetic hormones then contribute to further worsening of the glandular imbalance. The initial symptoms may improve however new symptoms often develop as a glandular feedback system is affected.

The second problem is hormones fluctuate frequently. It is very difficult to prescribe the correct level of hormone at the necessary time in the cycle to correct a deficiency or excess.

The third problem is synthetic hormones deplete the essential nutrients needed to metabolise the hormones. The long term depletion of these nutrients contributes to further hormonal complications, other health conditions and serious problems such as breast cancer.

The forth problem is the synthetic hormones bind to hormone receptor sites making the body less sensitive to its own internal hormone levels. This creates a detrimental negative feedback from the glandular system and further symptoms can develop such as thyroid deficiency. When synthetic hormones are introduced into the blood supply the body automatically stops making its own internal supply of hormones which are better recognised by the body and safer.



Physical symptoms of hormonal imbalance include;

- Heavy/light menstrual flow
- Painful menstruation (dysmenorrhea)
- Lack of menstruation (amenorrhea)
- Cysts, fibroids
- Endometrial overgrowth (Endometriosis)
- Fluid retention
- Breast soreness and tenderness
- Lower back pain/ ovarian pain
- Acne and skin blemishes
- Fluctuating length of menstrual cycle
- Hot flushes
- Sore joints
- Excessive facial or body hair
- Infertility
- Vaginal dryness

- **A REAL LIFE STORY**

“Having been diagnosed with clinical depression after the birth of my first child, I was relieved that there was a label for the way I was feeling. However, 4 years on antidepressants, numerous counselling sessions with therapists and I still could not control the emotional outbursts and in particular the rage and anger I would feel almost constantly. My bad days were definitely outnumbering my good days and I had no control which made me feel worse. The final straw came for me when I rang my husband (who works away for 4-6 weeks at a time) and told him not to bother coming home and that I wanted a divorce. When he agreed that it might be for the best as he didn't feel that he could live with me anymore, even for the short periods of time he was home, I knew that I needed help but was unsure what to do next. You see, I had been to my GP about 15 months ago and requested that my hormone levels be tested. The result was that they were “normal” but I didn't feel this way and 2 days later I suffered my next emotional breakdown and ended up in the emergency ward of my local hospital

I started to follow the happy hormones program and it has changed my life. I am still taking my anti-depressants but I no longer have the constant violent outbursts (they were happening everyday), now they only occur for the 2 days before my period. My husband and I are working things out and he feels that he can talk to me now. Before he was damned if he did and damned if he didn't. Even my children are better behaved and much happier as they no longer have a mother who is constantly belittling them and screaming like a mad woman. The urge to hurt, maim or kill has gone and for this I will be eternally grateful.”

## **MISDIAGNOSIS OF HORMONAL IMBALANCE**

Hormonal imbalance is extremely difficult to diagnose from a traditional medical viewpoint. Hormones fluctuate hourly, weekly, month and even yearly. A routine blood test is only going to show hormone levels for the exact moment when the blood was drawn. For deficiency states such as menopause, blood tests are generally accurate. For all other hormonal imbalances they offer little insight into the condition. Hence for many years doctors have related hormonal imbalance symptoms to mental disorders.

Blood hormone levels are also not an accurate indicator as the effect of hormones depends upon hormone receptor sites, hormone concentrations and each woman's ideal hormone concentrations. The best diagnosis for hormonal imbalance is looking at hormone concentrations over a month through a saliva hormone profile which takes samples every two days and charts the changes which are occurring relative to the individual woman. Excesses and deficiencies are better identified. This however is expensive and can only be tested through holistic practitioners and doctors.

Another commonly used method which is quite accurate is observing the basal body temperature and cervical mucus. The subtle changes in temperature and mucus give an indication of hormone fluctuations and cyclic changes. When used in combination with saliva hormone levels an understanding of a woman's individual changes can be determined. Once again an experienced practitioner needs to analyse these changes to understand the extent of the imbalance.

Knowledge of hormonal fluctuations is a powerful tool when treating a hormonal imbalance, yet success in treating hormonal imbalance relies upon identifying not hormonal levels, but the larger glandular function which has created the hormonal imbalance to begin with. Rather than intensive testing to determine hormone levels, it is more important to take the time to understand a woman's unique symptom picture, prior history and life situation. After talking with a woman in-depth about how she feels emotionally in conjunction with a symptom picture, it is usually quite easy to determine the problem.



## CAUSES OF HORMONAL IMBALANCE

Hormonal imbalances are complicated conditions because there is no one single cause. The cause of hormonal imbalances is multi-factorial. There are common themes in the development of hormonal imbalance which apply to most women. Through understanding these causes, a logical and effective treatment protocol can be applied to correct most symptoms.

Before looking at the individual causes of hormonal imbalance it is important to understand a little how the human body operates in trying to maintain balance or homeostasis.

*The body does not create symptoms by accident or for no reason.*

Symptoms are created in response to the body trying to heal itself, the greater the symptoms, often the greater the amount of healing required to restore balance. In modern medicine, symptoms are labelled as a disease and every effort is made to remove these symptoms. Are we treating the cause of disease? NO, we are trying to remove the symptoms which are the body's innate way of trying to heal itself.

*Symptoms of hormonal imbalance are associated with the body trying to restore balance. The emotional roller coaster is a sign of the hormones fluctuating in an effort to balance themselves.*

Prescribing synthetic hormones temporarily corrects the imbalance, yet does not look at the glandular dysfunction creating the problem in the first place. In time the glandular dysfunction overrides the synthetic hormones and the condition intensifies, often with additional symptoms in a chronic manner.

If you want to get your health back then you need to take control and understand what your body is trying to tell you. Symptoms are an expression of the body trying to maintain balance. Symptoms should be observed and learnt from to gain a better perspective of the true underlying level of health and the steps which need to be taken to restore well-being. Suppressing symptoms will only add fuel to the disease process and allow further degeneration of metabolic processes and tissues. Next time you have a headache or fever, ask the question;

*“What is my body trying to do?”* By suppressing symptoms, the body's healing ability is removed and often the disease continues to progress into a more chronic condition. True healing of any disease requires understanding the multi-factorial causes and assisting the body's innate healing ability to restore balance. Treating symptoms alone will only ever give short term symptomatic relief and eventually result in a difficult to manage chronic disease. True healing is never simple or quick unless the development of the condition was simple and quick.

*Hormonal imbalances have been developing over many years and require a concentrated effort to fully correct.*

## BIOCHEMISTRY

Our underlying biochemistry effects how our organs, glands, hormones and nervous system react. Our biochemistry is like the soil for a plant. The health of the plant is directly influenced by the soil that it grows in. The first biochemical state that is affecting your hormonal balance is the body pH. The acid and alkaline balance in the body has a massive impact on the activity of hormones and glandular feedback.

Firstly let's understand a little about pH in the body. pH is the measurement of alkalinity and acidity with ranges from 1 to 14. The lower number, 1 to 6 represents acidic pH and the higher number 8 to 14 represent alkaline pH. Neutral pH is 7.

The body tissue and cell environments ideal pH range is 7.35 - 7.5.

When the pH is higher than 7.8 or lower than 6.8, body cells and tissues stop functioning and DIE.

That's right you start to DIE if your PH shifts more than .5 from normal ranges.

It is so important for our survival that our bodies will do everything in their power to maintain a pH as close to 7.35 as possible. Our kidneys, liver, lungs, glandular system and even heart are all involved in this delicate balance.

When the body becomes acidic the activity of hormones is reduced and glandular signals are less efficient. Hormones require a balanced pH to be most active.

*An acidic system also slows the overall metabolism and has a large influence on weight gain.*

The primary trigger for the body to move into an acidic state is through a diet which is high in acid forming foods. Typically acid forming foods are animal proteins, processed foods, alcohol and sugar, whilst alkaline forming foods are fruits, vegetables, and whole grains.

Other factors to trigger an acidic state in the body are excessive physical activity and prolonged stress, both common triggers of hormonal imbalance.

## OXIDATION

The second biochemical state is called Oxidation. A process that is critical to our survival, yet when not balanced has a profound effect on your overall well-being and hormonal balance.

Oxidation is basically rusting. Just like metal rusts in the environment, our internal organs are exposed to the same process.

*The higher the levels of oxidation in our bodies, the faster our bodies will age and more damage occurs to cells, organs and glands.*

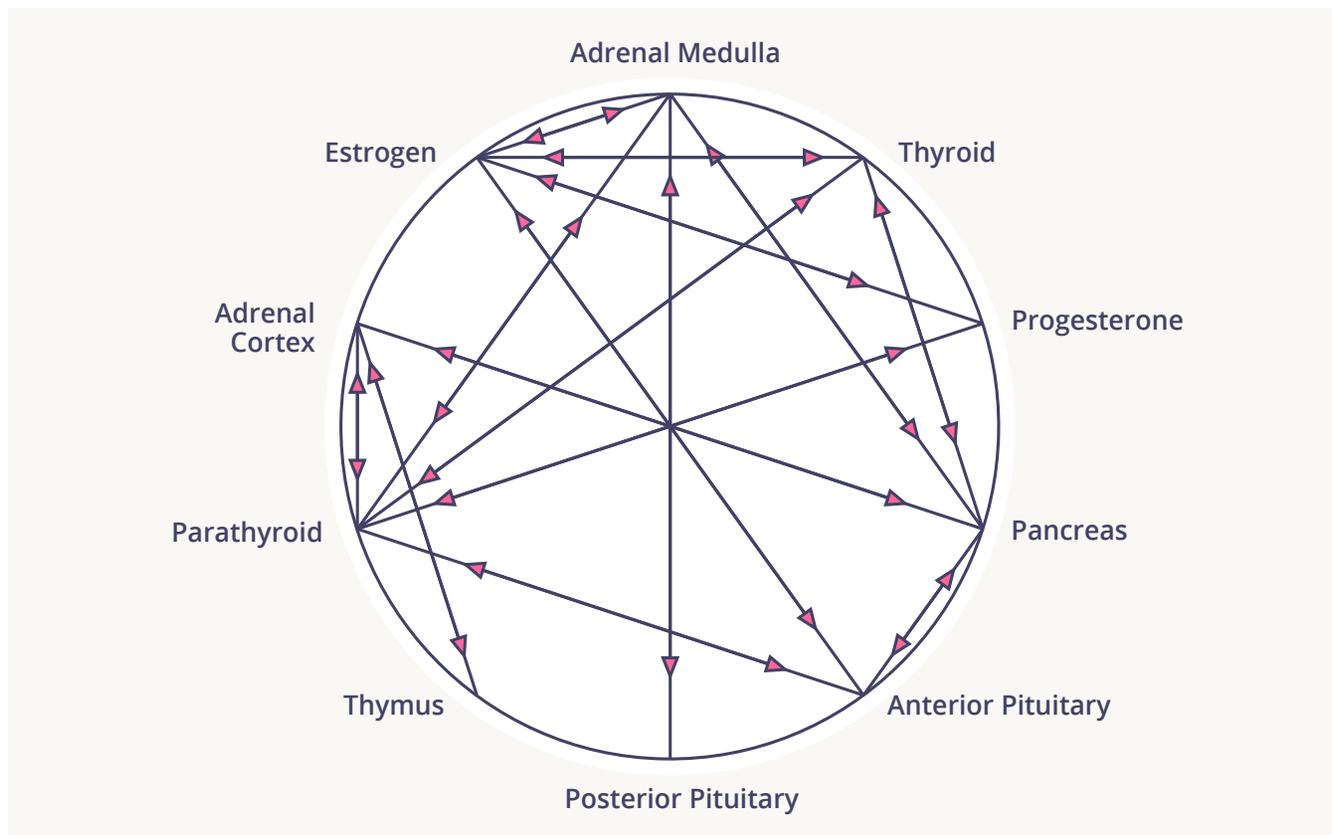
The higher the level of oxidation, the more damage occurs to the glandular system which is highly sensitive to oxidative damage from internal toxins and environmental toxins. Hormone receptor sites are also damaged or affected further contributing to hormonal imbalances.

Oxidation is a natural process in the body, however heightened through increased intake of processed foods, alcohol, smoking and saturated fats. Consuming a diet high in natural plant antioxidants such as fruits and vegetables reduces the levels of oxidation.

The **HAPPY HORMONES** program takes these two biochemical states into consideration and corrects the imbalance through specific dietary and lifestyle choices.

## GLANDULAR DYSFUNCTION

The primary cause of hormonal imbalance is glandular dysfunction. The glandular system is the master control centre for hormone levels and fluctuations. Your symptoms may be caused by fluctuating hormones, yet the true cause of the imbalance is the glandular system. The glandular imbalance is creating the symptoms you are experiencing.



The glandular system or endocrine system is a complex combination of glands, hormones and receptor sites. The glands which are involved directly in hormonal regulation are the hypothalamus, pituitary, thyroid and ovaries. The adrenals, pancreas, and pineal have an indirect impact through a complicated negative feedback network.

Because the body is constantly striving for balance, the excessive prolonged elevation of one gland can cause the prolonged depression of another gland. The prolonged depression of another gland may then create the elevation of another gland unrelated to the original situation.

An example of this can be seen through this hormone wheel and the complex interaction of glands and their hormones. Every gland is interconnected in some way, so if you have blood sugar issues or thyroid problems, then your hormones will be negatively affected in some manner.

There are many factors which cause the glandular system to become imbalanced. Identifying and treating each of these potential disruptors to glandular balance is the key to treating hormonal imbalance successfully. The **HAPPY HORMONES** program is designed to take into consideration each of these following situations.

## GENES

We are our genes. There is no escaping our genetic makeup. Our genes make us who we are, our strengths and weaknesses. New research is identifying genes which make women more susceptible to certain hormonal related conditions. Premenstrual dysphoric disorder (PMDD) which is a severe form of hormonal imbalance has been linked with a variant in the oestrogen receptor alpha gene. It is common to see in clinical practice daughters suffering from hormonal imbalances when the mother had suffered from the same imbalance. It only makes sense, we are a combination of our parents and forefathers genes.

*It is important to remember when looking at genetic weaknesses that they are only weaknesses, not an actual disease.*

The expression of genetic weaknesses are dependent upon diet and lifestyle. Everyone has strengths and weaknesses. For example, if there are identical twins with virtually the same genetic strengths and weaknesses. If one twin takes a positive view on life and lives a healthy lifestyle with balanced dietary choices, most genetic weaknesses will not develop. If the other twin smokes, drinks and eats a poor diet the chances of developing diseases associated with genetic weaknesses is much higher.

Many mothers with daughters (like Lisa) are now discovering they are suffering from the same symptoms they did as teenagers. It only makes sense if a mother has suffered from hormonal imbalances, then the daughters will too.

## ROLE OF THE ENVIRONMENT

Women's glandular systems are alarms for environmental toxicity. The receptor sites which are designed to be extremely sensitive to micro amounts of hormones, are also very sensitive to environmental poisons. Pesticides, herbicides, petrochemicals, PCB's (polychlorinated biphenyls), Phthalates, VOC's (volatile organic compounds), dioxins and heavy metals which bind to the receptor sites and cause over stimulation resulting in mixed signals to the controlling glands.

When the controlling glands are constantly receiving mixed signals and trying to maintain balance, eventually an imbalance occurs. Each of these environmental toxins is also a powerful oxidant, damaging tissues and creating excessive inflammation.

It is estimated over 1 billion tonnes of pesticides and herbicides are sprayed in the US each year. There are no official figures for Australia. Only 25% of spray from a crop duster ever hits the crop. Most fertile farming land borders large waterways such as the Murray Darling where millions access their drinking water. Pesticides not designed for human use such as cotton farming are regularly sprayed in this region. In the 20th century over 70 000 new synthetic chemicals were developed.

All these chemicals find their way into our air, water, and foods on a regular basis. These chemicals are making society unwell. Women in particular are extremely sensitive to these chemicals. The early puberty development of young girls and degree of hormonal imbalance in women are examples of the effects of these chemicals.

## DIET AND LIFESTYLE FACTORS

Dietary and lifestyle factors contribute significantly to hormonal imbalance. In fact, a healthy diet and lifestyle are paramount in preventing all disease, not just hormonal imbalances. This sounds like an extremely simplistic view of health, yet many medical professionals still refuse to acknowledge the role of diet and lifestyle in the development of most diseases. Hormonal imbalance is one of the conditions. There are several key foods and activities which will contribute to hormonal imbalance.

- **DIET**

There are two areas of importance when considering a diet to improve and prevent hormonal imbalance.

1. Foods to assist healthy hormones and
2. Foods which disrupt hormonal balance

Foods which assist hormonal balance are whole grains which contain the necessary nutrients for hormone metabolism, cruciferous family such as broccoli, Brussels sprouts, asparagus, bok choy, Chinese vegetables and cabbage, which contain the natural ingredient Di-Indol- Methane, a powerful hormone regulator.

Fibre rich foods assist in the correct elimination of metabolised hormones broken down by the liver. All alkaline forming foods also assist to maintain a balanced pH needed for optimal hormonal function. Foods which have a high antioxidant rating are also beneficial to reduce oxidative stress.

Refined sugars found in breakfast cereals, jams, chocolate, and sweets disrupt glandular balance. Saturated fats from fried foods, junk foods, margarines and red meat increase oxidation which worsens the physical symptoms of hormonal imbalance. Non-organic meats such as farmed salmon, chicken, pork and red meat are sources of environmental toxins such as PCB's and dioxins which contribute to glandular dysfunction.

- **ALCOHOL**

Alcohol is one of the main contributing factors to hormonal imbalance. The main problem with alcohol is the impact on the liver. Because alcohol is a toxin to the body, the liver will metabolise alcohol in precedence to internal metabolites such as hormones. As a result, when a woman consumes alcohol, the level of circulating oestrogens increase by 200% until all the alcohol is metabolised. A glass of wine every now and then has little affect upon the glandular system, however when several glasses are consumed on a regular basis accompanied by the occasional binge, then there will be constant spikes of circulating hormones which are not properly metabolised. This has a greater impact on the glandular control of hormones and contributes to the overall picture of hormonal imbalance.

The other impact of alcohol is on certain nutrients which are needed for healthy hormone metabolism. Alcohol depletes B vitamins, Zinc, Magnesium and essential fatty acids. Without these nutrients correct hormone metabolism cannot occur.

- **SMOKING**

Smoking has the same impact on the essential nutrients for hormone metabolism as alcohol consumption. Smoking also has another sinister action. There are over 1000 chemicals in cigarette smoke which need to be metabolised. These chemicals reduce the body's natural stores of antioxidants needed to protect the glandular system from oxidative stress. Cadmium, a heavy metal high in cigarette smoke has been shown to accumulate in glandular tissues affecting their correct function.

- **STRESS AND POOR WORK / LIFE BALANCE**

Stress is a condition escalating over the past 50 years, especially for women. Women now have more demands on their time than any other time in history. Having and raising children, working full time and trying to run a household does not leave much time for relaxation, let alone exercising and looking after your health. Raising children is a full time job alone, never mind all the other activities expected of women today.

The modern day woman needs to be super human to perform all these activities! Unfortunately today's women are not super human. They are suffering under the load of activity and their glandular systems are failing.

The stress response was designed to be short term. The stress response gives the body extra stamina and strength to cope with extraordinary situations. When ordinary situations demand a stress response, the adrenal glands eventually become exhausted leading to tiredness and fatigue. It is the road to exhaustion which has a detrimental effect upon the glandular system. Over production of adrenaline causes a reduction in thyroid function. A reduction in thyroid function affects hormone production levels.

- **SEDENTARY OR EXCESSIVE LIFESTYLES**

Our bodies were meant to be active. Hundreds of physiological actions are dependent upon our bodies moving on a daily basis. The hormonal and glandular systems require regular activity to maintain balance. Without regular activity our metabolisms slow, the bowels do not work regularly, the production of natural endorphins (feel good hormones) is restricted and the circulation is reduced. This is a recipe for glandular imbalance and unhappiness.

Many people unfortunately have lifestyles of inactivity. Drive in the car to work, sit at a desk all day, drive home and sit on the lounge at night time too tired to move. If your lifestyle resembles this then there is a high chance your hormones are imbalanced. There is a flip side to being sedentary and this is an excessively active lifestyle. Our bodies are happy with somewhere in between.

When physical activity is taken to the extremes in the cases of professional athletes, the physical body and glandular system become stressed. Excessive activity is not natural and hence requires an extremely healthy diet and nutritional program to prevent burnout. Despite popular opinion many professional athletes are not healthy and suffer from many nutritional deficiencies. Women often lose their period when competing at high levels.

- **NUTRIENT DEFICIENCIES**

Hormonal imbalance has a direct link with certain nutrient deficiencies. Simply correcting these deficiencies can have a large impact on restoring hormonal control. The key nutrients are B complex, in particular B6, B9 and B12, Zinc, Magnesium and essential fatty acids. These nutrients are commonly depleted by an unhealthy lifestyle, alcohol, smoking and the contraceptive pill or HRT. These nutrients are also the key nutrients needed for the correct development, conversion, metabolism and breakdown of the hormones.

When these nutrients are deficient, the complex pathways required for hormones to function properly are altered. Hormones are incorrectly formed, cannot be converted into healthy forms, are incorrectly metabolised and finally their breakdown is incomplete allowing for recirculation of unhealthy hormones.

- **POOR LIVER FUNCTION**

Our livers are under constant stress in today's world. Not only does it have to deal with the body's own internal metabolic wastes, the liver must detoxify some of the 70 000 new chemicals which have been introduced to our environment and food chain over the past 100 years. To make matters worse for our poor livers is the dietary and lifestyle choices which often include high levels of processed foods, alcohol and drugs.

The liver has a priority system when detoxifying. The most harmful will take priority over normal metabolic wastes.

An example is alcohol. Alcohol will be given priority over hormones. Many of the other toxins which we ingest on a daily basis also take priority over our hormones. If this continues on a regular basis the hormones which should have been excreted will be recirculated. Hormones which should have been broken down and excreted have multiple lives and cause over stimulation of the reproductive system.

- **A WORD ON TOXINS**

There is a theory stating a woman's menstrual bleeding is a form of elimination of toxins from the pelvic region. The ideology is the pelvic area remains relatively free from toxins to ensure the cleanest possible environment for the foetus during pregnancy. As our environment has become increasingly toxic and our lifestyles unhealthy, women's menstruation has become heavier and more painful in attempting to eliminate the toxins. When the liver and bowels are not working efficiently then there is a greater load of toxins to be eliminated.

*In clinical practice I have seen many women with unexplained infertility fall pregnant immediately following a controlled detoxification.*

- **POOR BOWEL EXCRETION OF HORMONES**

Once the liver finally gives priority to breaking down circulating hormones, they are excreted into the bowel to be eliminated. The liver does not completely breakdown the hormones. It deactivates the hormones. If the bowels are not eliminating regularly there is an opportunity for these deactivated hormones to re-enter the blood supply through the bowel and have additional stimulatory activity. Interestingly many women with hormonal imbalances suffer from constipation which is often worse premenstrually.

- **SYNTHETIC HORMONES**

Hormones from either contraception or hormone replacement therapy are synthetically manufactured. This means the body will not utilise these hormones particularly well, hence the doses need to be quite high to obtain a therapeutic response. The large doses of hormones need to be metabolised.

Metabolism of these hormones causes a depletion of essential nutrients B6, B9, B12, Zinc and Magnesium, vitamin C, E and essential fatty acids. These nutrients are the very nutrients needed to maintain a healthy hormonal system.

The regular use of synthetic hormones creates a glandular imbalance. Supplying the body with large doses of hormones on a regular basis, including the hormones the body naturally manufactures, causes the glandular system to become confused. The glands are performing one role involved with maintenance of a healthy reproductive system, while the synthetic hormones are giving the body false signals. Couple this with prolonged stress levels, unhealthy diet, deficiency of nutrients, poor liver and bowel function.

**“YOU HAVE A RECIPE FOR DISASTER”**. Imagine for a moment the amount of women in the world who have taken oral contraceptives and hormone replacement therapy. These synthetic hormones are excreted into the urine which finds its way into water ways and the food we consume.

*The multiple effects of these hormones in the environment will affect generations to come in ways we are only beginning to understand.*

Are the alarming increasing rates of breast and ovarian cancer a warning sign? Are men being affected as prostate cancer rates rise at the same rate as breast cancer? Are young girls who are sexually maturing at age 8 a sign we need to heed?

Apart from the larger systemic side effects of the Pill and HRT such as glandular disruption and nutrient deficiencies, there are a range of proven side effects women need to be aware of. Due to the widespread use of these hormones the public perception is they are safe. This is far from the truth and women should think seriously about taking synthetic hormones if they are not essential.

Risk factors increasing with age and duration of taking synthetic hormones;

- Two to eight fold increase in blood clots
- Three to six fold increase in risk of heart attacks
- Increased risk of gall bladder disease (gall stones)
- Increased risk of liver tumours
- Increased risk of ectopic pregnancies
- Increase risk of osteoporosis
- Increased risk of breast cancer
- Increase chance of hardening of the arteries

There are a range of less serious, yet life disrupting symptoms such as; weight gain, migraines, fungal infections, Candida, vaginal discharges, thrush, breast cysts, fibrocystic breast disease, tender breasts, high blood pressure, increased cholesterol, break through bleeding, fluid retention, acne, mouth ulcers, hair loss, facial and body hair, varicose veins, liver function disruption, psychological and emotional disorders.

In certain cases synthetic hormones may be indicated as a short term treatment to manage dangerous symptoms; however there are always better long term treatment options which look at the cause of the disease rather than just symptoms.

- **CHILDBIRTH**

Post childbirth is one of the most common situations for women to have hormonal imbalances. The glandular system and hormonal levels need to go through a major adjustment following the birth. Childbirth places a heavy load on the physical body. The foetus constantly demands nutrition despite the mother often already suffering from nutritional deficiencies. As women are having children later in life there is a greater chance the woman is going to be nutrient deficient.

*It is essential for all new parents to follow a comprehensive preconception program to maximise their hormonal systems and health for 3 to 6 months prior to conceiving to minimise the chances of complications and maximise the chance of a healthy child.*

A good preconception program and correct pregnancy supplementation maximises nutritional levels and balances hormone levels which is important once the child is born to allow the body to recover fully. When a woman is already nutritionally deficient prior to conception, there are much higher chances of post pregnancy hormonal imbalances. The increasing rates of post natal depression are associated with nutritional deficiencies and hormonal imbalances.

A woman does not have to have post natal depression to have a hormonal imbalance. The simple process of the body readjusting hormone levels post pregnancy, requires an optimal hormonal system. Hormonal imbalances can develop very easily if the glandular system was imbalanced prior to pregnancy or affected during pregnancy. Even if a woman manages to come through a pregnancy without any degree of hormonal imbalance, the act of raising children can contribute to disrupting glandular balance. Poor sleep, nutrient deficiency from breast feeding, stress and often poor eating through time restriction can all lead to hormonal shifts.



## 8 WEEK HAPPY HORMONES PROGRAM

The 8 week HAPPY HORMONES program is a structured outline designed to reset a woman's natural biorhythms. The concept is to follow the program for 8 weeks or two cycles, along with recommended supplements to correct the underlying causes of hormonal imbalance. Once the program is completed, there is a maintenance program along with preventative supplements to maintain balance. After following the program women will feel more energised, hormonally balanced, lose weight if needed and better understand their own bodies.

The Happy Hormones Program is a step by step system to create an internal environment where the body can revitalize and heal itself.

Health is simple. Give the body the correct environment and it will heal itself. To understand this fact we must first understand how disease develops.

When the body is not given the ideal environment to function optimally then eventually disease will manifest. Incorrect nutrition, excess stress and emotional issues, reduced sleep and time to recover, lack of appropriate physical activity or in some cases excessive physical activity and the ingestion of harmful substances through diet, lifestyle and the surrounding environment cause the body to develop an imbalanced biochemistry.

Our internal biochemistry is directly influenced by the above factors causing an imbalance. The two most important biochemical imbalances which influence all biological processes are the level of oxidation and acidity in the blood and tissues. When these two biochemical situations occur in the body then this affects the cells ability to function and allows for the accumulation of toxic bi-products in the tissues.

These biochemical imbalances and accumulation of toxins then cause a reduction in the cells ability to produce energy and creates blockages in the body's electrical circuit. When the cells cannot produce energy efficiently they become diseased.

The expression of symptoms and ultimately a disease relies on the individual strengths and weaknesses genetically. Many people have the same lifestyle and resulting imbalanced biochemistry, yet symptoms vary greatly depending on the genetic potential of the individual.

## NATURAL REMEDIES

Complementary medicines act as catalysts to the body's own innate healing ability. Rather than physically manipulating a hormone or glandular pathway, complementary medicines stimulate the body to heal itself through providing the necessary cofactors.

Conventional medicine has always lacked effective treatments for hormonal imbalance. This has been through a fundamental misunderstanding of the hormonal system and the delicate interrelationship of hormones.

Trying to manipulate hormones by prescribing hormones only leads to short term symptomatic relief whilst contributing to the larger glandular imbalance at hand.

The complementary medicines discussed below act through balancing the body's own innate control mechanisms such as the glandular system, detoxification and excretion ability, nutrient status and receptor sites. Treating the cause of the symptoms, not just the symptoms themselves allows for a more profound level of healing. These complimentary medicines allow the body to naturally balance hormone levels through improved glandular function, hormone breakdown, excretion and sensitivity.



- **CIMICIFUGA RACEMOSA - BLACK COHOSH**

The benchmark in complimentary medicines for regulating hormonal imbalances is a herbal medicine known as *Cimicifuga Racemosa* (Black Cohosh). *Cimicifuga* is one of the most scientifically proven herbal medicines in the world today. It has been proven to be effective in a range of gynaecological complaints. *Cimicifuga* regulates the hypothalamus pituitary axis, the master glandular control system. When the hypothalamus pituitary axis is regulated, a profound and lasting affect can be achieved in hormonal balance.

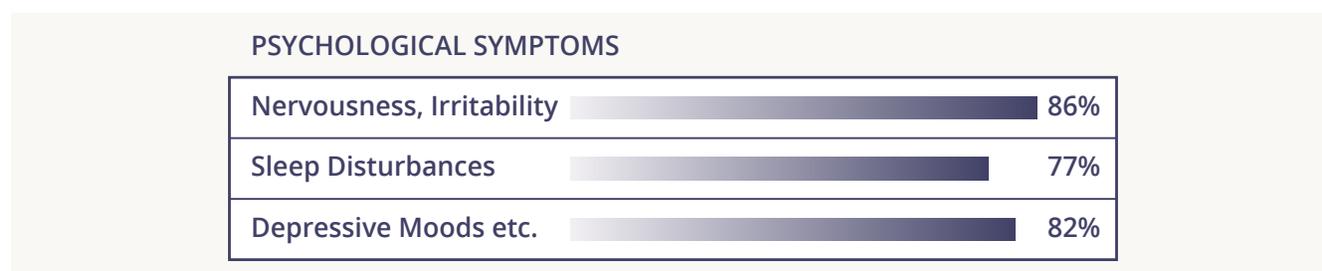
Pharmacological studies have demonstrated *Cimicifuga Racemosa* contains substances with endocrine activity, causing a selective reduction of the serum concentration of pituitary Luteinizing hormone (LH) and is able to bind to oestrogen receptor sites.

It is assumed the active ingredient Triterpene Glycosides has an effect upon the hypothalamus-pituitary system which leads to secondary effects upon the reproductive and sympathetic/parasympathetic nervous systems.

Numerous studies have proven *Cimicifuga racemosa* to be effective in hormonal complaints associated with premenstrual syndrome and menopause.

In one such study *Cimicifuga racemosa* at a dose of 80mg per day was found to be effective in PMS, with freedom from symptoms in 84% of cases. This is a staggering percentage considering the complex mechanisms of development for hormonal disorders. *Cimicifuga* is also well known for its ability to effectively treat menopausal symptoms with dozens of clinical trials to substantiate the action. In fact *Cimicifuga* is the most popular complementary medicine for the treatment of menopause with millions of women worldwide benefiting from the hormonal regulatory affect.

Using the Hamilton Anxiety Scale HAMA *Cimicifuga Racemosa* was shown to improve Nervousness and irritability by 86.5 %, Depressive moods by 82.5% and sleeping problems by 76.8%. Stolze, H: *Gyne* 1, 14-16 (1982).



The true benefit setting *Cimicifuga* apart from other herbal medicines is the ability to treat a wide range of hormonal imbalance symptoms. Whether the imbalance is excessive or deficiency of progesterone, oestrogen, Luteinizing hormone or follicle stimulating hormone, *Cimicifuga* has a balancing affect due to its influence on the glandular system. No other herbal medicine or conventional medicine is so versatile in its action. This regulating action can be demonstrated through the effectiveness of *Cimicifuga* in treating both menopausal symptoms and premenstrual symptoms where the blood hormone levels are completely opposite.

- **VITEX AGNUS CASTUS**

Vitex, better known as chaste tree is a well-studied herbal medicine working primarily on female disorders. Best known for its treatment of PMS, Chaste tree has the ability to improve the levels of progesterone which are typically reduced in many women.

Apart from progesterone production it appears chaste tree has an effect to regulate the larger glandular system. This has been shown through studies demonstrating the increase in both melatonin and dopamine levels. These hormones, although not directly linked to female hormonal imbalance play an important role in the improvement of symptoms as dopamine reduces (assists with) depression whilst melatonin improves sleep quality, hence improving the overall well-being in women with hormonal imbalance.

In addition Chaste tree has been shown to improve breast cysts, poly cystic ovarian syndrome, endometriosis, uterine fibroids, perimenopause and menopause.

- **RASPBERRY LEAF**

Raspberry leaf has long been used by herbalists as a tonic for female disorders, particularly for preparation of childbirth through its action on improving the health and muscle tone of the uterus.

Most physical symptoms of hormonal imbalance affect the pelvic region such as endometriosis, ovarian cysts, uterine fibroids and poly cystic ovarian disorder. Hence it is critical to include remedies to improve the circulation and tone in the pelvic region.

Balancing the hormones is often not enough to stimulate healing as the physical symptoms remain. This is where raspberry leaf plays a critical role in a holistic treatment to recover fully from hormonal imbalances.

- **MACA**

Maca is a relatively new discovery in the western herbal medicine although it has been used as a health tonic in Peru for thousands of years. Maca has an adaptogenic effect which means it assists to balance hormonal levels rather than one specific action.

Maca's main action is on the adrenal glands and hypothalamus to control and balance cortisol levels. By managing cortisol levels (stress hormone), other reproductive hormones come into balance such as progesterone which is why Maca is used to effectively treat infertility and PMS. Maca also has an action to improve sleep and menopausal disorders.

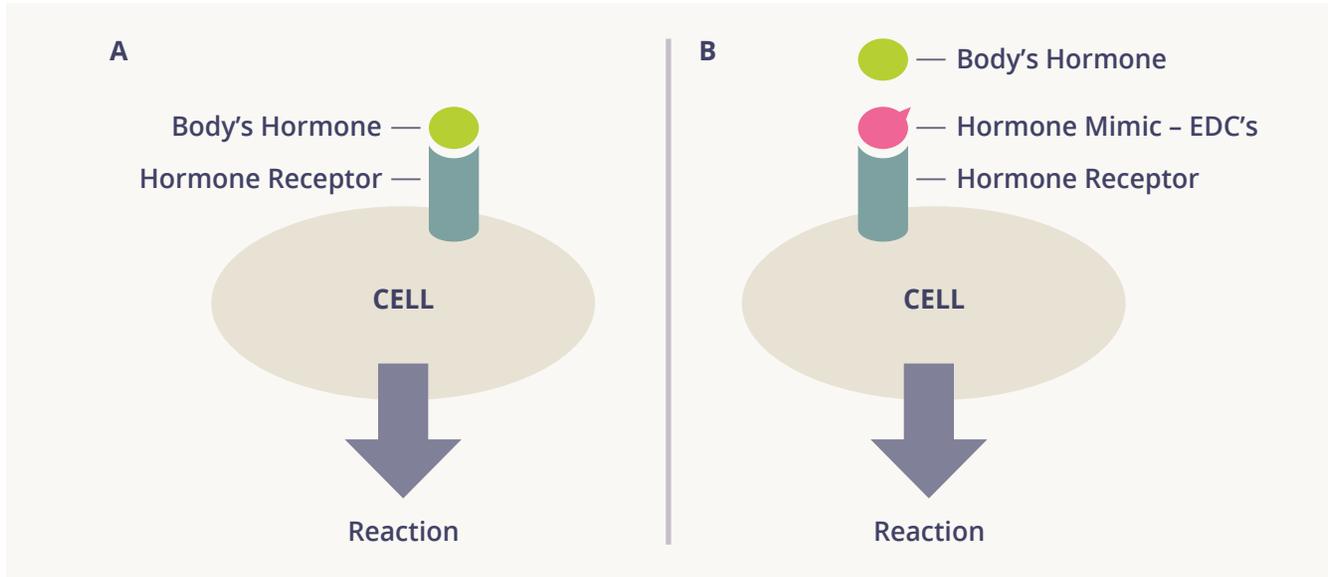
Maca is also highly nutritive which is why it gets its name as a superfood. Rich in B vitamins and minerals Maca has a reputation as an aphrodisiac.

- **RED CLOVER**

Red clover is a well-researched herbal medicine with its action largely dependent on its isoflavone content which is said to increase the level of oestrogen in the body. This action makes it a useful medicine for the treatment of menopause and PMS symptoms. It is best used however in conjunction with other glandular regulating herbal medicines to ensure there is not an over stimulation of oestrogen in certain women.

When used in combination there is a synergistic affect as it assists to cleanse the hormone receptor sites in the body. This is one of the causative influences in hormonal imbalance when the sensitive hormone receptor sites become blocked with synthetic hormones and environmental toxins.

Red clover is also traditionally used to treat skin disorders as it has blood purifying actions. It can be used for hormonally linked acne.



- **SAGE**

Sage has traditionally been used for a wide variety of health conditions including digestive disorders, nervous conditions and infections due to its high volatile oil content. Of interest for hormonal imbalance, sage has a balancing effect on the pineal gland. Very few herbs have this effect which is why it becomes such a valuable remedy when the aim is to create an overall glandular imbalance rather than treating symptoms alone. The pineal gland is the master controlling gland in the brain having an effect on the total glandular function.

*This effect on the pineal gland has shown sage to be particularly useful for the treatment of menopausal flushing.*

- **GYMNEMA**

Gymnema is a herbal medicine which is often not thought of for hormonal disorders. It does not have a direct effect on hormonal imbalance. It does however balance symptoms of blood sugar imbalance such as sugar cravings which are common with premenstrual symptoms. This is because the glandular system is intricately linked. It is a complete system and when one gland is imbalanced it affects the function of another.

So much so that intake of refined sugars has an influence on developing hormonal conditions. Particularly premenstrual symptoms, polycystic ovarian syndrome and fibroids all have links with sugar intake. Hence Gymnema plays an important role in the holistic approach to treating the whole condition rather than mere symptoms.

- **PASSIONFLOWER**

Passionflower has a very gentle yet powerful effect on the hormonal system. Acting on the nervous system, passion flower reduces the level of stress hormones which when in high concentrations negatively affect the glandular balance. When stress hormones are elevated, reproductive hormones reduce. It is a natural coping mechanism to reduce the reproductive ability in difficult times. In modern times however, where stress is a constant companion, there are negative implications on the reproductive system and hormonal balance.

Passionflower assists then to reduce the levels of stress hormones, improving sleep, and symptoms of depression. Although not directly linked to treating hormonal symptoms the effect of passionflower cannot be underestimated in the total treatment of the condition.

- **ESSENTIAL FATTY ACIDS**

Linoleic acid, linolenic acid, gamma linolenic acid (GLA), arachidonic acid (AA), eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA).

Essential fatty acids are chemical compounds sourced from fats in the diet. Most people believe all fats are bad for health. Oxidised fats from heated oils, fried foods, and processed foods have a negative impact on our health creating excessive inflammation and heart disease. Opposite to oxidised fats are essential fatty acids which have a range of therapeutic actions on the body. Because many people reduce fats from their diet, essential fatty acids are one of the most common nutrient deficiencies in the western world. Asian countries still include many essential fatty acids and hence do not suffer from the common western chronic diseases. One group of diseases Asians do not have problems with is hormonal conditions. Menopause and premenstrual syndrome are not common conditions as the level of essential fatty acids in their diet is high.

There are several reasons why essential fatty acids assist in the treatment of hormonal disorders.

Our nervous system and brain is made up of predominantly phospholipids. A large source of these phospholipids is essential fatty acids. When the diet is low in essential fatty acids the nervous system does not function properly. In fact taking 2 tablespoons of flaxseed oil which is high in essential fatty acids creates a calming effect on the nervous system in as little as two hours of ingestion. Regularly taking essential fatty acids in the diet or as a supplement can reduce anxiety, depression, irritability and improves mental performance and memory. Children with high levels of DHA, an essential fatty acid from fish, show higher IQ scores and have less hyperactivity and attention deficit disorder. For hormonal conditions essential fatty acids assist in managing many of the mental and emotional symptoms associated with hormonal shifts.

Discussed earlier in the book was the fact that sex hormones, oestrogen, progesterone and testosterone are manufactured from Cholesterol. Essential fatty acids provide a source for the body to manufacture adequate levels of good cholesterol which is needed for the manufacture of hormones.

One of the most significant functions of essential fatty acids is their ability to naturally regulate inflammation levels. Inflammation can become unchecked when essential fatty acids are deficient which leads to the development and worsening of several hormonal conditions such as endometriosis, polycystic ovarian disease, fibrocystic breast disease, premenstrual tension and ovarian cysts. Supplementation with essential fatty acids reduces short term pain levels and works to regulate chronic inflammation to improve the condition.

Apart from being a component of the nervous tissue, essential fatty acids make up the cell membranes of every cell in the body. In reproductive tissues and glandular tissues cell membranes contain receptor sites for the correct identification of hormones. A deficiency of essential fatty acids dehydrates cell membranes making the receptor sites less sensitive. Healthy cell membranes control the influx of essential nutrients and hormones into cells to maintain optimum health. There are a range of essential fatty acids available in supplement form. The three most common forms are fish oils, evening primrose oil and flaxseed oil. Each have their own unique virtues.

- **FISH OILS**

Fish oils are high in omega 3 essential fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These two fatty acids have powerful anti-inflammatory affects so are useful for the treatment of inflammatory hormonal disorders mentioned earlier.

- **EVENING PRIMROSE OIL (EPO)**

Evening primrose oil is high in an omega 6 essential fatty acid called gamma linoleic acid (GLA). EPO has a special affinity for the hormonal system and many studies confirm it is effective in reducing symptoms of associated with premenstrual syndrome and menopause.

- **FLAXSEED OIL**

Flaxseed oil or linseed oil as it is also known is high in omega 6 and 3 essential fatty acids. The omega 3 content is poorly converted in humans and it is best to rely on fish oils for your omega 3 content. Flaxseed oil is best used to receive your overall essential fatty acid content on a daily basis as it is cost effective and provides to enough / an adequate quantity to nourish the nervous system and cellular membranes. To receive the therapeutic affect of both fish oils and EPO it is best to take additional amounts when needed.

Good sources of EFA's include butternuts, corn oil, evening primrose oil, purslane, rape seed oil, seaweed, sunflower oil, tofu, walnut oil, wheatgerm oil. Omega-3 - cod liver oil, mustard seed oil, linseed oil, tuna, salmon and cod.



- **ZINC**

Zinc is one of the most common nutrient deficiencies in today's world alongside essential fatty acids. Zinc is depleted through the high demands the body places on the nutrient and the loss of zinc through processing and poor dietary and lifestyle choices.

There are two main areas where zinc plays a vital role in hormone health. Firstly zinc is involved in over 200 enzyme systems in the body. In relation to hormonal health zinc assists in the correct conversion and breakdown of hormones as well as the correct assimilation of essential fatty acids. Zinc is also needed for the formation of stomach acid and digestive enzymes which are needed to assimilate all our nutrients. Secondly zinc is essential for healing. A lot of healing needs to occur for glandular balance to return. Without zinc the recovery period can be much longer.

Zinc also has an affinity for the reproductive system and encourages healthy pregnancies and children. Zinc is vital for healthy sperm levels and infertile couples should take zinc as routine to improve the outcome. Children who have mothers with high zinc levels during pregnancies naturally have a higher IQ and less birth defects.

Eating a mixture of sunflower seeds and pumpkin seeds daily is an easy way to build healthy zinc levels. For people who have an existing low zinc level you may require some liquid zinc to absorb the zinc. Once zinc levels re-establish themselves either tablet zinc or seeds can maintain levels.

*BEST SOURCES OF ZINC*

Beef, ginger, herring, liver, milk, oysters, sunflower and pumpkin seeds, whole grains, yeast.

- **FIBRE**

Fibre is essential for every person as a healthy bowel is vital to maintain health. For women with hormonal symptoms adequate fibre is essential. Fibre binds to excreted hormones and assists in the elimination. When hormones are not excreted correctly they are reabsorbed into the blood stream and can have a disruptive influence on the glandular system. If the bowels are not working at least every day then the levels of recycled hormones can build up disrupting the cycle.

Fibre can be of assistance in regulating blood sugar levels by slowing the absorption of sugar into the blood. As mentioned earlier balanced blood sugar is important to maintain glandular harmony.

Fibre also binds to bad fats in the diet assisting to reduce bad cholesterol levels and hence prevent heart disease in susceptible women. For women looking to lose weight, fibre reduces appetite.

*BEST SOURCES OF FIBRE*

Apple pectin, bran, pears, kiwi fruit, psyllium husks, guar gums, raw salad vegetables, sorghum, wholegrain cereals.

- **SUMMARY**

If you work with nature then you are bound to find a long term solution. If you are looking for a quick fix then I am sorry to disappoint you but true healing takes time and changes. Not just medications. But removal of the causative factors and introduction of healthy eating and lifestyle activities. Herbal medicines then act as a catalyst to speed up the recovery process.

Sometimes diet and lifestyle are just not enough to get the balance the hormonal system so place all the elements together and you have a winning solution that is proven to work.

For more information please visit <https://happyhealthyyou.com>

*What's in our*  
**Happy HORMONES**

*Happy HORMONES is a unique blend of natural herbs and superfoods.*



Wild Yam



Dong Quai



Sage



Vitex



Licorice



Black Cohosh



Red Clover

## ABOUT THE AUTHOR

Who am I? And how did happy hormones come to be?

I am a bit strange actually. From a very young age I have always looked at things from a different angle.

I see things that others may not see which can actually make for a difficult journey in life because when you walk against the grain, you come up against popular thought.

My first experience with this was when I was 6 years old and discovered Santa was not real, so I went to school and had to preach my new discovery. As you can imagine it was not well received and the teacher made me feel like I was wrong but of course I knew the truth.

When I was at high school I always had a contrary opinion on basically everything. I was not a rebel or bad student, just curious about everything outside the normal. My mind is hard wired to look at the other side of every argument. It often got me into discussions with my teachers that were teaching the middle, known road and I was asking questions often without answers.

When it came time to go to university I naturally was drawn towards something different. All the courses at university were just too normal, none interested me. I always liked the idea of medicine or something that could help other people, like physiotherapy or chiropractic. But these degrees were too mainstream for my liking.

Then I discovered a degree in naturopathy. I researched it and enrolled straight from high school and literally from the very first day till the end, I loved it. I found my space because it looked at health logically and provided answers that medicine did not. As always when you are passionate about something you do well at it. This resulted in me graduating top of my class and I was set to heal the world.

Another trait of mine over the years has been to be deeply sensitive to others suffering. I always felt bad for the kid being bullied or the animal in distress. Any situation when someone was in pain I felt this and wanted to help. In some way this led me towards health studies and even to become a vegetarian for many years.

So after I graduated, I had a choice, go and travel or go into practice. I chose the later, because I was cocky, thought I knew everything and because I was sick of being broke. I should have gone travelling.

What happened next is not a lot. I didn't calculate two things. One, that no one would take me seriously as a 22 year old with long hair (yes I played in a rock band) and two, I had no idea how to run a business.

But I kept up my studies and began lecturing at the same college I studied and basically waited to be taken seriously. Then something would happen that would change the course of my life.

I met Lisa Curry and she started to tell me her story. It wasn't a story that I hadn't heard before as a practicing naturopath, in fact it was quite common and I

recognised her situation as most other women who were suffering from burnout and hormonal symptoms. At the same time some businessmen who had other hormonal products were looking to develop another product and one thing lead to another and they asked me to formulate a product for Lisa.

This is when you could argue I got lucky or my innate way to look at things differently paid off. Instead of just focusing on her hormones I had a hunch that blood sugar and thyroid played a role in hormonal imbalance, because it just never made sense to balance a hormone when the hormones are controlled by the endocrine system. A system in fact, not just a singular gland. So what I did was include two ingredients that were not in any other hormonal products which assisted the pancreas to regulate blood sugar and the thyroid to work more efficiently.

So the product was launched and guess what happened? It worked; and it worked extremely well. Better than anything else on the market by a long way, so much so that even a couple of other manufacturers tried to copy it. It was a huge success and to this day probably one of the highest selling products in the health supplement industry in Australia for about 15 years.

I was an instant expert. Here I am a young guy with lines of hormonal women lining up to tell me their stories looking for solutions because of a failed medical approach to hormonal issues. And my practice boomed and I started to specialise in women's health.

At the same time the thousands of women taking the product would feedback about their experiences so I was exposed to more data and stories on hormonal women than probably any physician before me. I started to see more patterns emerging about what was the true cause of hormonal imbalance and how to treat them.

I would use the supplement I developed and add to it other natural medicines, dietary and lifestyle interventions. I was treating everything from PMS to PCOS, endometriosis, menopause, PMDD, thyroid disorders, depression and even teens with the one formula with tweaks for each condition. The results just got better and better and I was able to change thousands of women lives.

I could also see the short comings of the supplement with what I was observing and the results when I added certain ingredients to the prescription of my patients. I needed to upgrade the formula with what I had learned.

So hence Happy Hormones was born as a result of the hundreds of thousands of women's experiences in clinical practice and those taking the supplement. The key learning was that you can't treat a hormonal imbalance focusing on hormones.

My initial hunch paid off but it went deeper than that. It went right to the core of the endocrine system in the understanding that it really worked as a singular unit. Just as the heart and circulatory system work together as one, so does the endocrine system. If one area is out of balance, then the whole system is effected.

To treat just that singular gland is like trying to water only part of the garden. You have to water every part of it otherwise everything is only temporary. So I created a more balanced formula that looked at all aspects and focused on the endocrine system, not the hormonal symptoms. As a result HH can treat virtually all hormonal conditions by going straight to the source.

This approach has proven to be the correct one with women responding faster and more dramatically than with the previous formula. The other piece to the puzzle that I worked with in clinical practice was of course diet and lifestyle. I could see countless times that without changes in what caused the imbalance in the first place, the results can only be limited by the negatives. HH works on its own but with the diet and lifestyle program the results were more dramatic and life changing.

Hence I'm on a mission. A mission to first get women comfortable talking about their situation and secondly to let women know there is a simple solution. A solution that the medical profession have not yet discovered. And probably won't because the pharmaceutical industry don't make medicines that balance.

They don't make medicines that allow the body to heal itself. Rather than being catalysts to healing, they are cause and effect, where the body's own innate healing capacity is not considered. This is the most important consideration for Happy Hormones.

So that's my story and it hopefully sheds some light on why the Happy Hormones program works so well. Now I have three favours to ask;

- 1 I can't do this alone. I need your help and every other women touched by happy hormones to become a spokesperson for hormonal women, spreading the word that it's not just hormones but a larger glandular imbalance that is the problem.

Share this story so that other women can find solutions for themselves. Share the HH private group and be active in the conversations, share every post and blog article that I write. I can be the voice but I need you to be the messengers.

- 2 Be strong in the face of conventional thought. Many women even have become so resistant to trying new treatments because they have been given so many options that never worked. Conventional and alternative.
- 3 Personally my advice for you is to embrace the happy hormones approach as a holistic one. Yes the product works on its own but the real life changing effects occur when you combine the product and the program. *This is the secret.*

This is why I made freely available all the information needed to change your diet and lifestyle through our 8 week program.

As you can see I'm passionate about this subject and trying to help women heal themselves. Hopefully you can join me on this journey.

You can access the 8 week program via the website

<https://happyhealthyyou.com>

And don't forget to join our lively private groups and Social Media platforms.



<https://happyhealthyyou.com.au/pages/groups>

