

Female Hormones

In this article I will give you an over view of the different hormones that ladies produce.

Females produce many sex hormones. The levels and ratios of you hormones are very important as they are little pieces in a jig saw puzzle. Their overall interaction and levels, in the correct balance, give you a sense of health and wellbeing and vibrance. When they are out of sync, they can make you feel miserable, angry and out of whack.

To help you find your body's correct balance requires a practitioner who is experienced, who listens and knows the nuances of these delicate little things.

Unless you are seeing a specialist (doctor, naturopath or other) in this area, often the nuances are not appreciated. Blood testing for hormones can be misleading. Hormones are fat soluble and are discarded during the preparation of blood tests. Saliva testing is much more accurate and will give your health practitioner a better guide of your needs.

Testing your hormones ranges from \$100- \$200 depending on what you have tested and with which lab. You can order a basic oestrogen/progesterone/testosterone test kit from the www.byebyebriidget.com shopping cart.

Often a good practitioner will know what to prescribe for you based on your presenting symptoms and issues, without needing a test. Testing is however, important if you have had problems falling pregnant, or have tried a few treatment options and haven't had much success, or would like to slow down the ageing process. Others like to know what their levels are as it gives them a sense of understanding – especially if their hormones are out of balance. It reassures them to know they are not going "crazy"!

Common females sex hormones to test for include the following:

Oestrogens

Progesterone

Testosterone

Dhea –S

Prolactin

And stress hormone levels include :

Cortisol and melatonin

Oestrogens (also spelt Estrogens)

These are a group of hormones including Oestrone (E1), Oestradiol (E2) and Oestriol (E3). These are made by the ovaries (in pre-menopausal women) and fat tissue by conversion of DHEA-S and testosterone. *Hence why over weight ladies have higher than normal Oestrogen levels which in turn STOPS them losing weight.* Men also make oestrogen, but in much smaller doses in the testes.

Typically ladies will have the following ratios circulating in their blood stream:

Oestrone (E1)	10-20%
Oestradiol (E2)	10-20%
Oestriol (E3)	60-80%

Progesterone (P4)

Progesterone is a very important hormone and for various reasons ladies in Australia seem to have low levels. Rarely is it elevated and ideally it is in a ratio of oestrogen 1:50 (during days 1-14) and 1:200 (during days 14-28) in fertile ladies.

DHEA-S

(Dehydroepiandrosterone) is produced in the adrenal glands from the steroid pregnenolone. Pregnenolone is the daddy of a few hormones and is basically a ring of fat – so chemically these hormones have a fatty structure which in medical terms is classified as a steroid ring. pregnenolone. DHEA -S is a precursor for oestrogen and testosterone (in other words it gives birth to these hormones) during its metabolization process in the body. It isn't as strong as testosterone but very important with anti-ageing and disease protection.

Testosterone (TT)

Ladies produce testosterone in the ovaries and in the adrenal glands. Men make most of their TT in their testes and produce 10-20 times more than ladies throughout their lives.

The following hormones are particularly important when assessing the following conditions:

PMS: testosterone, oestrogen and progesterone

Fertility: TT, oestrogen, progesterone (if ovulation is in doubt: Follicular stimulating hormone (FSH) and Luteinising hormone (LH) is also useful

Pre-menopause and peri-menopause: TT, oestrogen, progesterone, DHEA-S

Breast, endometrial, ovarian and cervical cancer: oestrogen

Sam Beau Patrick likes to get a base line for many ladies and this is a straight forward spit test (you spit into a small test tube) and costs \$100. The results take approximately 2 weeks for the results return.

You can order these through the www.byebyebriidget.com website.