

Female Hormone Disorder

The 21st Century Endemic

Female hormone disorder (FHD) is the new, and aptly named by the Health Queen, hormone phenomena that is seizing modern day women. Currently doctors refer to this condition as polycystic ovary syndrome (PCOS) but this condition is poorly understood by the medical fraternity. The Health Queen treats ladies on a daily basis with this condition and trying to find answers for modern day ladies.

The modern day lady is typically smart, educated, goal driven, committed in whole to their partner; their kids; their netball team and girlfriends. They are usually working 30 hours per week, exercising to some degree, drinking wine, consuming lots of love-giving-serotonin-promoting chocolate, and managing the household budget.

What a bucket load of stress!

What is changing....

Ladies with FHAD typically have the following measurable changes in their blood tests or saliva tests:

1. Elevated estrogen
2. Elevated testosterone
3. Insulin and glucose intolerance (which is the crux of the whole FHD). Or impaired glucose intolerance (which currently affects 1 in 4 Australian adults)!

Ladies experience:

1. Excess abdominal fat
2. A hairy chin or excess facial hair
3. Stressed facial expressions
4. A short shallow breathing pattern (look at the lady side-on to see her chest rise, or watch the way they talk – garbled, frantic words, suppressed giggles because it takes up too much oxygen).

What the ladies are feeling:

1. Angry, irritable, revengeful, anxious and stressed
2. Embarrassment about their physical appearance
3. Annoyance and frustration about not being able to rationally control their binges, their decisions in general and their paralysis at taking pro-active control
4. Isolated

Byebyebridget.com is a site dedicated to helping ladies simplify their lives, to assist them understand what they really want out of life and ultimately to be HAPPY and HEALTHY!