

Women's Hormonal Health

Premenstrual Syndrome (PMS)

Because of many fluctuating hormonal symptoms, the menstrual cycle exerts significant influence on the general behavior and well-being of many women. Most experience minimal discomfort that does not curtail their activity. Some women, however, have a broad range of debilitating symptoms. If the symptoms are severe enough to disturb a woman's life pattern and impel her to seek relief, it's called premenstrual syndrome.

Perimenopause/Menopause

For decades, mainstream medicine viewed menopause as an illness, something that required professional treatment. But over the past 20 years, that perception has gradually changed, as women have learned more about their bodies and their health and have demanded that their physicians do the same. Today, women have reclaimed menopause as an occasion to celebrate, a rite of passage into maturity and wisdom. Some women breeze through "the change" without a hot flash. For others, the discomforts are so severe that they're unable to manage their daily lives [Hormone Symptom Guide](#)

Treat Bothersome Symptoms

- Vaginal dryness. As estrogen production declines, the mucous membrane that lines the vagina begins to thin. As a result, there is less vaginal lubrication. This can lead to itching, irritation, and discomfort during intercourse. See your health care provider for a customized, natural solution. Find out more on our [Bioidentical Hormones](#) page.
- Emotional distress. During menopause, some women experience bouts of depression, nervousness, and irritability. These emotions are associated with cyclical hormonal changes, and are most common among those who have personal histories of premenstrual syndrome or postpartum depression. To minimize your menopausal symptoms, you have a number of conventional and alternative measures at your disposal. One of them is the SCENAR relaxation device.
- Hot flashes. These sudden feelings of warmth come on without warning and last from 30 seconds to 5 minutes. Your face, neck and chest may become flushed. You may perspire considerably and experience heart palpitations. Consult our [Hot Flash](#) remedy page.

Self-Care – Do These

- Performing deep relaxation breathing exercises can take the heat out of hot flashes. No matter which relaxation techniques you prefer, you get the best results with daily practice, thirty minutes a day is ideal, but even 10 minutes a day helps. Consider working with a behavioral meditation therapist..
- Exercising vigorously for at least 30 minutes a day five days a week is crucial. If you don't like to sweat, that's okay – the gentle stretches and postures of yoga are just as effective as a more strenuous workout.
- If you smoke, QUIT. Women who smoke have more hot flashes and they are more severe.
- The lack of lubrication can make intercourse painful. Try a water-based lubricant or even a little olive oil. No petroleum-based products like Vaseline – they are difficult to wash out and many contain impurities.
- Online meditation downloads [Mindful Breathing](#) | [Mindful Meditation](#) | [Body Scan](#)

Self-Care – Avoid These

- Avoid caffeine and alcohol – both can trigger hot flashes in some women.
- Avoid MSG (monosodium glutamate), commonly seen in Oriental food, salad bars, packaged foods and fast foods.
- Avoid nitrates. This is a preservative seen in processed meats, such as, sausages, hot dogs, lunchmeats, deli meats and other foods.
- Avoid spicy foods – they directly affect the blood vessels
- Avoid smoking.
- Take a multivitamin

- Do a detoxification if needed.
- Keep yourself well hydrated, you help maintain natural vaginal lubrication. So drink plenty of water and juices throughout the day, at least eight 1 gallon of non-caffeinated fluids a day, preferably in “BPA free” plastic bottles. Problem with Plastics

Nutrition

- Consider the Mediterranean Diet which is rich in fruits, vegetables, whole grains, nuts, beans, seeds and lean meats and provides thousands of micronutrients, antioxidants, vitamins, and minerals that can help protect against cancer, heart disease, and Alzheimer’s disease, among other conditions.
- Drink a probiotic formula mixed into a protein smoothie every morning.
- A tea steeped with equal parts of chamomile, Skullcap and oat straw has been found to provide a stabilizing effect on the blood vessels and a calming effect on the mind. Or try our Female Harmony Tea.
- Non-genetically altered soy. In Asian countries, few women experience hot flashes.
- Their diet is rich in soy food, especially tofu. Soy contains plant estrogen, which have properties similar to human estrogen. Several studies have shown that phytoestrogens may help relieve hot flashes. Take 50 – 100mg of soy isoflavones a day. You can find this in 2-4 oz of tofu, 2-4 cups of soy milk, or 6-12 Tbsp of roasted soy nuts.
- Smoothie Recipes

Supplements

Calmglow offers several supplements that can be helpful to stabilize women’s hormones.

Primary

- Ultramultilogics for Women - comprehensive multivitamin, mineral & herb supplements optimized for women.
- EPA/DHA 950 mg –promotes cardiovascular and neurological health.
- Calsoorb – a calcium citrate supplement specially designed for optimum bone health.
- Vitamin D3 – 2,000 IU daily to be taken with your calcium supplement for bone health and muscle strength. It’s estimated that around 80% of Americans are Vitamin D deficient. Vitamin D is instrumental in heart, bone, muscle, and immune health as well as cancer prevention. Ask your health care provider for a Vitamin D 25 test to assess your levels.

Secondary

- Female Harmony – relaxing herbs in this product address mood swings and nervous tension, correcting underlying hormone imbalance for long-term relief.
- Female Harmony Tea – calms PMS, rebalances hormones and energizes.
- Fibrodefense– helps normalize estrogen levels for both breast and uterine health. Whole herbs in this supplement target breast swelling, support the liver, and protect against fibroid tumors and ovarian cysts.
- DIM (Diindolymethane) - a plant compound with health-promoting properties is found naturally in cabbage, broccoli, brussel sprouts and cauliflower. This supplement promotes a beneficial shift in the balance of the sex hormones estrogen and testosterone, by allowing an aerobic environment for the natural metabolism of free-floating estrogen. As a result, the body is able to utilize the correct balance of estrogen and testosterone as more is available to be absorbed. This can be used safely for men and women.
- Thyroid Balance - a comprehensive formula designed to support the optimal structure and function of the thyroid gland. Learn more at our Thyroid and Iodine. Testing page.
- Women’s Healthy Libido - a short-term sexual energy enhancer made specifically for women.
- GABA– is an amino acid naturally produced in the central nervous system, where it functions as a neurotransmitter to support cellular function of the brain.
- DIM – Diindolymethane is a plant compound with health-promoting properties, found naturally in cabbage, broccoli, Brussels sprouts and cauliflower. This supplement promotes a beneficial shift in the balance of the sex hormones estrogen and testosterone so both are more readily absorbed.

- Rejveinate Vein Support Formula – For vein health in legs and lower extremities.
- Menu-pause Cream – a natural progesterone cream for per-menopausal, menopausal and postmenopausal women.
- Pre-natal Formula – provides a daily source of 100% of the Daily Value of 18 vitamin and numerals for pregnant and nursing women.
- CERV-HP7 daily packs – a high potency formula specially designed for women’s most important concerns. Supports cervical health, promotes energy production and helps with anti-aging of cells.
- Cranberry + Triple Strength – cranberry has been traditionally used for hundreds of years to support urinary tract health. Also contains vitamin C to support immune system health.
- Wild Yam/Dong Quai Formula – supports a woman’s reproductive health.
- Organic Evening Primrose oil – supplies 130mg of Gamma Linolenic Acid (GLA) for overall PMS support. GLA is an omega-6 fatty acid and does not have a specific food source, so supplementation may be important.
- Vitex Chaste Tree – holistic support you need to relieve periodic discomfort, mild mood changes, cramping and breast tenderness associated with menstrual and menopause changes.
- Aminologics– a unique formula of bioavailable amino acids. The body’s protein building blocks. The functions of this product includes balancing hormones, enzymes neurotransmitter synthesis, immune system and intestinal cell health.

Bioidentical Hormone Replacement Therapy (BHRT) – Details on Website

The endocrine system maintains a healthy balance of hormones in the human body. Hormones are chemicals made in the body that are essential for the entire functioning of the body. Hormones are chemical messengers from one cell, or group of cells, to another. Hormones serve as a signal to target cells to stimulate or inhibit an action and are responsible for regulating the metabolic activity of an organ or tissue. In many instances, hormones may regulate the production or release of other hormones in the body. Both men and women produce hormones including estrogen, progesterone and testosterone, though the amounts differ between genders. Organs such as the adrenal glands, ovaries, testes and thyroid gland all play important roles in supporting the body’s healthy production of hormones.

Your specific levels of Estrogen, Progesterone, Testosterone, DHEA, Cortisol etc. can be measured in saliva or blood to determine any deficiencies. Levels can be replaced with a compound prescription tailored to your specific needs. This is a specialized service offered by participating health care providers. If you smoke QUIT. Smoking and taking hormones are contraindicated. Find out more at our Bioidentical Hormones page.

Homeopathy

Naturopaths prescribe Lachesis, Natrum Muriaticum, and Sepia. These have varying effects on each woman. Seek advice of a naturopath for specific recommendations.