

Are Your Hormones Balanced?

Would you believe any of the symptoms of estrogen dominance (yellow sheet) and any of the symptoms of chronic fatigue/adrenal fatigue/fibromyalgia (green sheet) and any the symptoms of hypothyroidism (yellow sheet) and any of the symptoms of male menopause (green sheet) can be alleviated by balancing your hormones? Your reproductive hormones from your ovaries/testes and your energy hormones from your adrenal glands and your regulating hormones from your thyroid are made from the same raw materials so they function and dysfunction together. To fix the problems in your body we must first analyze where your body has gone wrong by doing a four-sample saliva test. Then we treat the imbalance with herbs and vitamins and dietary changes and the body fixes itself. This is a restorative program that does not just mask or treat the symptoms, but completely corrects the problem from the inside out. This is truly a life-changing program. The first part of the saliva test analyzes the ovarian or testicular hormones to see if they are in balance. 8 different hormones are tested including DHEA, Estradiol, Estriol, Estrone, Testosterone, Progesterone, FHS and LH for females and for males it includes DHEA, Progesterone, Androstenedione, Testosterone, DHT, Estradiol, Estrone, Estriol, FSH and LH. Dr. Messer uses a saliva test to accurately measure the level of these hormones in your body's cells (not a blood test that only tests circulating hormones in the blood. 98 percent of the circulating hormones in your blood are bound to a protein and cannot enter your cells. Therefore a blood test is not an accurate measurement of hormone levels inside the cells of your body.) Then depending on the results gives you recommendations that will help your body eliminate extra hormones if you have too much and herbs to help you build up hormones if you are low.

The second part of the test analyzes the adrenal glands and the saliva test will measure cortisol at 4 different times throughout the day. Dr. Messer can also test for food intolerances to gluten, soy, eggs or dairy as food intolerances can deplete the adrenals as well. This is sometimes the first time people have ever heard of their adrenal glands but they play a huge role in your stress hormone production (energy) and your sense of vitality and well-being (mood). The adrenal glands produce hormones that determine overall strength, energy and stamina and are the back-up system to the sex hormones. Stress affects all of our cells, but has a huge impact on our adrenal glands. The adrenal glands sit above your kidneys and release energy hormones into your bloodstream. The adrenal glands make a hormone called pregnenolone (think of this as the master hormone) which many other cells in your body use as raw materials to make the other hormones including the sex hormones and stress hormones. The adrenal glands main role is to adapt to stress, maintain blood sugar, and to repair your body faster than you break it down. You were designed to go into stress and handle it, but you were not designed to stay in stress. Now many of us suffer from ongoing, long-term stress for many reasons. When chronically stressed, something has to give and the adrenal glands cannot keep up with all of their duties. In a very interesting process known as the "pregnenolone steal," the adrenals glands literally steal pregnenolone back from the blood stream to make stress handling hormones, leaving little to no pregnenolone for the ovaries/testes to make balancing sex hormones. So your ovaries/testes may be functioning just fine but your adrenals may be robbing raw materials from them. Also when you have been in prolonged stress situations the master gland in the brain can go off-line and may not be signaling down-stream glands effectively. So as you can see it can get complicated in hormone-land. To make sure you find the answer to your imbalance, our office offers a comprehensive testing panel that analyzes both ovarian and adrenal hormones. Dr. Messer has had extensive training in the detection and treatment of hormone imbalance problems. The cost of the test is \$300. All natural treatment utilizing vitamins and herbs is used with no side effects unlike medications. After 3-6 months your body will heal itself and only require ongoing support if you are under continued stress or if you eat high glycemic foods. If you want to figure out the cause of the problem and not just cover up the symptoms with drugs or surgery, talk to Dr. Messer to get your hormones tested and balanced properly. The following is a hormone quick check to see if this test could help you.

More on Detection and Treatment of Hormone Imbalance

Would you believe that all of the symptoms of estrogen dominance and adrenal fatigue (yellow sheet and green sheet following) can be alleviated by balancing your hormones? It is not difficult and it does not take medication, only natural supplements and herbs that will cost \$50-\$250/month depending on the problem. It usually takes 3-6 months for "balance" to be achieved and all of your symptoms to go away. To accurately test your hormones, we need to do a hormone saliva test which tests 11 different hormones at 4 different times in the day and costs \$300.00 and comes as a kit in a box that you take home. This may seem expensive to begin with but imagine a program that allows the body to heal problems due to hormones that have dragged you down for years, or problems that are accumulating or changing for the worse as you age. This is a program that does not just mask or treat the symptoms but it corrects the source of the problem.

If you are female and no longer having a menstrual cycle, or if you are male, you can take the saliva test any day of the month. If you are female, you have to take the saliva test between day 19 and day 21 of your cycle if you are still cycling. So if you count day one as the first day of bleeding, count out 19 days and do the test on that day or day 20 or day 21. If you are male, or if you have not had your menstrual cycle for more than 2 months then, you can do the test on any day of the month. There are detailed instructions in the test kit but basically to perform the test you collect saliva into a vial in the morning before you brush your teeth or eat anything (and then again 3 more times throughout the day) and try to fill the entire vial up as much as you can. Then pour off a couple measurements of the noon and afternoon samples into the green vial. This vial evaluates for pituitary hormones so it has a special preservative. Then re-cap the vials and bring it back to Dr. Messer as soon as possible. The results will be e-mailed to Dr. Messer in about 3 weeks and her office will call you to set up a consultation where she can go through the hormones with you one by one. There is no charge for the consultation. It usually takes 3-6 months to balance your hormones depending on the problem. The treatment is designed to train your body to make the right hormones and stop making too much of the wrong hormones. In order to do this we must work with the body's physiology and not against it so we use dietary recommendations and whole food vitamins and herbs. If the test shows you are not making any of the hormone, then you can take bio-identical hormones but that is usually the last resort, and we like to let your body try to correct itself first. That is how this is a corrective program and it does not just mask the symptoms. Most patients can wean off the supplements after 6 months. For some, if their hormones have been severely imbalanced, they will need a gradual transition. As soon as you are feeling better (which means all symptoms down to 1 or 0 on the quick checks), don't stop the supplements completely but decrease the dosage for 1-3 months and then if still doing well decrease the dosage again after 1-2 months until you are down to just one pill of each that you are taking. It is all based on how you are feeling and if all problems are resolved, you will stay well. There are two things that can throw you into hormone imbalance again and they are...stress and fluctuations of blood sugar (too high or too low i.e. eating high glycemic foods or skipping meals). If you can decrease your stress and eat every 2-3 hours of complex carb and protein and a little fat, your hormone balance will last longer. If you cannot decrease your stress or you do not have good eating habits, then you may need to stay on more of the supplements. Think of those supplements as multi-vitamins for you ovaries/testes, and brain and adrenals and as long as you are under stress you will continue to need that support. Dr. Messer has made it a personal quest to find out all that she can about hormone balance because of hormone problems she has experienced in the past but also because of how common the problem is. She has found there are a large percentage of people seeking chiropractic care that suffer from hormone problems in one way or another. It really is easy to balance if you find out where the body went wrong and then try to help it instead of giving it more synthetic hormones or taking pieces of the body out (for example birth control pills or hysterectomy). When you are ready to do the test, let Dr. Messer or her staff know and they will get you the test kit to get started on your way to a healthier life.

ESTROGEN DOMINANCE QUICK CHECK

Patient Name _____ Date _____

Estrogen Dominance is a condition in which a woman can have deficient, normal or excessive levels of estrogen but has too little progesterone to balance the estrogen level. Estrogen dominance is common in both cycling and menopausal women and can even happen in men.

Symptoms of Estrogen Dominance: Rate the following from 0 to 5 with 0 being no problem and 5 being a severe problem.

Grade your symptoms before testing and supplements: _____ Grade your symptoms after 3-6 months of supplements: _____

How many months have you taken the supplements continuously? _____

Please do not discontinue taking supplements until all of your symptoms are down to 0's or 1's. This is a restorative program that actually brings balance back into your body. The average time on supplements to restore is 6 months but the program can work at different rates depending on how dysfunctional your hormones were to start with and how fast your body heals.

- _____ Anger/agitation _____
- _____ Cramps, painful menstruation _____
- _____ Heavy bleeding, bleeding too long, clots _____
- _____ Irregular Periods _____
- _____ Breast tenderness, fibrocystic breasts _____
- _____ Mood swings, depression _____
- _____ Tension headaches, migraines _____
- _____ Carbohydrate cravings _____
- _____ Sweet Cravings _____
- _____ Chocolate Cravings _____
- _____ Muscle pains, joint pains, back pains _____
- _____ Acne _____
- _____ Foggy thinking, memory difficulties _____
- _____ Anxiety, irritability _____
- _____ Fat gain, especially in abdomen, hips and thighs _____
- _____ Cold hands and feet _____
- _____ Insulin resistance _____
- _____ Water retention, weight gain, bloating _____
- _____ Decreased libido _____
- _____ Gall bladder problems or gall bladder removal _____
- _____ Infertility _____
- _____ Insomnia _____
- _____ Osteoporosis _____
- _____ Endometriosis _____
- _____ Functional ovarian cysts, polycystic ovaries _____
- _____ Uterine fibroids, cervical dysplasia _____
- _____ Allergic tendencies, allergies all of a sudden _____
- _____ Autoimmune disorders _____
- _____ Breast, uterine, cervical or ovarian cancer _____

Totals: 0-35 = Mild Estrogen Dominance, 36-80=Moderate Estrogen Dominance, 81-150=Severe Estrogen Dominance. If you have symptoms on this list that you would like resolved, have Dr. Messer order you a customized saliva panel to detect your hormone imbalances.

HYPOTHYROID QUICK CHECK

Patient Name _____ Date _____

Hypothyroidism may not be thyroid disease as many think, but part of the hidden thyroid epidemic—which is a common consequence of Adrenal Fatigue Syndrome or Estrogen Dominance (either can occur in males and females and even kids). When the adrenals are not doing their job to handle stress and bounce back from blood sugar swings, the thyroid will slow the body down on purpose, in effect to protect the body from burning out faster. We don't want to whip the thyroid back in gear with medication if it is malfunctioning, we want to find out why and heal the imbalance. Remember the 2 main reasons for your hormones to be out of balance and in consequently the thyroid to malfunction 1) stress (too much, too long) and 2) blood sugar imbalance (too high or too low).

Symptoms of Thyroid imbalance: Rate the following from 0 to 5 with 0 being no problem and 5 being a severe problem.

Grade your symptoms before testing and supplements:

Grade your symptoms after 3-6 months of supplements:

_____ Fatigue	_____
_____ Muscle aches and pains	_____
_____ Joint pains	_____
_____ Fibromyalgia	_____
_____ Feelings of weakness	_____
_____ Lethargy or loss of interest in daily activities	_____
_____ Memory loss	_____
_____ Concentration difficulties	_____
_____ Mental sluggishness	_____
_____ Low moods	_____
_____ Depression	_____
_____ Cold hands and feet/generally feel cold a lot	_____
_____ Loss of outer 1/3 or eyebrow	_____
_____ Tendency towards constipation	_____
_____ Weight gain	_____
_____ Sweet and carb cravings	_____
_____ Low blood sugar or reactive hypoglycemia	_____
_____ Menstrual problems(female only)	_____
_____ Repeated colds and flu	_____
_____ Skin problems (itching, eczema, psoriasis, acne)	_____
_____ Low or high blood pressure	_____
_____ Do not perspire easily	_____
_____ Hoarse voice	_____
_____ Feeling of fullness in the neck	_____
_____ Swelling, eyelids puffy, puffy around eyes	_____
_____ Swelling anywhere else in the body	_____
_____ Enlarged tongue(can see teeth indentions on tongue)	_____
_____ Hair loss/dry coarse hair	_____

I have about as many mental and emotional problems as physical symptoms _____

Totals: 10-20 = Mild Hypothyroidism, 21-60=Moderate Hypothyroidism, 61-150=Severe Hypothyroidism. If you have symptoms on this list that you would like resolved, have Dr. Messer order you a customized saliva panel to detect your specific hormone imbalances. If you have been treating with supplements, stay on the supplements until all of your symptoms are down to 0's and 1's.

+ADRENAL FATIGUE QUICK CHECK FOR MEN AND WOMEN and CHILDREN

Patient Name _____ Date _____

Adrenal fatigue is a condition in which a woman or man (or child) produces too much or too little stress hormones or an inappropriate rhythm of stress hormones are release which can cause the following problems:

Symptoms of Adrenal fatigue: Rate the following from 0 to 5 with 0 being no problem and 5 being a severe problem.

Grade your symptoms before testing and supplements:

Grade your symptoms after 3-6 months of supplements:
How many months have you taken the supplements continuously? _____

_____ Difficulty getting up in the morning _____

_____ Continued fatigue, not relieved by sleep and rest _____

_____ Lethargy, lack of energy to do normal daily activities _____

_____ Sugar cravings _____

_____ Salt cravings _____

_____ Allergies _____

_____ Digestion problems _____

_____ Increased effort needed for everyday tasks _____

_____ Decreased interest in sex (adult men and women) _____

_____ Decreased ability to handle stress _____

_____ Increased time needed to recover from illness, injury or traumas _____

_____ Light-headed or dizzy when standing up quickly _____

_____ Low mood _____

_____ Less enjoyment or happiness with life _____

_____ Increased PMS (women only) _____

_____ Symptoms are worse if meals are skipped or inadequate _____

_____ Thoughts are less focused, brain fog _____

_____ Memory is poorer _____

_____ Decreased tolerance for stress, noise, disorder _____

_____ Don't really wake up until after 10:00 AM _____

_____ Afternoon low between 3:00 PM and 4:00 PM _____

_____ Feel better after supper _____

_____ Get a "second wind" in the evening, and stay up late _____

_____ Decreased ability to get things done—less productive _____

_____ Have to keep moving—if I stop, I get tired _____

_____ Feeling overwhelmed by all that needs to be done _____

_____ It takes all my energy to do what I have to do. There's none left over for anything or anyone else. _____

_____ Breast, Uterine, Cervical or Ovarian Cancer(women only) _____

_____ Hot Flashes/Night Sweats(men or women) _____

Totals: 0-35 = Mild Adrenal Fatigue, 36-80=Moderate Adrenal Fatigue, 81-150=Severe Adrenal Fatigue. At Moderate and Severe Adrenal Fatigue you should have all of your hormones tested through the saliva because your stress hormones can rob from your sex hormones and leave you susceptible to illness.

BALANCING MALE HORMONES:

From puberty on, men should maintain a healthy state of *androgen* or male steroid hormone dominance. If males are not in androgen dominance, they are in estrogen dominance and have problems similar to female problems in estrogen dominance...see yellow sheet.

Maintaining healthy androgen dominance involves an overall balance between adrenal cortical steroid hormones and testicular steroid hormones, and their regulation and interaction with the hypothalamus and pituitary glands in the brain.

Healthy or optimal androgen dominance involves more than just evaluating testosterone levels. You must evaluate DHEA, progesterone, estradiol, androstenedione, testosterone, DHT, and cortisol rhythm. If you have the signs and symptoms below, you can properly test your male hormones with saliva and Dr. Messer can provide you with a treatment plan involving herbs and vitamins that can along with dietary support, completely restore balance in 3-6 months, and sometimes as quickly as 2 weeks.

Quick check to determine LOSS OF ANDROGEN DOMINANCE also known as *ANDROPAUSE* IN MALES Please rate the following from 0 to 5 with 0 being no problem and 5 being severe problem.

1. _____ Low mood, irritability, depression, anxiety
2. _____ Discouragement, pessimism
3. _____ Loss of energy, strength and stamina
4. _____ Withdrawal from activities and relationships
5. _____ Concentration and memory difficulty, brain fog
6. _____ Less productive at work, decreased initiative, motivation, drive
7. _____ Sweet and carb cravings, blood sugar highs and lows, insulin resistance, increased risk for diabetes
8. _____ Weight gain, especially central weight gain
9. _____ Gradually increasing fatigue
10. _____ Decrease in spontaneous morning erections
11. _____ Loss of libido
12. _____ Erectile dysfunction
13. _____ Muscle soreness, weakness, decreased muscle tone
14. _____ Decreased lean muscle mass
15. _____ Sleep problems
16. _____ Need to shave less frequently/decrease in body hair
17. _____ Increased fat distribution in hips, breast, and thighs
18. _____ Increased cholesterol and/or triglycerides
19. _____ On Medication for cholesterol and/or triglycerides
20. _____ Elevated blood pressure
21. _____ Cardiovascular disease
22. _____ Skin problems, thinning and drying skin
23. _____ Prostate problems and urinary problems
24. _____ Osteoporosis

A score of 10-20 suggests mild hormone imbalance, 20-40 suggests moderate hormone imbalance and a score above 40 suggests severe hormone imbalance. Talk to Dr. Messer if you would like evaluation and treatment for male hormone imbalance and get back to feeling like you used to!

NOTE: Testosterone is made from cholesterol and plays an important role in maintaining healthy levels of cholesterol and triglycerides. You need ample amounts of cholesterol to make testosterone. Statin medications have been shown to lower testosterone levels which in turn could give you more symptoms of the above.