



Are you experiencing these symptoms of hormone imbalance? I can help.

Depression

Acne

Anxiety

Water retention

Irritability

Foggy thinking

Bloating

Heavy or painful periods

Poor sleep

Fatigue

Hot flashes

Breast tenderness

Night sweats

Decreased sexual desire

Vaginal dryness

Decreased sexual response

Weight gain

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Hormone Imbalance in Women

Women of all ages can experience hormone imbalance. Even before a young woman has her first period there can be hormone imbalance. Genetics, stress, and poor diet can contribute to the development of hormone imbalances.

Menopause is a time of significant change not only in our hormones, but in our outlook and lives. Retirement is approaching and quality of life matters more now than ever! Most women experience hot flashes, night sweats, weight gain, and poor sleep. Decreased sexual desire, vaginal dryness, and diminished or absent orgasm response is not uncommon. Often a partner will feel rejected – when really it has nothing to do with them. It is a rocky time that deserves proper emotional and medical support.

Pre-menstrual syndrome involves bloating, fatigue, weight gain, irritability and other symptoms during the two weeks leading up to your period, and can be significantly alleviated with proper hormone balance. Painful, heavy periods, often accompanied by bloating, are also related to hormone imbalance.

Migraine headaches frequently occur during the weeks leading up to or during the time of your period when there is hormone imbalance.

Infertility is often related to simple hormone imbalance.

Post-partum depression is a common, treatable condition related to hormone imbalance following the birth of a child. Progesterone supplementation often remedies this depression without any harm to the child during breast feeding.

Endometriosis occurs when endometrial tissue (tissue of the uterine lining) travels outside of the uterus and implants on organs such as the bowel, bladder, and outside of the uterus. When a woman has her period these “implants” bleed, too, causing excruciating pelvic cramping during the period and often all month long as the condition progresses.

Uterine fibroids are dense fibrous growths within the uterine wall. They cause excessive bleeding and can significantly grow in size during times of hormone imbalance, including peri-menopause (the ten or fifteen years leading up to menopause) and menopause.