

# Women's Hormonal Health:

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# finding balance

It's a simple fact: hormones get blamed for a lot—bad moods, aggressive moments, even sad days. Deserved or not, it is clear hormones play a significant role in many of the body's functions. Because hormones affect such a wide range of physiological processes, it is important to maintain hormonal balance. Hormone change can cause a wide variety of physical and emotional symptoms as well as increased risk for chronic disease. Estrogen and progesterone are the main steroidal hormones that affect women's health. Each of these hormones has a broad scope of functions that extend far beyond reproductive health. In fact, female sex hormones influence energy levels, sleep cycle, brain function, bone health, heart health, weight management, and many other factors.

## AN EXPECTED PHASE OF LIFE

As women age, their bodies naturally decrease production of estrogen and progesterone. These two hormones exist in a delicate balance, and when thrown off, can cause various health complications. Although this decrease in hormone production—or menopause, as we commonly refer to it—is natural as women age, it doesn't mean there are not uncomfortable symptoms associated with this process. During menopause, a woman's monthly menstruation cycle begins to cease, leading to the decline of fertility.

Menopause is a normal and expected phase of life that can be naturally managed through lifestyle modification and dietary supplementation. It most often begins naturally, but can also be initiated due to overexposure to toxins such as xenoestrogens or surgical procedures when reproductive organs are removed. No matter the cause, menopause is associated with a profile of symptoms including hot flashes, vaginal changes, leaky bladder, emotional shifts, and aging of the skin.



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## RECOGNIZING HORMONAL CHANGES

Recognizing a hormonal change is an important first step on your journey to health. The many testing procedures that exist to measure hormone levels are largely inaccurate because hormones are dynamic and fluctuate on a moment-to-moment basis. It is therefore more relevant to look at the common symptoms associated with hormone imbalance. Common symptoms to look for include:

- Irritability
- Digestive Problems
- Excessive Sweating
- Food Cravings
- Fatigue
- Loss of Muscle Mass
- Weight Gain
- Low Libido



## MAINTAINING HORMONAL BALANCE

Maintaining hormonal balance is a lifelong process that is founded in the development of healthy lifestyle habits. A diet rich in fruits, vegetables, whole grains, and low-fat dairy products fuels your body with the nutrients it needs for optimal function. Additionally, exercise helps manage weight and the hormone metabolite load, and improves the body's production of hormones. Because hormone balance is also affected by exposure to toxins, stress, exogenous (outside) hormone exposure, inflammation, etc., the **Lifelong Vitality** products should be included as a foundational step in achieving hormone health.\* These products not only provide essential vitamins and minerals, they also include many ingredients shown to manage oxidation, maintain a healthy immune response, and even influence hormonal activity.

In addition to the core daily nutritional elements mentioned above, it is important to add other supplements targeted specifically at hormone health. The dOTERRA **Phytoestrogen Lifetime Complex** contains plant-based phytoestrogens, flax seed extract, and pomegranate extract. Phytoestrogens are adaptogenic molecules derived naturally from plants. These compounds have a two-fold function: they exert a mildly estrogenic effect in case of hormone deficiency or they act as competitive inhibitors that decrease the action of harmful metabolites or block xenoestrogens.\* Flax seed extract reduces hormone metabolite load and offers other benefits.\* On the other hand, pomegranate extract helps to manage the physical symptoms of menopause including hot flashes and aging of the skin.\*

Some essential oils can also exert beneficial effects to help manage symptoms of hormonal changes. **Basil** may help to ease monthly feminine discomfort.\* In addition, **ClaryCalm Monthly Blend** a specially formulated blend of 12 essential oils, can be applied to the skin for a soothing effect. Although hormones are dynamic, the functions in the body are far reaching and have tremendous impact on other areas of health. Natural alternatives, including lifestyle modification, consistent use of essential oils, and nutritional supplementation, can help manage symptoms associated with hormone imbalance and decrease risk for associated chronic diseases.



During menstrual cycle, apply to abdomen to experience a soothing and calming massage.



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.