



Dr. Serena Goldstein, ND
Natural Hormone Rhythm

*Your Ultimate Guide to
Naturally Balanced
Hormones*



By Dr. Serena Goldstein, ND

We all have hormones.. and they're tricky little buggers that can cause us to feel like crap, gain weight, lose our sex drive, make us tired and/or wired, mess with our sleep and so much more.. Oy!

Little problem.. it's not just about replacing hormones with bio-identicals, birth control, creams, injections, or a few herbs- these will only make you feel better in the short term, but your body is expressing whatever symptoms you have for a reason, which can eventually override these treatments, or bring up a new issue that we think is unrelated. But it's really not.

First, let's go over how we arrived here:

Hormones are substances produced by the body to tell certain tissues or cells to perform an action and generally associated with estrogen, progesterone, and testosterone (some of our reproductive hormones). However, the health of these hormones are also influenced by messengers from other organ systems, lifestyle habits, and genetics.

Naturally balancing hormones refers to addressing all these organ systems at once through a plan of action determined by your story, various tests, and suggestions around the best lifestyle and natural medicines to bring some relief, plus being able to heal & prevent, as we get to the root cause of disease.

Some of our main players:

- **Thyroid**- metabolism (e.g. the speed of biochemical processes), weight
- **Gut**- optimum absorption of vitamins and minerals to make hormones
- **Liver**- detoxification, hormone creation,
- **Adrenal**- stress management, for example, to ensure hormones don't get shunted to the wrong pathways

These concerns took time to develop, and therefore take time to truly heal; all starting with a strong foundation of health encompassing proper nutrition, sleep, stress management, and lifestyle habits

How do I know if I have hormone imbalance?

You may not know unless tested, but chances are these symptoms are pointing to further investigation:

- Low libido
- Erectile dysfunction
- Inability to lose weight
- Osteoporosis
- Very painful, heavy menses
- Hot flashes
- Infertility
- Excessive sweating
- Night sweats
- Chronic UTI's
- Prostate enlargement
- Insomnia
- Mood swings
- Weight gain
- Fatigue
- Acne
- Breast tenderness
- Carb/sugar cravings
- Brain fog
- Headaches/migraines
- Constipation/diarrhea
- Bloating
- Hair growth/balding

One? Most? Just a few? *All good.. deep breath. No need to further wack out those hormones.* In all seriousness though, as a Naturopathic Doctor *I know what to look for both in our physiology and our mental/emotional side, then develop a plan that you also like, usually comprised of appropriate tests and fancy physician-grade supplements.* We're also working on prevention, so I'll continuously teach you what to look out for, and then what to do as it pertains specifically to you. *After all, 'Doctor as Teacher!'*

FAQ's

Should I start taking hormone replacement therapy, like bio-identicals, birth control, or testosterone?

Depends on the person's symptoms and quality of life. Sometimes we seriously need something to boost levels, but a few easy lifestyle changes and some supplements can also provide quick relief. The decision is also based on family history or personal history of clotting disorders, hormone-sensitive cancers, and a few other concerns.

In the case of birth control, is it for a symptom or to not get pregnant- or both? Either way, we can work on the symptoms naturally and chat about the many types of non-hormonal birth control.

'Low T' is incredibly common in men, and actually now much more common in younger men than older men. Either testosterone is getting converted to estrogen, or a more potent form of testosterone called DHT (not great). This is also very common in statins (cholesterol-lowering drug), so addressing the many reasons why will provide insight into coming up with a solid plan.

So I can take something natural instead?

Yes.. but you're not going to out-supplement a crap diet and lifestyle, which is why they're called supplements- meant to supplement, not replace. Furthermore, a 'this for this' approach doesn't always encompass all those organ systems mentioned above, hence a plan that really covers all your needs to facilitate healing on multiple levels.

Supplements may not be needed forever, so while we may have to ramp up some of them at various times to get a therapeutic effect, you may also come off some of them as healthier diet and lifestyle habits are put in place.

Do I need bloodwork? Mine came back normal.

Please! It's a nice tool to have and offers a lot of information! For example, we can't really 'feel symptoms' of low cholesterol or vitamin D, but those two factors can give insight to how much hormones are compromised, as they are critical in estrogen, progesterone, and testosterone production.

Fun fact= normal bloodwork ranges are based on what's pathological, yet because many people don't feel good even with a stamp of approval, I tighten those ranges.

I take supplements already...

Great! So you probably have a routine.. or sometimes not because we're the worst judges of seeing whatever works, or get caught up in wondering how long we're supposed to take them. I got you! Even doctors need doctors- and I say that because I'll help ensure you're getting the best brands, dose, and form, and that you know what to look/listen for in your body.

This all sounds fantastic! And I definitely want to lose weight! Or gain muscle, drop those last few pounds- could hormones be an issue?

More than you know!! Fat cells make estrogen, which is characterized as a growth hormone, so we are actually fighting an uphill battle with the more weight we have put on over the years. Our body doesn't like losing weight either, as it's seen as a stressor. So, we change the processes that got us to this place, and therefore may yield different results. Let's achieve to your optimal health!!

3 Recipes to Achieve Healthy Hormones

Perfect Pesto

Blender required

*3 cloves garlic

* $\frac{1}{4}$ cup walnuts

*1 cup packed arugula leaves

*1 cup packed parsley leaves

*6 TBSP extra-virgin olive oil

*pinch of Himalayan sea salt

*water as needed to help with blending

Directions

*Combine all ingredients in a food processor and blend until smooth.

5/45 Frittata

Single serving in 2 cup pyrex glassware. Perfect for on-the-go.

*3 eggs, cage free, organic (no antibiotics, no hormones)

*handful of fresh or frozen organic spinach

* $\frac{1}{4}$ cup chopped carrots

* $\frac{1}{4}$ avocado, sliced

- *1 stick of celery, chopped
- *few pinches of Himalayan sea salt
- *handful of fresh or frozen broccoli

Directions

- *Set oven at 350 degrees F
- *Combine all ingredients in pyrex, and mix together
- *Bake in oven for 45 minutes, or until the yolk is fully cooked

Raw Avocado Mousse

For a single serving (need blender, or large bowl)

- *1 small avocado, or ½ of large avocado
- *2 tablespoons of raw cacao
- *1 tablespoon of ground flax or chia seeds
- *1 teaspoon of coconut oil
- *½ teaspoon of raw honey
- *few pinches of Himalayan sea salt

Directions

- *Add all ingredients in bowl, and blend or mash together

3 Supplements to Help Ease Symptoms

B vitamins

Helps facilitate over 500 reactions in the human body, such as **good mood, efficient detox cycles, hormone production and metabolism, quality sleep, and glowing skin.** These important water-soluble vitamins **can get depleted with certain drugs, stress, alcohol, and caffeine.** Consider a B-complex, versus singular vitamins, as it's all the B's working synergistically to help promote a healthy system.

Vitamin D

Supports manufacturing **healthy hormones, and calcium absorption,** which promotes strong bones, muscles, and teeth. **Optimum levels, between 50-60, are linked to improving** hormone related concerns like weight gain, and libido, as well as offering protection against cancer, cardiovascular disease, and getting sick. **Get your levels tested by your doctor so you stay within an ideal therapeutic range.**

Magnesium

Known as 'nature's relaxer', this single mineral is involved in over 300 reactions in the human body, and due to dietary choices and soil, we tend to be deficient.

Stress reduction (e.g. yoga, deep breathing) promotes hormones to be shunted into the right pathway, instead of potentially turning into cortisol (our stress hormone).

There's over 10 different forms of magnesium pills, and various sources like capsules, creams, powders, and epsom salt baths, with the latter three being the best absorbed.

Disclaimer: Please remember to discuss all supplements with your doctor

3 Lifestyle Tips to Balance Hormones

Manage Stress

We need cortisol (our main stress hormone) to survive, however, we also need our R & R, such as **meditation, yoga, walking, journaling, and reading**. Stress can stem from an event, negative thoughts, poor sleep, unhealthy diet, toxic relationships, and our environment. Moreover, it **depletes those beneficial B vitamins**. In fact, continuous 'hard core' gym workouts may actually set you back.

Consider at least 10 minutes per day to stretch, move take deep breaths, and just detach from everything around you.

Sleep

That whole rhythm concept that pretty much defines our hormone balance? **Sleep is another rhythm imperative for healthy hormones** as not enough, or poor quality sleep, can elevate our cortisol. **Sleep is a time for us to regenerate and repair functions (*especially hormone production),** and it's when we make **melatonin, our most potent endogenous antioxidant,** with the highest levels from 11pm-3am. Hence the **importance of getting your head on the pillow around 10/10:30pm** to allow time to really fall asleep. And mitigates the chance of the 'second wind' that tends to keep people awake.

Drink more (filtered) water

Hydrate! Hydrate! Hydrate! We are made up of 60-70% water, so **drink at least half your bodyweight in ounces of water per day** (e.g. 150 lb person= 75 oz of water) to replenish losses from bowel function, sweat, and tears. Water supports glowing skin, detoxification, proper bowel movement, and good energy. **P.S. Our body confuses thirst signals for hunger signals,** so drinking sufficient amounts of water also helps with appetite control and cravings.

Find Your Balance

How are you finding these strategies? What's working? Not working? Something else not quite right?

These strategies also have incredible benefits in helping us live longer and address various health concerns, though it's common for other issues to be addressed, such as through various types of testing.

And I'm glad to support you!!

I'd like to invite you to chat further on a complimentary 15 minute phone call, so we can come up with an actionable plan that helps you reach your health goals and empowered with answers!

Let's find a solution!!



Dr. Serena Goldstein is a Naturopathic Doctor in NYC specializing in hormone concerns such as weight, low energy, sleep, stress, PMS, peri/menopause, and andropause through nutrition, homeopathy, and botanical medicine.

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