



Balancing Your Patients' Hormone Levels Naturally

By Todd Singleton, DC

Hormonal imbalances affect millions of women in the United States each year, and the situation only seems to be getting worse. Compared with men, women are disproportionately affected by estrogen-mimicking chemicals in the environment (from plastics, household cleaners, and other environmental toxins) and are more likely to experience hormonal imbalances as a result. Though every woman experiences hormonal changes during menopause, many women are beginning to experience hormonal imbalances at earlier stages in life. These physical changes can be enormously stressful for the body, causing symptoms that range from night sweats to fatigue.

For this reason, hormone replacement therapy (HRT) is popular among many women and their physicians. Proponents of HRT argue that the benefits outweigh the long-term risks. However, research is beginning to reveal that HRT is much more hazardous than most physicians believe it to be. One study recruited over a million women to participate, and it revealed that HRT can dramatically increase one's risk for fatal breast cancer.¹ With these results in mind, it's time to consider alternative ways that you can help your patients balance their hormone levels naturally. I recommend a four-step approach that involves reducing toxicity, managing stress

levels, maximizing nutritional intake, and utilizing effective supplementation.

Reducing Toxicity

If patients are suffering from hormonal imbalances (because of menopause or otherwise), I first recommend that they eliminate toxic foods from their diet and complete a detoxification program. This means cutting out obviously toxic offenders, such as junk food and fast food. Less obviously, I recommend that my patients cut out refined vegetable oils, hidden sources of sugar, and other harmful additives. To reduce toxic exposure to estrogen-mimicking substances, I further recommend that my patients cut down on the use of toxic household cleaners² and plastic food storage containers.³ These changes may seem small, but they can make a world of difference.

After cutting out toxic foods and household products, I ask my patients to complete a detoxification program over the course of three to five days. This involves drinking a lemonade mixture while taking herbal supplements that facilitate the cleansing process. The detoxification program gives the body a chance to cleanse itself of any toxic buildup and begin to heal itself naturally. After a detox, most patients find that they're already beginning to see their symptoms improve.

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Stress Management

For women seeking to correct hormonal imbalances, stress management is key. Chronic stress causes the adrenal glands to produce excess cortisol, which in turn suppresses the body's production of estrogen. To return the body to a state of balance, patients must find a way to relax. As a chiropractor, you can teach your patients techniques for lowering their stress levels, whether that involves meditation, breathing exercises, or other calming activities. Brainwave entrainment technology has been shown to be especially helpful in this regard.⁴

Maximizing Nutritional Intake

To balance hormone levels in the body, nutrition is key. I recommend a diet with vegetables at the core, focusing on the adequate intake of brightly colored vegetables and dark leafy greens. I also advise my patients to eat fish, chicken, fruit, nuts, seeds, and certain whole grains (rice and quinoa) in moderation. One advantage of this type of diet is that it provides the body with the precursors it needs to manufacture hormones on its own. Foods such as yams, peas, cucumbers, and papaya, as well as other fruits and vegetables provide the body with essential micronutrients that form the building blocks for hormone synthesis. When the body receives everything it needs, the body is usually able to correct hormonal imbalances on its own and without the use of harmful synthetic drugs.

Supplementation

When I'm working with a patient whose hormones are off-kilter, I always recommend a high-quality herbal supplement designed to stabilize hormones and return the body to a state of balance. Herbs such as blessed thistle, dong quai, serona serrulata, wild yam extract, motherwort, cramp bark, and black cohosh are especially useful for this purpose. In addition to an herbal hormone-balancing supplement, I recommend DHEA and a transdermal wild yam cream. These supplements work together to provide the body with the precursors it needs to produce and regulate hormones on its own. If patients are suffering from nutritional deficiencies, I'll also prescribe supplements to fill these gaps as well.

The results are extraordinary when patients follow these four steps—reducing toxicity, managing stress, maximizing nutritional intake, and supplementation. Many patients don't realize that the symptoms they've been experiencing aren't normal, and they are pleasantly surprised when they begin to feel much better than they ever expected. As a chiropractic physician, you can make a world of difference in your patients' lives by prescribing effective treatments for hormonal imbalances. It's up to you to ensure that your patients receive the quality of care that they deserve!

References:

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