



Menopausal Symptoms and the Four Body Systems

The four body systems and how they relate to menopausal symptoms:

1. **HORMONAL** - The responsibility for hormone production shifts from the ovaries to the adrenals during menopause. The first step to correcting the underlying causes of menopausal symptoms is assessing adrenal hormone function.

2. **IMMUNE** - Our immune system is most active in its rest and repair tasks at night. Menopausal symptoms such as night sweats, hot flashes and insomnia interfere with the immune system's critical repair work accomplished during the sleeping hours. Melatonin, a hormone that regulates sleep, is also a key to immune system function. Low bedtime melatonin levels result in problems falling asleep. Low melatonin during the early morning hours causes people to wake between 2 am and 4 am. Anytime melatonin levels are low immune system function is depressed. Prior to using any hormone, including melatonin, appropriate lab testing is required.

3. **DIGESTIVE** - Cholesterol is the precursors, or building block, to all sex hormones including estrogen, progesterone and testosterone. Addressing your body's digestion, assimilation is an important first step in hormone balancing.

4. **DETOXIFICATION** - If our chief detoxification organ, the liver, is over taxed, normal conjugation of hormones fails to take place. This is a common underlying cause for hormonal imbalances. Women who experience poor reactions to taking birth control or using traditional replacement therapy often have underlying toxic livers.

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