

WHAT YOU PRACTICE IS WHAT YOU HAVE

by Lyn (happy hormone cottage)

Now that we know and understand the importance of natural hormone balance in addressing hormone imbalance issues (as opposed to the drug therapy that is what our doctors know) it is important to understand that we use this natural hormone replacement therapy for life, as an anti-aging AND disease prevention strategy. I have a client who is now feeling better on our natural approach so is unwisely considering stopping her therapy. She is thinking, "Oh good! I feel better so I think I can stop using my natural hormone creams." I happily pointed out to her that her hormone imbalance issues (irritable, not sleeping, fatigue, hot flashes, weight gain, low libido) are better BECAUSE she has replaced her depleted hormone levels AND that when she stops replacing them, her symptoms will return. Here is where the science and the education of what we do comes into play. We don't use natural hormone therapy to just take care of symptoms. We use natural hormone therapy to restore balance for WELLNESS. I know that estrogen, for example, performs over 300 jobs in our body. As we age and go through menopause, we no longer have the estrogen we need to perform these 300 tasks, so we are ripe for disease: heart disease, dementia, and breast cancer among others. Our waning testosterone levels can cause osteoporosis (as does low progesterone); and our depleted progesterone levels prevent us from optimal health and a high quality of life. Natural hormone balance is also used to treat metabolic syndrome (high cholesterol, high blood sugar and weight gain.) So I never ask the question, "What does natural hormone balance do for me?" because I know how important it is for WELLNESS. Instead I ask the question, "What diseases will I be inviting if I DON'T use my natural hormone therapy to replace the hormones I have lost through the aging process?" When we look at it this way, in terms of WELLNESS AND PREVENTION OF DISEASE, there really is no question of their importance. And I will say it again, once you already have the disease, it's a little late to be preventing it, isn't it? And once you have the disease, how much time, effort and money will you spend on treating the disease? Wouldn't a better possibility be to spend money upfront on refilling depleted hormone levels (that deplete with age starting at age 35) so we don't get the disease in the first place? This is the best example I can think of that shows that what we practice is what we have. I don't know about you, but I want the best quality of life I can possibly get as I age. If I can achieve this through natural hormone balance AND using the quality supplements that go with it, for optimal health, along with eating clean and exercise, this is what I am going to practice!