Melanie MacLaren, ND

- Board Certified Naturopathic Doctor
- In Practice Since 2011
- Certified NAET Practitioner
- Bachelor of Science in Engineering
- Own healing crisis led to dedication to the field of natural health
- Supervising Physician, William Scott Nall, DO



The Endocrine System

Hormones are like an orchestra.

The thyroid, adrenals, pancreas, and sex glands work together to regulate much of the body's hormones. It's important to look at the whole picture as everything is connected.

Examples: **If there are insufficient thyroid hormones, the body cannot make progesterone in the ovaries. Estrogen dominance may interfere with thyroid hormones production.**

Elevated cortisol can cause hot flashes and night sweats. Low cortisol can cause heavy periods and low libido.

High insulin can lower levels of sex hormone-binding globulin (SHBG), which binds to estrogen and testosterone.

Labs to Check

- DHEA
- Cortisol
- TSH- Thyroid Stimulating Hormone
- Free T4
- Free T3
- Thyroid anti-bodies for auto-immune disorders

If having normal cycles go day 19, 20 or 21 of cycle for hormones:

- Estradiol
- Progesterone
- Testosterone (SHBG, Free T)
- CMP, CBC
- Lipids
- Blood sugar (HgA1c)
- Vitamin D3
- Iron Panel with Ferritin
- B12

Note: Cholesterol increased during perimenopause and menopause to compensate for the decreasing levels of hormones in the body.

- Cholesterol is necessary to make your hormones
- Cholesterol is the source of transportation for the hormones to their correct receptor sites on the cells.

Hormones affected by Menopause

- Estrone (E1)
  - Main estrogen produced after menopause
  - Produced by the ovaries, liver, **adrenal glands** and fat cells
- Estradiol (E2)
  - Strongest estrogen
  - Main estrogen produced *before* menopause and almost non-existent *after* menopause
  - Stimulates breast tissue and uterine lining
- Estriol (E3)
  - Does not stimulate breast/ uterine lining
  - Protects vaginal lining
  - Most mild form of estrogen
- Progesterone
  - **Made by the ovaries before menopause and by the adrenals after menopause**
  - Helps fat storage and the use of fat for energy
  - **Excessive cortisol can block progesterone receptors**
  - **Supports thyroid function**
  - **Balances blood sugar levels**
- Testosterone
  - **Made by the ovaries before menopause and by the adrenals after menopause with small amount made by fat and other tissue**
  - Supports energy, mood, libido, muscle tone and mass
  - DHEA, an adrenal hormone, supports estradiol and testosterone

Menopausal Support

BHRT:

- Estradiol, Estriol: gel, cream, patches, troches
- Progesterone capsules, troches, cream
- Testosterone: cream, troches

Bio-identical: Chemically the same as what your body makes

- **Support:**
- Maca, Holy Basil or other adaptogenic herbs that support adrenals
- Rhubarb root extract
- 5 HTP with or without Melatonin (supports Serotonin)
- Phosphatidylserine (helps lower cortisol)
- Collagen
- **Essential oils**
- Lavender
- Clary Sage

BHRT: Bio-identical Hormone Replacement Therapy Benefits

- Benefits:
- Cardioprotective
- Bone health protective
- Lean body mass
- Decrease visceral fat
- Supports Brain Health

- Books:

The New Menopause by Mary Claire Haver, MD

Estrogen Matters by Arum Bluming, MD, Carol Travis PhD

Eat to Support Hormones and Stabilize Blood Sugar

- Incorporate protein into your meals and snacks. Good quality protein from meat, fish, fowl, eggs, dairy and various plant sources (legumes, nuts and seeds).
- Include 6-8 servings of a wide variety of vegetables in your meals, especially those that are bright in color.
- Go lightly on fruits and avoid high glycemic fruits such as bananas, figs, raisins, dates, oranges and grapefruits.
- To stabilize blood sugar throughout the day, eat breakfast before 10am, lunch before Noon, a snack between 2-3pm, with dinner between 5-6pm.
- Manage stress: yoga, meditation, do something that gives you joy
- Sleep 8 hours a night

Thank you
Melanie MacLaren, ND
Dragonfly 360 Yoga & Wellness
8435 Keystone Crossing, Suite 155
Indianapolis, IN 46240
Office phone: 317-818-1800
Email: info@dragonfly360.net

Visit www.dragonfly360.net for more information
Follow: IG @dr_melanie
FB Dragonfly360Wellness

Scan To Watch Free Hormone Health Webinar

We Accept Health Savings Accounts