



Renew Your Hormones This New Year

Happy New Year! The Steelman Clinic is dedicated to educating our patients and making sure you're living your healthiest, most balanced life. With the new year, we're making some changes to our new sletter. We want to provide you with content that will enhance the way you think about your health, as well as help you in your weight loss or hormone replacement journeys. This month, we're focusing on giving you additional information about BHRT and reminding you that The Steelman Clinic is always your number one resource for hormone health! For more information on our services, you can visit our website [here for women](#) or [here for men](#).

Estrogen And Your Thyroid: What You Need to Know

The majority of people who have hypothyroidism—an underactive thyroid—in the United States are women. The majority of these women are of childbearing age or are perimenopausal/menopausal. This means that while being treated for their hypothyroidism, some of them are also taking prescription medications such as contraceptive pills or undergoing hormone replacement therapy.



According to research from the Guttmacher Institute, an estimated 10 million+ women between the ages of 15 and 44 use the contraceptive pill for birth control. An estimated 57 to 75 million prescriptions for hormone replacement therapies, most of them including some form of estrogen, are written in the United States. Some experts estimate that as many as 5 percent of all peri- and post-menopausal women are taking both hormone replacement therapy and thyroid hormone replacement medication.

Next Steps for Thyroid Patients

1. Recheck Thyroid Function After Starting and Stopping the Pill or Hormone Replacement
2. Don't Stop Taking Your Contraceptive Pills or Hormone Replacement Without Checking Thyroid Function
3. Consider the Mini-Pill or Patch for Contraception
4. Consider Non-Oral Forms of BHRT



Four Signs You May Have a Hormone Imbalance & How To Treat It

When we think of hormones, we often head straight to PMS and menopause, but outside of these times on a day to day basis your hormones affect almost every aspect of your life, from your mood to your weight. Women are greatly affected by any hormonal imbalance, and it's not just your method of birth control that may be having an impact: we also need to pay attention to what we eat, how much we are exercising and our stress levels [because men can

also experience hormone imbalances].

1. **Your Skin:** Your skin can be a big giveaway. Getting spots along your jaw, neck or back, indicate that your sex hormones are out of balance. When those levels increase they increase the release of sebum, which is what causes spots.
2. **Hair Loss:** Too much estrogen, which can be caused by weight gain or perimenopause, can lead to thinning hair. Also during and after pregnancy, estrogen levels peak and then dip, causing sudden hair loss for many women. Another common culprit is your thyroid. When your body is under stress and trying to rebalance itself, it redirects energy used for non-essential areas like hair growth to attempt to balance hormones and thyroid levels.
3. **Irregular or non-existent periods:** If your period is irregular, so is your ovulation, and when you ovulate irregularly, your progesterone levels are low. Not only is progesterone important for your fertility but it is also a very powerful anti-anxiety agent, so when its levels drop it can lead to low moods.
4. **Pigmentation:** Pigmentation is not just caused by sun, but is quite often linked to excessive amounts of estrogen and not enough progesterone.

Solutions

1. **Diet:** Alcohol, caffeine and sugar wreak havoc on your hormones, so if you're trying to regulate your cycle, cut down on these, and start loading up on cruciferous vegetables, particularly dark and leafy greens such as kale, spinach and broccoli, etc. These contain a phytochemical that aids in the detoxification of hormones in your gut.
2. **Cortisol:** The stress hormone cortisol has a huge impact on the production of your sex hormones, so look at ways to decrease your cortisol levels by reducing any unnecessary stress in your life. Poor sleep and lack of exercise can also make your cortisol levels skyrocket, so ensure you are getting regular exercise and aim for eight hours of sleep a night.
3. **Supplements:** Some supplements and herbs like maca and magnesium are also shown to help support hormonal balance and alleviate PMS symptoms, while fish oils, vitamin D and B vitamins help balance estrogen.

Source [RSVP Live](#)

Restore Your Health Now!

Kick Off The New Year With GAINSWave

Looking for a way to kick ED to the curb this year? GAINSWave is the solution for you! Our proven, in-office treatment is simple and effective for treating the root cause of ED (poor blood flow) and eliminating microplaque from the penis. It's also been shown to successfully treat Peyronie's disease as well as improve erection quality. Don't let another year go by without asking about GAINSWave!



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The Steelman Clinic

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