

# SEX HORMONES AND THEIR EFFECTS ON THE BODY

## ESTROGEN

- Protects against Osteoporosis, heart disease, memory loss, colon cancer, incontinence and tooth loss
- Enhances sleep, emotional well-being, mental acuity and focus, memory, attention span, communication ability, vision, hearing, taste, touch, smell, digestion, libido, and skin tone
- Relieves menopausal symptoms and depression
- Increases tolerance to pain
- Preserves young looking appearance of skin

## PROGESTERONE

- Has a calming effect and enhances mood
- Regulates fluid balance
- Increases blood sugar, thyroid function and mineral balance
- Relieves menopausal symptoms
- Decreases risk of endometrial cancer and may help protect against breast cancer and fibrocystic breast disease
- Protects against osteoporosis and heart disease

## TESTOSTERONE

- Builds muscle and promotes muscle tone
- Increases energy and libido
- Enhances sense of well-being
- Helps strengthen bone

## DHEA

- Helps protect against heart disease, osteoporosis, diabetes, cancer, memory loss, lupus, and rheumatoid arthritis
- Can increase and enhance energy levels, libido, memory and immunity
- Protects against the effects of stress
- Aids weight loss and healing of burns
- Helps to prevent wrinkles and dry eyes

## CORTISOL

- Helps in responding and coping with stress, trauma, and infection
- Increases energy and metabolism
- Helps regulate blood pressure
- Enhances the integrity of blood vessels
- Reduces allergic and inflammatory response