



BHRT and Your Relationships

February is a month full of love and doting. Whether it is you doting on your spouse, your family, or even yourself, this month is all about being thankful for the relationships in your life.


How are those relationships though? Is there tension or stress in any of your relationships that you have been struggling with? Well we have something for you to consider -- some of your relationship complications could be driven by your hormones.


Hormones have more to do with your relationships than you may think, and we've broken down examples of how your hormones may be interfering.

1. Hormones influence how you see your spouse.

When you have a hormone imbalance, your sex drive decreases while mood swings increase. These two issues create a lot of tension in relationships causing unnecessary heartache. So where do these problems stem from?

To promote a healthy libido in women, progesterone and estrogen hormones must be balanced. However, most women deal with estrogen dominance, which decreases sex drive. Progesterone is a calming hormone that improves a woman's sexual health and general well being, and when paired with the proper level of estrogen, can promote a healthy sex drive.





Some even younger women have low testosterone levels which can lower sex drive, cause low energy, weight gain, and even increase your risk of osteoporosis.

Balancing your hormones is important to resolving certain relationship issues and can be achieved through natural means -- Bio-Identical Hormone Replacement Therapy (BHRT). BHRT uses plant-derived hormones to balance your hormones and get you and your relationship back on track.


2. Hormones influence the way you see yourself.

Certain issues you may have with your body and self-image can relate to your hormones. For example, weight gain and hot flashes are a sign that your body is experiencing a hormone imbalance. These symptoms can lead to poor self-esteem directly impacting how you feel about yourself.

The decline of three major hormones -- progesterone, testosterone, and estrogen -- can create symptoms that are detrimental to our mood, well-being, and self-esteem. Low testosterone levels can cause weight gain and decrease your ability to build and maintain muscle and bone mass. Low testosterone levels are also associated with fatigue and problems concentrating in both men and women. Balancing your hormones can eliminate these issues and support a healthy self-image.

3. Hormones influence the way others see you.

Estrogen dominance in your hormone levels can lead to insomnia, irritability, headaches, and mood swings. Lower progesterone levels can be associated with





"a shorter fuse" and anxiety sometimes leading to panic attacks. These symptoms can affect the way others see you if you are unable to control your mood and emotions.

Progesterone, a calming hormone, is needed to balance out estrogen levels and give you control over yourself. These levels can be restored with a natural solution -- Bio-Identical Hormone Replacement Therapy.

4. Hormones influence your family and friends.

Everyone aims to enjoy and celebrate time with family and friends. This can become difficult when thrown into the stress of the day-to-day, but did you know your hormones could be triggering some of that stress?

Too much of any hormone can affect your overall mood, wellness, and happiness because your hormones need to be in a general balance. Imbalances in your hormone levels will lead to insomnia, hot flashes, weight gain, and other related issues.

If you are experiencing any of these symptoms, and they are getting in the way of enjoying your family and friends, it is time to consult with an expert. Many do not consider their issues stem from hormones, and that is why a face-to-face consultation is so important.

If any of your relationships are feeling the strain, there is no time like the present to schedule a consultation, so we can get you one step closer to spreading the love.



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