

YOU'RE **NOT** DEPRESSED.
IT'S JUST YOUR
HORMONES.



*Your guide to understanding the
adrenals and the hormones that trick you
into thinking you're depressed.*

THE ADRENAL HORMONES

Hormones, in a nutshell are chemical substances that act like messengers. There are over 45+ hormones in the body and they are all connected. When one is off balance, it is like a domino effect with all the rest.

Among the key players in hormonal balance are the adrenal glands, small but mighty organs located on top of the kidneys.

Adrenal health plays a crucial role in the production and regulation of several hormones essential for women's well-being.

Key Hormones:

Estrogen
Progesterone
DHEA
Aldosterone:
Cortisol





CORTISOL: THE STRESS HORMONE

One of the primary hormones produced by the adrenal glands is cortisol, often referred to as the "stress hormone." Cortisol helps the body respond to stress, regulates metabolism, and plays a role in immune function. In women, cortisol levels can impact menstrual cycles, fertility, and overall reproductive health. Chronic stress can lead to dysregulation of cortisol production, potentially disrupting menstrual cycles and fertility.

Estrogen: The Hormone of Reproduction

While estrogen is primarily produced in the ovaries, the adrenal glands also contribute to its production, particularly during menopause when ovarian estrogen production declines. Estrogen is crucial for reproductive health, regulating menstrual cycles, supporting bone health, and maintaining vaginal lubrication. Imbalances in estrogen levels, often associated with adrenal dysfunction, can lead to symptoms such as irregular periods, hot flashes, and mood swings.

PROGESTERONE: THE BALANCING ACT

Progesterone, another key hormone in women, is also influenced by adrenal health. Produced primarily by the ovaries, progesterone plays a vital role in regulating the menstrual cycle, supporting pregnancy, and maintaining a healthy mood. Adrenal dysfunction can disrupt the delicate balance between estrogen and progesterone, contributing to symptoms such as irregular periods, mood changes, and infertility.

DHEA: THE YOUTHFUL HORMONE

Dehydroepiandrosterone (DHEA) is a precursor hormone produced by the adrenal glands that can be converted into estrogen and testosterone in the body. DHEA levels decline with age, but adrenal health plays a significant role in its production. DHEA is associated with vitality, energy, and overall well-being in women. Imbalances in DHEA levels can affect libido, mood, and energy levels.



ALDOSTERONE: THE REGULATOR OF FLUID BALANCE

Aldosterone, another hormone produced by the adrenal glands, plays a crucial role in regulating fluid balance and blood pressure. While not directly related to reproductive health, aldosterone imbalance can have indirect effects on hormone production and overall well-being in women.

THE CONCERNS OF ADRENAL IMBLANCE

Chronic stress and imbalanced hormones associated with adrenal fatigue can also trigger feelings of anxiety and depression. Elevated cortisol levels can disrupt neurotransmitter function, leading to mood swings, irritability, and anxiety. Additionally, imbalances in estrogen and progesterone can contribute to depressive symptoms and mood disorders.

Elevated cortisol levels can increase glucose, which increase insulin levels and leads to weight gain. This can also lead to diabetes. Ultimately, left untreated many chronic conditions, including cancer can result from overstressed Adr .

FUNCTIONAL MEDICINE APPROACH TO IDENTIFYING ROOT CAUSES

Functional medicine takes a holistic approach to health, focusing on identifying and addressing the underlying causes of disease rather than just treating symptoms. When it comes to adrenal fatigue, functional medicine practitioners prioritize thorough evaluation and personalized treatment plans.

Comprehensive Testing: Functional medicine practitioners may recommend specialized testing to assess hormone levels, adrenal function, thyroid function, and other factors contributing to adrenal fatigue.

Lifestyle Assessment: Understanding individual stressors, dietary habits, sleep patterns, and exercise routines is crucial in identifying lifestyle factors that may be contributing to adrenal fatigue.

Nutritional Support: Functional medicine emphasizes the importance of nutrition in supporting adrenal health. A balanced diet rich in whole foods, vitamins, and minerals can help replenish depleted nutrients and support adrenal function.

IN CONCLUSION

Adrenal fatigue can have a profound impact on women's health and well-being, especially during their 40s. By understanding the complex interplay of hormones, stress, and lifestyle factors involved in adrenal fatigue, women can take proactive steps to identify root causes and manage symptoms effectively.

With a personalized approach rooted in functional medicine principles, women can reclaim their energy, balance their hormones, and thrive in their 40s and beyond. If you're experiencing symptoms of adrenal fatigue, consider consulting with a qualified functional medicine practitioner for personalized guidance and support.



YOU HAVE FINALLY FOUND WHAT YOU'VE BEEN SEARCHING FOR.

Functional Medicine for EVERY woman, focused on hormone balance, adrenal health, hormone related cancer prevention and recovery.

Marcia Jones, NP

Hormone Focused Functional Medicine Clinic



I'd love to jump on a call with you to
discover Functional Medicine in the
management of hormones.

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