

Foothill Center for Holistic Medicine

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HORMONE	BENEFITS	DEFICIENCY SIGNS	EXCESS SIGNS
Bio-identical ESTROGEN	Decreases bone loss Protects heart Improved mental function Improved skin tone Vaginal moisture	Night sweats Hot flashes* Depression Vaginal dryness* Leaking urine Light or Skipped periods Lengthy, light periods Osteoporosis	Fluid retention* Breast tenderness* Heavy menses* Fibrocystic breast disease Uterine fibroid tumors Endometriosis Ovarian cysts Breast cancer Uterine cancer
Bio-identical PROGESTERONE	Balances estrogen to help prevent estrogen caused cancers* (breast & uterine) Increases bone density Calming Helps sleep Helps joint pain Diuretic	PMS* Anxiety Insomnia Estrogen excess signs Osteoporosis Forgetfulness*/ Mental foginess	Rare, but can cause sedation (If you feel more anxious on Progesterone, stop it, your body is in stress mode and that needs to be corrected first.)
<p>* Note: During the peri-menopausal years, progesterone declines more rapidly than estrogen so it's common both estrogen deficiency AND estrogen dominance (from progesterone deficiency) symptoms.</p>			
Bio-identical TESTOSTERONE	Increase bone density Increases sex drive Improves stamina Maintains muscle tone	Low sex drive* Poor muscle tone* Poor balance Poor body image Fatigue Osteoporosis	Oily skin* Male pattern facial hair* Acne* Clitoral enlargement Aggressiveness Note: These are all reversible
Bio-identical DHEA	Reflects adrenal function Increases bone density Supports immunity Stress management	Poor immunity Poor stress management Osteoporosis	Irritability, aggressiveness Reversible within hours if does lowered See testosterone excess symptoms

ESTROGEN DOMINANCE