

## **Luminology** taken from an article by Ann Malkmus

Monthly Special: Luminology is for all women in every stage of Menopause – on special for 20% off while quantities last from April 23<sup>rd</sup>

### How Does Estrogen Impact Menopause?

Your estrogen levels start to decline in the last six months to one year before you stop having periods. Once the estrogen levels drop to a certain point, then your menstrual cycles will stop all together. After you have gone a year without a period, then you have reached menopause.

During this time, there are several changes that take place, and most of these side effects are very uncomfortable. Here at Luminology, we have found methods that can be used to mitigate the discomfort of menopause, creating a natural more comfortable approach through hormone balancing. In order to overcome menopause symptoms, it is important that you understand several phases that occur before, during and after menopause:



Everyone is familiar with the word “estrogen” and most people know that estrogen is vital to the body, but they don’t understand what it is or what it does in the body. Some people might know that estrogen can impact cancer, but it is unclear exactly what happens in the body when estrogen levels change. In fact, some people are afraid of estrogen changes, because they assume that these changes will result in uncomfortable symptoms and poor health. “Estrogen dominance” and “hormone imbalance” are terms commonly used in the medical industry, and they mean that your body may have a little more estrogen than the other vital hormones (progesterone and testosterone). It is common for hormone levels to change, but the problem is that a small imbalance can cause big health problems. So, if you want to maintain good health, then you need to be aware of the estrogen levels within your body.

### What is Estrogen?

Estrogens are hormones that are important for sexual and reproductive development, and they are mainly found in women. The primary function of estrogen is the development of female secondary sexual characteristics, such as breasts, endometrium, and the regulation of the menstrual cycle. Over 15 forms of natural estrogen have been identified, including the top three which each have unique functions:

- **Estradiol** is predominant in women who are not pregnant and who are still in their reproductive years. It aids in the cyclic release of eggs from the ovaries, and it has beneficial effects on the heart, bones, brain, and colon. When estradiol levels are reduced, it results in common menopausal symptoms, including night sweats and hot flashes.
- **Estrone**, the second type of estrogen, is produced within the ovaries and is the dominant type of estrogen in women who have already been through menopause. This type of estrogen has been linked with many hormone based cancers.
- **Estriol** is the third estrogen, and it is secreted by the placenta during pregnancy. This estrogen is comparatively weak, and it is least associated with hormone related cancers. This form of estrogen is frequently used for hormone replacement therapy in Europe and Japan.

## Phases of Menopause

This phase happens in the late thirties, and at this point the egg supply begins to decline in number and quality, and as a result your hormone levels change. Symptoms might include a shorter menstrual cycle, as well as PMS symptoms that you didn't experience before.

Next, peri-menopause begins, which causes your period to gradually become irregular. These irregular periods might begin as early as your late thirties, or as late as your fifties. Most women experience irregular periods for two to eight years before the menstrual ends all together.

During this time, there are moments when the ovaries are producing too much estrogen or progesterone, and there are other times when the ovaries aren't producing enough. Because the progesterone is more likely to fluctuate more than before, it can cause heavy menstrual bleeding. Within the last 6 – 12 months before your periods stop, your estrogen levels begin to drop. Once the estrogen lowers to a certain point, then your menstrual cycles will stop.

Menopause is reached after you have gone a year without your menstrual cycle, and this is the time when you might experience prevalent menopause symptoms such as irritability and hot flashes.

## Post-Menopause Estrogen Changes

During post-menopause, you will continue to experience decreasing estrogen levels for about a year, which in turn lowers your risk for specific types of cancers since estrogen is linked with the cell growth of certain cancer cells.

But, other health concerns arise as a result of low estrogen, which may include:

- Bone loss
- Skin changes
- Vaginal infections
- Urinary tract infections
- Changes in the teeth and gums
- Night sweats
- Vaginal dryness
- Depression

## How Diet Impacts Menopause

Diet is an important element for managing menopause symptoms, and it is important that you avoid all types of sugar in your diet. Consumption of sugar has been linked with an increase in hot flashes as well as irritability. Caffeine, meat, and dairy can cause other symptoms, such as swelling of the breasts.

With a healthy, plant-based diet focused on an abundance of vegetables and greens, as well as the right supplementation, it is possible to move through menopause with minimal symptoms that impact many women at this stage in their life.

Luminology is a wonderful supplement that has been formulated to help you through the difficult times of menopause, and it is most effective when paired with a healthy diet and moderate exercise. Try Luminology to see how these supplements can help you to feel better and decrease the symptoms of menopause.

## **Why You are Experiencing Menopause Symptoms**

Most women assume that the symptoms of menopause are unavoidable, and it is a normal part of aging to be uncomfortable as your hormones change. But, it doesn't have to be that way! With a few lifestyle changes, it is possible to minimize menopause symptoms or even avoid them all together.

## Changes in the Body

When a woman experiences menopause, several changes are happening within the body. The first physical response that triggers menopause is when the ovaries stop releasing eggs. A woman has a certain quantity of eggs, and hormones control the release of the eggs which causes menstruation to occur. When the ovaries stop releasing eggs, menopause starts and the hormones in the body begin to change.

One of the most noticeable hormonal changes is the fact that estrogen begins to change, which can lead to a number of symptoms. Menopause symptoms often include hot flashes, mood swings, bloating, night sweats, sagging skin, fatigue, muscle aches, and decreased sexual activity. In the early stages of menopause, the menstrual cycles will become very irregular, and they will eventually stop altogether.

### Hormone Replacement Options

A common treatment for menopause is to use Hormone Replacement Therapy (HRT), which uses medication to replace hormones that are low in the body. But, the problem is that these medications could potentially increase the risk of certain diseases, including breast cancer, heart disease, blood clots, and stroke.

Another problem with medications for menopause is that some women experience a return of their symptoms after taking the medication for awhile. Initially, the medication helps to decrease the symptoms, but eventually those symptoms might return.

### Natural Supplements for Menopause Symptoms

If you don't want to experience the increased risk of disease from HRT, then you might consider natural supplements that support proper hormone balancing in the body. Instead of putting hormones directly into the body, these supplements work to support the hormone systems to promote natural balancing. As the hormones come into balance, then the symptoms may start to decrease.

Here is a list of powerful supplements to decrease menopause symptoms:

- **Maca:** A root that has been used for thousands of years, this natural supplement has been found to balance hormones and boost energy. Maca can help reduce stress hormones such as adrenaline and cortisol, and at the same time it supports natural sex hormone levels in the body.
- **Zinc:** It is common for estrogen to deplete the zinc levels, which is why you should consider using a zinc supplement during menopause. Zinc has a direct impact on immune function, and it helps by boosting antioxidant defenses to promote overall health.
- **Bio Response DIM:** When you are using a Bio Response DIM supplement, it is beneficial because the body can get rid of excess estrogen and increase active free testosterone.

Because of the delicate nature of hormone balancing, it is important that you use caution when selecting supplements. Use a high quality product with high bio-availability, which means that your body will be able to use the nutrients more effectively.

### Results You Can Trust

When we started testing the Luminology product, the women in the testing groups were very satisfied with the results that they experienced. In fact 85% of the women experienced noticeable changes in their symptoms. They were begging to continue with the products, even though they weren't available on the market yet.

Here at Luminology, we are experts at The Science of Her, and we want to help you experience balanced hormones and optimal health. Try it for yourself and discover the benefits of hormone balancing with this natural solution.

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