

Life as a HORMONE IMBALANCED PERSON

Before Menopause

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“ I love PMS! It gives me so much perspective! It makes me pick fights with my husband over incredibly important stuff - like the fact that he’s forgotten to put out my morning tea cup alongside his, which is incredibly symbolic of some deeper plot not to care and love me anymore, don’t you think? And then, POOF! My period arrives and I wake up to a world that looks rosy once again. Gone is the pressure to get a divorce, send my kids to my parents home, and find myself a new working atmosphere - to work with people who are more friendly. In fact, compared to how I felt the previous week, I feel pretty good indeed.”

“PMS has been a issue for me that has severely limited my life, distorted my children’s experience of their mother, and made my husband’s life with me very scary. He insisted for years that a Demon must have taken over my body and mind when my hormones fluctuated in preparation for my menstrual cycle! Migraines were a part of this pattern, too. I insisted that it was the “true ugly me” that surfaced at a weakened time! One minute I would be rational and peaceful attending to my life tasks,

the next I would be argumentative until war broke out! “

“Then I would cry and feel like the worst person on Earth. This didn’t happen every month, but when it did, it was on schedule, around the seventeenth day of my cycle. The consequence of this pattern was that I feared I was crazy, and I could not count on myself for normal planning of life events, making me an unreliable family member. While I longed for intimacy, I was too scary a person to approach. I was caught in the busy schedule of working wife and mother and couldn’t figure out this problem in my life. I limped along, trying to appear normal to the outside world but becoming more and more exhausted.”

What happens after Menopause
(typically after 55+ years);
after Hysterectomy
(typically after 35+ / ? years); or
after Premature Menopause
(at any age after Puberty)



At midlife or after hysterectomy, or after premature menopause, the hormone balance that was missing for only a few days each month during most of your reproductive years, now gets stuck in the “Off Position” for weeks or months at a time. You go from an alternating period of confusion to a continuous state of confusion and illogical behavior and leave you totally overwhelmed with daily responsibilities which you handled easily in the past. In this state of confusion, you might lose all sense of appropriate expenditure and might find yourself overspending and hiding purchases from your husband; this could lead to the Bankruptcy of your marriage and an eventual divorce out of the resultant stress. You begin to ask yourself why - why did I, who was creative, intelligent and loving, now have this condition that is ruining my life ?

Reproductive Hormones

These Hormones - Estrogen/Progesterone in Females and Testosterone in Males are connected with our moods and with the way our brains work. Boys and girls have the same rate of Depression up until puberty. After that, when hormones surge, Depression increases in females, with the highest incidence reached between ages twenty-two and forty-five. The lifetime incidence of Depression in males is only one in ten, while in females it is one in four. After Menopause/Andropause, the rates of depression in men and women reach gender parity once again. Cross-cultural studies have shown that women have a higher lifetime incidence of depression in other cultures as well.

Menstrual cycle, Pregnancy, the Postpartum period, and the Perimenopausal period are all associated with depression in many women. Those women who are susceptible to PMS are also susceptible to postpartum depression and perimenopausal mood problems. Part of the reason for this has to do with the complex interaction between the hypothalamus, the pituitary gland, the ovaries in the females and the testes in the males, and the multiple Hormones that are produced in and interact within these key areas.

GnRH - Gonadotropin Releasing Hormone, which is produced in the Hypothalamus.

FSH - Follicle stimulating Hormone and LH - Luteinizing Hormone, which are produced in the Pituitary and stimulate, in turn, the rise of Estrogen and Progesterone during the monthly menstrual cycle in females; and the Testosterone levels in males.

Estrogen/Progesterone - produced in the Ovaries and body fat and other areas of the female body and testosterone produced in the testes of the male body.

The Hypothalamus regulates the production of all these hormones and is in turn regulated by them - and by many others. It has receptors on it not only for Progesterone, Estrogen and Androgens (e.g., DHEA, Testosterone), but also for norepinephrine, dopamine, and serotonin, neurotransmitters that regulate mood and that are affected in turn by our thoughts, beliefs, diet and environment.

GnRH prime the brain for new perceptions and subsequently result in completely new behavior patterns in the person. It is very common for person affected by Hormone Imbalance to become more irritable, even downright angry about little things that he or she could have overlooked before. Their brains undergo a change in the Hypothalamus, the place where GnRH is produced. This region of the Brain experiences and ultimately expresses emotions such as anger. Hormones modulate both aggression and anger. The brains of hormonally imbalance persons develop an ultra sensitive ability to experience and express anger with force and clarity not possible in normal well-balanced person. The triflest of incidences are enough to ignite the spark of Violent Anger.

GnRH is just one of the several Hormones that result in changes in the brain. Synthetic or Natural Estrogen and Progesterone molecules bind themselves to areas such as the Amygdala and Hippocampus, which are important for memory, hunger, sexual desire and anger. Changing levels of these and the entry of Synthetic Hormones from the food we eat and the

environment result in destabilizing the person and his personality and cause an emotional upheaval in their lives.

This can result in High Cholesterol, High Blood Pressure, Asthma/Allergies, High Blood Sugar, etc. The root cause solution to these emotional and physical Manifestations will be to correct the Hormone Imbalance through the use of safe naturally occurring Herbal Dietary Supplements and not through the use of dangerous drugs, synthetic chemical, steroids or Hormones (HRT) which, as we all know are full of side effects and are carcinogenic in nature. The NIH has recently cautioned Doctors against prescribing Hormone Replacement Therapy (HRT).

Anger may originally begin to manifest in your life as irritability. Irritability is a subtle form of Anger. Uncorrected irritability can lead to fits of anger, frustration and depression or even suicide.

Hormone Imbalance strikes even teenagers today due to the large levels of Hormonal Pol-

lution in the environment we live in. Students also suffer from depression. One of the main causes of suicide amongst students today is Loss of memory function, drop in grades and depression.

Adapted from Dr. Christiane Nrothrup, M.D. - The Wisdom of Menopause.
Issued in the interest of the Public by:
Hormone Support Help Line: run and managed by:

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