

# WOMEN'S LIFE CYCLES

## *Post-Menopause*

### What is Post-Menopause?

Post-Menopause is the lifecycle that starts after “the Change” is complete. It can be further divided into three stages:

- **Early Post-Menopause (50s-60s)** - At this stage, you need more estrogen AND more progesterone
- **Mid Post-Menopause (60s-70s)** - At this stage, you need a moderate amount of estrogen and progesterone
- **Late Post-Menopause (70s-80s and beyond)** - At this stage you need less estrogen and progesterone
- **At all stages**, you may also need testosterone.

Post-Menopausal women continue to have hormone health issues because there are still some hormones circulating within their bodies. Since there is no longer any ovulation,



progesterone production drops to zero. The ovaries may not be making significant amounts of estrogen, (although 15%

of women still produce a significant amount of Estradiol (E2)), and as is the case during Menopause, the adrenal glands continue to produce some estrogen, though in increasingly lower amounts. Although some estrogen is produced by fat cells, this is still not enough to reach healthy levels. Common symptoms of estrogen deficiency in this lifecycle include: hot flashes, night sweats, insomnia, fatigue, hair loss, weight gain, wrinkled skin, urinary incontinence, low sex drive, cardiovascular disease,

osteoporosis, depression, anxiety, brain fog, and thinning of the vaginal walls. After Menopause, your ovaries begin to shrink in size. In some cases, the ovaries of a Post-Menopausal woman continue to produce a significant amount of testosterone. In fact, the production of testosterone can continue long after the ovaries have significantly decreased their production of both progesterone and estrogen. Is there such a thing as androgen sensitivity/testosterone dominance? Yes, absolutely. It can cause a Post-Menopausal woman to develop facial hair and a deep-sounding voice.

### What is “estrogen dominance”?

Estrogen dominance does not necessarily mean that the body produces too much estrogen. (During Menopause, the ovaries’ estrogen production typically shifts into low gear, unless other factors are at play.) Rather, “estrogen dominance” means that your body’s estrogen production is not in balance with your progesterone production. Estrogen dominance occurs when your ovaries continue to produce a little estrogen but produce significantly less progesterone. All women experience this change, at varying levels — it is a natural process of your aging ovaries.

To understand estrogen dominance, you have to understand the role of progesterone, as well. Estrogen and progesterone operate like sides of a seesaw, shifting up and down during a woman’s monthly cycle. When progesterone gets low, that “side” of the seesaw hits the ground, and this effect causes negative symptoms to arise: poor sleep, fatigue, anxiety, heavy periods, low libido (sex drive) weight gain, uterine fibroids, irritability, and even rage. When the progesterone side of the seesaw gets “stuck” on the ground, the estrogen side is “elevated,” relative to progesterone. It’s not (necessarily) that your estrogen is high — it’s that your progesterone level drops so low that estrogen effectively “dominates.”

## **Other factors that contribute to hormone imbalance:**

A shift in hormones produced by the adrenal glands also begins Menopause and continues during Post-Menopause. DHEA levels that peaked in your twenties begin to slowly and steadily decline, dropping approximately 10 percent every decade. Some medical studies correlate the decline in DHEA production with many of the degenerative changes seen in women and men, such as heart disease, cancer, and osteoporosis.

## **How can I restore hormone balance during Post-Menopause?**

Dr. Randolph has created specific guidelines to help you determine your individual supplementation needs, depending on your age, symptoms, and hormone test results.

Recommended supplements are based on specific criteria, including: age range, life cycle, and associated hormone level shifts, resulting type of imbalance/medical condition, and common symptoms. All hormonal supplements are bioidentical formulations that duplicate the natural physiology of hormones in the body. Ingredients as listed are derived from natural and/or plant-based substances.

## **What can I expect?**

The answer is simple: relief from unwanted symptoms! You should expect improved libido (sex drive); improved moods, memory and sleep; renewed strength and energy; the ability to lose weight more easily. When or if symptoms persist, adrenal support (to manage stress), additional bioidentical hormone supplementation, and/or a compounded formulation may also be required.



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