

# Functions of Key Hormones

## Progesterone

Dominant in days 14-28 of the menstrual cycle

**Major function: Biological precursor for estrogen, cortisone and other corticosteroids produced by the adrenals**

Holds uterine lining in place

Maintains secretory endometrium

Regulates menstrual cycles

Protects against fibrocystic breasts

Prevents endometrial cancer, helps prevent breast cancer

Helps use fat for energy

Natural diuretic (increases urination)

Natural antidepressant

Facilitates thyroid hormone action

Cardiovascular: Normalizes blood clotting, protects against heart disease and stroke

Restores libido

Normalizes blood sugar levels

Restores proper cell oxygen levels

Stimulates osteoblasts (bone building cells), so helps reverse bone loss

Restores normal vascular tissue

Maintains pregnancy

**Major function: necessary for embryo survival and development in gestation**

Supports the immune system

Good for skin and hair

Concentration and memory

Joint health, as effective as cortisone for rheumatic joints

Needed to produce myelin sheath protective coating of nerve cells (think burnout)

## Estrogen

Dominant in days 1-14 of menstrual cycle

Develop female sex characteristics

Stimulate growth of uterus lining

Proliferates endometrium

Increases risk of endometrial cancer and endometriosis

Breast growth stimulation

Increases risk of breast cancer

Increases body fat and obesity

Increases salt and fluid retention

Depression

Interferes with thyroid hormones

Cardiovascular: Increases heart attack, blood clotting, stroke

Decreases sex drive

Increases risk of diabetes due to impairing blood sugar control

Reduces oxygen level in all cells

Slightly restrains osteoclast function, slowing bone loss but not reversing it

Dilates blood vessels, therefore reduces tone, so contributes to migraines and varicose veins

Increases risk of gallbladder disease

Increases risk of autoimmune disorders

# Functions of Key Hormones

Cortisol	DHEA
<p>“The Stress Hormone” made in the adrenal glands Regulates blood pressure, cardiovascular function Regulates the body’s use of carbs, protein, fats Regulates glucose and energy balance Strong anti-inflammatory - it moderates inflammation and immune response</p> <p>In excess, cortisol:</p> <p>Protein breakdown (leads to osteoporosis, muscle wasting Note: muscles are a source of estrogen, so increased cortisol indirectly reduces estrogen)</p> <p>Increases hypertension, cholesterol, heart disease Decreases libido Decreases energy Alters mood Challenges blood sugar balance Decreases immunity Contributes to bone loss by: mobilising calcium out of the bones activates osteoclasts that break down bones inhibits osteoblasts that build up bone causes excessive breakdown of all structural tissues: muscles, bones, skin, brain increases breakdown of protein</p>	<p>“The Cuddle Hormone” made in the adrenal glands Can act as a weak estrogen</p> <p>Reverses or balances the effects of cortisol: builds and repairs protein and increases muscle mass</p> <p>Reduces LDL cholesterol Promotes healthy libido</p> <p>Gives a feeling of general wellbeing Decreases body fat</p> <p>Stimulates bone deposition, preventing osteoporosis</p>