-Special Report-

Hormonal Imbalance In Men And Women

Kolawole Bisiriyu
Disclaimer

This report should not be substituted with the advice given to you from your doctor. Make sure that you seek medical advice before you follow the recommendations given below.
What is a hormone

Hormonal is a chemical substance, formed in one organ or part of the body and carried in the blood to another organ or part where they exert functional effects; depending on the specificity of their effects, hormones can alter the functional activity, and sometimes the structure, of just one organ or tissue or various numbers of them. They have a big effect on the immune system that protects the body from disease and infection.

What is hormone imbalance?

Although hormones are only present in small amounts they act on every cell in a person's body. They interact with each other and often cause imbalances. They are produced by a group of glands called the endocrine system. These glands are located in different parts of the body but are considered part of the same system.

They are powerful substances secreted into the bloodstream from these glands. But only the cells that use the hormone will respond. The pineal gland helps regulate sleep and the pituitary gland regulates growth. The other glands included in the system are the thyroid, pituitary, thymus, parathyroid, adrenal, ovaries pancreas and testes.

Hormone imbalances result from emotional and physical stress and aging. Often if one hormone does not work more than one is released to compensate. So hormone imbalances often involve one or more hormones. They cannot be stored in the cell so often are released only when needed.

An imbalance in the thyroid or adrenal hormones can produce illness in people. Reproductive hormones like progesterone, estrogen or testosterone can produce serious problems in our body when out of balance. Too much or too little of a hormone is when problems results.

There are female hormones produced by the ovaries. These hormones are estrogen, progesterone and testosterone. These hormones regulate a women's menstrual cycle during her reproductive years. The male hormone produced is testosterone.

It is about 95 percent produced by the testes and the rest the adrenal glands. When man gets older the testosterone drops and estrogen rises. The
adrenal glands produce three types of steroid hormones. One is cortisol it helps the body react to stress. Alderstrone balances salt and water in the human body.

Androgens secreted by the adrenals gland supply the DHEA for men and women. Thyroid hormones control the body's metabolism. Insulin is secreted by the pancreas it converts sugar to energy.

The growth hormone GH controls a child's height. Most of these hormones have imbalances associated with them that causes disease and problems in the human body.

- An imbalanced endocrine system can be caused by stress, lack of exercise, being overweight, poor nutrition, toxins and medications. Hormonal imbalance can also be caused by pollution and chemicals that infiltrate our bodies either by our consuming them or via absorption through our skin.

Symptoms of hormonal imbalance vary among women of different ages, and may include fatigue, hot flashes, anxiety, depression, poor memory, headaches, low sex drive, weight gain or loss, hair loss, acne and symptoms often associated with premenstrual syndrome (PMS), such as bloating, tender breasts and moodiness.

**Effects of Hormonal Imbalances in Women**

Hormone imbalance is a major concern in women. It can lead to many diseases and conditions that have severe consequences, including a shortened life. Having the proper balance is essential in staying healthy, fit, active and full of energy. Because an imbalance can be so detrimental to a woman's health, it is important that she know the signs and symptoms.

**Fatigue**

Adrenal insufficiency will throw hormones out of whack, and lead to fatigue. Not producing enough adrenaline or producing too much can make the body tired.

**Weight Gain**

Stress hormones can cause adrenal fatigue. When the adrenal glands overproduce adrenaline, they do not produce enough of other hormones
such as estrogen, eventually leading to weight gain, fatigue, insomnia and mood swings.

**Hot Flashes**

When the hormones are out of balance women experience hot flashes. This happens because the body is made to believe that it needs to release heat by increasing the heart rate and opening sweat glands.

**Facial Hair**

Facial hair or increased hair growth on the genitals and legs can be a sign of an imbalance. Too much testosterone can cause the body to become more "manly," and may deepen the voice and increase muscle mass as well.

**Irregular Periods**

An irregular period is a sign of menopause in women over 40. According to hormone.org, women under 40 should see a medical professional to determine the cause.

**Hair Loss**

Hair loss, especially near the scalp, accompanied with acne, an irregular cycle and weight gain may be a sign of polycystic ovary syndrome, according to hormone.org.

**Effects of Male Hormone Imbalance**

Hormone imbalance can affect any man and is usually just the result of aging. On average, men begin to experience hormonal imbalances between the ages of 40 and 50.

In rarer cases, men may experience these changes as early as their 30s.

Extreme hormone imbalance is referred to as andropause and can be compared to Menopause. The symptoms of male hormonal imbalance can be obvious, but, most of the time, the signs are subtle.
**Low Energy**

One of the most common signs of male hormone imbalance is fatigue or low energy. This symptom is demonstrated in various ways.

Those include extreme tiredness after eating, inability to work as long or hard as normal and an overall decrease in work performance. General fatigue throughout the day is also common.

**Premature Aging**

Physical and mental symptoms of premature aging can be caused by male hormone imbalance. For example, thinning or graying hair and a decrease in your bone mass and the quality of your skin (i.e. wrinkles, varicose veins). You may also experience problems with memory, have decreased flexibility, incontinence and foggy thinking.

**Unhappiness**

A decrease in self esteem and overall happiness is a common sign of a hormone imbalance. An increase in anxiety or nervousness may be noticeable, as well as mild or extreme depression and low self worth. This can result in decreased motivation and competitiveness and may even cause irritability.

**Low Sex Drive**

Men with hormonal imbalance notice a shift in their sex drive. This decrease in the desire to have sex can be extreme (where there is little to no libido) or less obvious. In addition to decreased libido, men with hormone imbalances may have a difficult time getting an erection or making one last.

**Causes of Hormonal Imbalance in Men**

Testosterone is the natural hormone that is dominant in males. A hormonal imbalance in men is created when a man has an overabundance of estrogen, the female hormone, in his system.

It can cause urinary problems, lower sex drive, prostate issues and depression, along with many other serious health concerns. There are a variety of ways that a man can develop a problem with estrogen dominance.
**Drugs**

Steroids are synthetic male hormones. Doctors sometimes prescribe steroids in men who have extremely low testosterone levels. But when steroids are abused, they can create a hormonal imbalance that causes a negative reaction in men.

Men can also experience dangerous side effects, such as high blood pressure, kidney and liver issues, uncontrollable anger and even a decrease in the size of the testicles.

**Environment**

Pollution is a bigger immediate concern than most people think. The many toxins in the air can negatively affect hormone secretion. So if you live in a major city that has a lot of pollution, you can end up having a hormonal imbalance. The petrochemical pollution in the environment can cause testosterone levels to decrease.

**Diet**

The food that a man eats can have a huge effect on his hormonal balance. Many of the foods we eat on a daily basis contain hormones (estrogens), including chicken, beef, fruit, milk and eggs.

Farm animals are pumped with synthetic estrogen hormones in order to fatten them up. Fruits are sprayed with pesticides and herbicides that contain these same synthetic estrogens.

The only way to avoid this consumption is to buy organically grown foods.

**Aging**

As a man ages, he will experience a hormonal shift due to the fact that less testosterone is being produced in his body. At the same time, he is still taking in foods and environmental influences that increase his estrogen levels, causing a potentially significant hormonal imbalance later in life.
**Natural cure for hormonal imbalance**

We shall look at how to cure hormonal imbalance.

The use of replacement therapy has been the only solution medically. The results from this have not really helped matters. Also available are the use of herbs and vitamins. Anyway let’s breeze through.

**Vitamins**

The use of vitamins can help correct hormonal imbalance. Particular vitamins play important roles in hormones and hormone imbalances occur when the body is unable to create appropriate amounts of hormones due to a smaller intake of certain vitamins. The ailments caused by these hormone imbalances can be fixed by adding in the missing vitamins. The best way to get these needed vitamins is to consume fruits, vegetables and meats that are high in these vitamins.

**Vitamin B6**

Vitamin B6 plays a large role in maintaining healthy hormonal balances. B6 affects estrogen, progesterone, androgen and glucocorticoid. B6 is also necessary for converting food into glucose for storage, the formation of amino acids and the breakdown of toxic amino acids.

Foods high in vitamin B6 are tuna, bananas, chicken, turkey, cod, salmon, snapper, beef and halibut.

**Vitamin B12**

Estrogen inhibits vitamin B12, which requires a greater intake of vitamin B12. Those with high amounts of estrogen should increase B12 vitamin intake. Vitamin B12 is necessary for healthy mental function. Foods high in B12 are salmon, beef, lamb, shrimp, and yogurt.

**Vitamin C**

Vitamin C helps regulate thyroid hormone production and also reduces the amount of histamine in the body. Thus, vitamin C foods can be used to
reduce allergies. Vitamin C is also an antioxidant, antihistamine and helps boost the immune system. As a result, vitamin C helps with stress and colds.

Plus, vitamin C is water soluble, which means that excess vitamin C is flushed out with urine, preventing vitamin C toxicity. Foods high in vitamin C are red peppers, broccoli, strawberries, oranges, and cauliflower.

**Vitamin E**

Vitamin E seems to help progesterone production, which can reduce excessive amounts of estrogen. Vitamin E is an antioxidant for the skin, helps regulate vitamin A, reduces wrinkles, and protects the skin from skin cancer and sunburns.

Vitamin E also protects the brain from Alzheimer's and Parkinson's diseases. Finally, vitamin E helps with menstrual pain and low sperm count. Foods high in vitamin E are almonds, sunflower seeds, olives, spinach and blueberries.

**Herbs**

Herbs such as Vitex, chasteberry, dong quai, royale, wild yam for men and many others can be used to correct hormonal imbalances.

But there usually arise the issue of usage. At times combining this herbs without a particular formula has always been a major problem and as a result it is very difficult to get required results from a venture like this.

And buying herbs from roadsides can also be a big mistake.

But I am going to show something unique and different that will ultimately help you.

I will recommend a short report I have put together that delivers all you need to balance your hormones. Here are what you will be getting from the report.

- The blend of foods that you can easily incorporate into your diet immediately to help correct your hormones.
• The only supplements that you must use if you want to balance your hormones and boost your fertility.
• This supplements has all the essential vitamins and herbs well blended together to bring about a revolutionary solution to the problems of hormonal imbalance.
• The report covers both male and female hormonal imbalance solutions.
• You also get the New improved Sperm 3 steps for improving sperm quality (FREE REPORT).
• Where the supplements can be bought in your neighborhood even if you live at Maiduguri.

The recommendations I have made are time tested and proven to work. The results and testimonies from these findings are top notch and I have unavoidably put a money back guarantee if you do not have your hormones balanced within three months ASK FOR YOUR MONEY BACK.

This report will be good for you if you are going through
• High prolactin production.
• Irregular periods
• Ovulation problems.
• Hormonal imbalance
• Polycystic cyclic syndrome (PCOS)
• High/low estrogen High/low progesterone
• Low libido in Men and Women
• Improving sperm count, mobility, morphology and quality.

It is not another story book. Just the stuff outlined above that is all.

And you are covered by my 150% money back guarantee.

It is important you do not waste much time to order for this short report because it will not be available for ever at this ridiculous low price of N2900.

I believe I have done my best and I will continue to furnish you with greater information to help you further.

In conclusion, you must have children whether the Devil likes it or not.
You can read more on how to place your order and my personal guarantee for this product [http://infertilitysolutionsng.info/orderpage.htm](http://infertilitysolutionsng.info/orderpage.htm)

You can send me a mail at expertkolawole@gmail.com or call me on 08155442307

Remain Blessed

Kolawole

08155442307