HEALHER sex hormones

with Dr Liane Erickson & Lena Morgan

What should I know about my sex hormones?

Puberty

ESTROGEN

- Produced mainly in the ovaries
- Promotes the development of secondary sexual characteristics:
  - Breast development, wider hips, fat distribution
- Stimulates growth of uterine lining during each menstrual cycle
- Essential for bone density and growth during puberty

PROGESTERONE

- Plays a major role once regular cycles established
- Prepares the uterus for potential pregnancy

FOLLICLE-STIMULATING HORMONE (FSH)

- Produced by the pituitary gland
- Stimulates the growth of ovarian follicles in ovaries
  - These are the immature eggs that FSH matures

LUTEINIZING HORMONE (LH)

- Produced by the pituitary gland
- Triggers ovulation (release of mature egg by ovary)

The Menstrual Cycle

FOLLICULAR PHASE (DAY 1-14)

- **Estrogen** rises, thickening the uterine lining to prepare for a fertilized egg.
- **FSH** stimulates growth of the ovarian follicle.

OVULATION (DAY 14)

- **LH Surge** causes the mature follicle to rupture and release an egg.
- **Estrogen** peaks, creating the egg's release.

MENSTRUAL PHASE (DAY 1)

- **Estrogen** and **Progesterone** levels drop, triggering the shed of uterine lining, if no pregnancy present.

LUTEAL PHASE (DAY 15-28)

- **Progesterone** becomes dominant and stabilizes the uterine lining for implantation.
- **Estrogen** present but at lower levels

Pregnancy and Postpartum

HUMAN CHORIONIC GONADOTROPIN (HCG)

- Produced by the placenta after implantation
- Maintains the corpus luteum until the placenta

ESTROGEN AND PROGESTERONE

- Rise during pregnancy to support growing fetus
- **Estrogen:** promotes blood flow to uterus and preparation of milk ducts
- **Progesterone:** relaxes uterine muscles to prevent contractions and support uterine lining

PROLACTIN

- Produced by pituitary gland
- Stimulates milk production after childbirth

OCYTOCIN

- Known as the "love hormone"
- Helps uterine contractions during birth and milk ejection during breastfeeding.

Perimenopause and Menopause

PROGESTERONE

- First hormone to decline
- May lead to lighter periods or irregular cycles

ESTROGEN

- Declines in perimenopause, drops in menopause
- Affects bone density, skin elasticity, vaginal health

FSH AND LH

- Increases significantly after menopause due to the body's attempt to stimulate ovaries, which are no longer responsive

What will the class cover?

- In depth look at how your sex hormones work.
- Functional nutrition to support your sex hormones.
- Sex hormone lab information and results interpretation.
- Supplements and herbs to support your hormones.
- Questions and talking points for your providers.

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