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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## Symptoms Of Hormone Imbalance In Women

By Olinda Rola

Symptoms of hormone imbalance in women may begin as early as the late twenties to the forties.

Symptoms of hormone imbalance in women tend to increase as a woman ages, especially if ignored in the earlier years. Hormone imbalance symptoms can be any one or more of the following:

· Allergy symptoms · Depression, fatigue and anxiety · Endometriosis · Fibrocystic breasts · Hair loss and facial hair growth · Headaches, dizziness and foggy thinking · Low sex drive · Osteoporosis · PMS · Urinary tract infections and incontinence · Uterine fibroids · Weight gain, water retention and bloating · Wrinkly skin

Symptoms of hormone imbalance are caused primarily by the incorrect relationship between progesterone and estrogen levels in the body. The two female hormones, estrogen and progesterone, exist in a delicate balance. Variations in that balance can have a dramatic effect on your health, resulting in symptoms of hormone imbalance. The amounts of these hormones that the woman's body produces from month to month can vary, depending on factors such as stress, nutrition, exercise and most importantly – ovulation or the lack of ovulation.

In the first 10–12 days of the menstrual cycle, only estrogen is produced in the female body. If ovulation occurs, then progesterone is produced by the ovaries. On day 28 or so, levels of both hormones drop, resulting in menstruation. However, if ovulation did not occur, you can still have the menstrual period, but the estrogen is never "balanced" by progesterone, which needed ovulation to trigger its production. And this results in symptoms of hormone imbalance appearing – you have estrogen but progesterone production drops to very low levels.

In the industrialized countries, women take birth control pills, are exposed to household chemicals at home, car exhaust and other environmental xenoestrogens. In addition, women often have stressful lives, eat processed foods or skip meals, take synthetic estrogen HRT (hormone replacement therapy) and have hysterectomies. All these factors can add more estrogen to the female body, resulting in excess estrogen which will cause hormone imbalance symptoms.

## Symptoms Of Hormone Imbalance In Women

How can a woman tell if she is experiencing hormone imbalance symptoms? An easy, fast and effective way is to take the online test provided by a leading womens health clinic for early signs of menopause and symptoms of hormone imbalance in women. The online test takes just a few minutes and is free. Learn more about your health, symptoms, what the symptoms are telling you and what to do about it based on your answers to important questions. Read more about hormone imbalance, estrogen dominance symptoms and physician–recommended natural treatments for eliminating the symptoms of hormone imbalance.

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Read more about symptoms of hormone imbalance and natural treatment at

<http://www.safemenopausesolutions.com>

where Olinda Rola is the webmaster as well as President of

InfoSearch Publishing. Visit the website, take the online women's hormone health test and find

information on a variety of women's health issues.

### **Perimenopause Symptoms – 10 Common Symptoms Of Perimenopause**

**By Olinda Rola**

Perimenopause symptoms are most often experienced by women in their late 30's, 40's or early 50's. The perimenopause symptoms such as fluctuating menstrual cycles can signal the slowing down of reproductive capabilities.

Perimenopause (or peri menopause) can be defined as the time before menopause. Menopause is the cessation of menstrual periods for twelve months in a row. Having symptoms of perimenopause can mean that the woman is getting closer to the age of menopause and the ending of monthly menstrual periods.

Here are common symptoms of perimenopause:

- Changes in the Menstrual Cycle (menstrual flow can be heavier or lighter, longer or shorter time between periods, irregular flow) · Lumpy or Tender Breasts · Water Retention, Bloating · Problems with Sleep · "Foggy, Fuzzy" Thinking, Difficulty Concentrating · Anxiety, Mood Swings, Depression · PMS · Hot Flashes, Night Sweats · Vaginal Dryness · Unexplained Weight Gain

Perimenopause and menopause will affect each woman differently. Your only one of the perimenopause symptoms may be that your period stops. However, you may have one or more of the other symptoms of perimenopause. Perimenopause symptoms can be experienced by a woman for a few months or they can last for years. Since the average age of menopause is 51, symptoms of

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perimenopause can appear in a woman's late 30's, any time in her 40's or early 50's.

During perimenopause, many women begin experiencing their first symptoms of hormone imbalance. How does hormone imbalance happen?

According to Harvard-trained physician Dr. John Lee, perimenopause symptoms appear because ovulation occurs less frequently or not at all in the years before menopause. When a woman is healthy and ovulating, estrogen is produced during the first part of the menstrual cycle and following ovulation, progesterone is produced during the latter part of the monthly cycle.

With ovulation required for the monthly production of progesterone, if there's no ovulation, no progesterone will be produced. With declining progesterone production, perimenopause can be the time women experience the onset of hormone imbalance, causing symptoms of perimenopause.

How can a woman tell if the symptoms of perimenopause are related to hormone imbalance? One way is to take a leading womens clinic test for hormone health and related perimenopause symptoms. The health test is free and it takes just a few minutes.

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Take the womens hormone health test and learn more about additional menopause symptoms at

<http://www.safemenopausesolutions.com/menopausesymptoms.html>

– Olinda Rola is President of

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find a variety of natural health articles for women.



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