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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!

Teen Rap: Hormone Facts Adults Don't Always Know

By Dr. Loretta Lanphier, ND, CN, HHP

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Are you wondering how to handle your body's changes, acne, mood swings, anger, or just plain stress? Here's the scoop—there's a possible solution to these symptoms of hormonal problems that is simple to determine and inexpensive, too.

Stressing Out

Teens today experience many hormonal imbalance symptoms as a result of the pressures of being a teen today. Too often you're exposed to chemicals in foods and in the environment from pesticides, plastics, beauty products, cleaners, and lawn and garden chemicals, just to name a few sources. Water alone can contain hormones. You're exposed to so much junk food, fast food, and soda. Dairy products and farmed fish have added hormones and antibiotics. Antibiotics to control yeast and acne also stress the body. Your body can be overloaded by the time you enter your teen years.

Many of you are being put on birth control pills to control premenstrual syndrome (PMS)— symptoms that occur before or at the beginning of your period—or to prevent pregnancy. Or maybe you're on medication for ADD or depression.

Then there's all the stress that a typical teenager today is under with school work, social life, dating, sports, expectations to "be the best," high achievement pressure, summer school, get into college, etc. Your home environment might be stressing you with sibling arguments, disagreements with parents, a death in the family, alcoholism, an unexpected divorce, or a parent running off. Or you're helping a friend going through some of these issues and share their pain. The list is endless.

What Happens to the Body

Adrenal glands, which regulate the hormones in your body, do a good job under normal circumstances. But too much stress creates hormonal imbalances, which then creates emotional instability. Your adrenals can get exhausted, then can cause hormone imbalances, or hormone imbalances can cause

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adrenal exhaustion. Regardless of the cause, the results are the same.

So to handle all of the stress, your adrenals produce a large amount of a steroid called cortisol. This over production leads to a huge reduction of the hormone progesterone. When this happens, another hormone estrogen takes over. So now two hormones are affected. They have become unbalanced.

Symptoms of Hormone Imbalance

Below are symptoms of this imbalance. These can occur anytime:

- Abdominal bloating
- Abdominal cramping
- Accident proneness, coordination difficulties

- Acne, hives
- Aggression, rage, anger
- Anxiety, irritability, suicidal thoughts
- Asthma
- Back pain
- Breast swelling and pain
- Bruising
- Confusion
- Depression, withdrawal from others, emotional liability
- Edema
- Exacerbation of preexisting conditions (lupus, arthritis, ulcers, herpes, etc.)
- Excessive sleep patterns, fatigue, lethargy
- Fainting
- Food binges, salt cravings, sweet cravings
- Headache, migraine
- Heart palpitations
- Insomnia
- Joint swelling and pain
- Nausea
- Seizures
- Sinus problems
- Sore throat
- Urinary difficulties

What Can Be Done

Progesterone can greatly improve overall hormone balance. Natural progesterone is safe and non-toxic. It's a natural hormone to the body with no undesirable side effects, when used as directed. It can be bought over the counter, so no prescription is needed. Progesterone helps to balance the effects of hormone imbalances, and has a calming effect on the nervous system. Some teens notice a leveling off of their emotions when they get their progesterone levels up to where they should be. Many of the symptoms listed above disappear quickly within the first couple of weeks of use.

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At Oasis Advanced Wellness we offer hormone saliva testing kits that allow you to test yourself within the comfort of your own home. With test results, you can determine your need for natural HRT. The use of natural progesterone in combination with lifestyle changes often improves symptoms and general health and well being. Be sure to work with your healthcare professional in determining dosages. For more information go to: www.menopause-pms-progesterone and www.oasisserene.com

It's never too early to learn how to take care of your body. Education allows you to understand and take control of your health. Prevention is always the best way.

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Role Models for Your Teen

By Rachel Paxton

By the time your children reach their teens, there is only a limited amount of time left to influence them and get them started in life in the right direction.

The teen years are a critical time for role models in your children's lives. Often you will find teens have a hard time talking to their parents. This isn't always the case, but even in the closest families, teens often feel more comfortable talking to another trusted adult about some of the things going on in their lives.

Of course you would prefer your teen would go to an adult when they need to talk something important out, instead of relying on their friends who may not have the insight an older, more experienced adult would have.

Obviously you have no real control over who your teen goes to for advice, but there are a number of ways you can steer your teen in the right direction.

The best chance your teen has for interacting with other adults is in extracurricular activities. There are all kinds of activities your teen can be involved with, here are some that come to mind: church youth group, scouts, sports, music, school clubs, community service, just to name a few. Personally I don't encourage parents to involve their teens in so many activities that it leads to burnout for both the parents and the teen, but carefully selected activities led by good and capable leaders will enrich your teen's life in a way few things can, and will increase the likelihood that your teen will establish a relationship with one of the group leaders.

One word of caution, however. Talk to your teen about their activities and get a feel for yourself the effectiveness of the group leader. Not to say that they have to excel in every way, but just make sure that they are a good role model, and not a negative influence in your teen's life. There is the potential

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of bad leaders in any activity, including in a church setting, and it is the parents' responsibility to make sure their teen is in a positive atmosphere, influenced by mature leaders.

Involvement in group activities is especially great for teens of single parents. Teens who don't have regular contact with mature adults of both sexes often have a hard time later in normal adult relationships. Being exposed to "normal" at this age very much increases the teen's chances of growing into a well-adjusted adult. I have seen this often with boys who are raised by their moms with not much influence or negative influence from their dads.

Placed into group settings, with responsible adult male leaders, these teen boys have much less difficulty transitioning into adulthood. It also takes off a lot of the pressure off the often overworked mothers.

From my own experience, I have found that often other adults can help my teen in ways that I can't, mostly due to big differences in our personalities. I am more of a quiet introspective thinker, and my

daughter is very outgoing, and has a lot of potential leadership qualities that are hard for me to help her develop because I do not possess those qualities myself. Knowing how important it is to help her develop her natural abilities at this impressionable age, I make sure there are other adults in her life who can help influence her in ways I can't. My daughter and I are very close, but there are just a lot of things that I can't help her with, so I encourage her in developing relationships with adults who do have those abilities.

My daughter and I both respect our different abilities. It is very easy to be critical of people who are not like us, and parents and teens very easily fall into this trap. The best thing to do is be honest about your own abilities, and of the abilities of your teen, and do whatever is necessary to find outside influences for your teen. The more you can help your teen develop their abilities now, the less they will have to do on their own later (often, the hard way).

And don't forget, you are a role model too. Get involved in the lives of your teen's friends, or volunteer to help in a group activity in some way, even if only occasionally. There are teens out there who really need to hear what you have to say.

Rachel Paxton is a freelance writer and mom who is the author of *What's for Dinner?*, an e-cookbook containing more than 250 quick easy dinner ideas. For more recipes, organizing tips, home decorating, crafts, holiday hints, and more, visit [Creative Homemaking](#) at

Role Models for Your Teen

I'll choose rap over hip hop any day: Rap lyrics keep it real

Having the Attitude I am the Greatest!

Parenting Teenagers: Tips On Starting High School

Teen Decorating – How To Create A Bedroom You Both Will Love!

Take Control of Alcohol
How to Use Your Mind for Study
Press Release E-Manual
QuickSite – Put an end to slow loading pages
Organic Secrets



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