Hormones And Aging: How To Keep Your Endocrine System In Harmony Transcript

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Introduction to Hormones and Longevity

Hello and welcome. My name is Doctor Rudy Mueller, functional medicine and regenerative medicine practitioner and co-host of this summit. Today I want to share with you how important hormones are to longevity and how to keep your endocrine system balanced as you age.

Tara's Hormone Balance Success Story

Hormones play a major role in our vitality and health, but as we age, they can become imbalanced whether we're going through menopause or menopause. And it affects everything from energy, sexual desire, mood, longevity.

So take Tara, for example, one of our clients, she was in her 50s and started noticing consistent fatigue, unpredictable mood swings, and a loss of zest for life.

After some tests, we discovered her hormones were one of the major contributors with simple lifestyle changes. And for her case, bioidentical hormone support, Tara restored her balance.

Within months, she had more energy, a steadier mood, a renewed sense of vitality, and her husband was pretty happy too.

How Hormones Affect Aging and Health

Stories like Tara's really highlight the powerful hormone health and aging gracefully. Hormones produced by our endocrine system regulate everything from metabolism to energy to mood, to immune function to brain health.

When balanced, they work in harmony to keep us resilient. But as we age, levels commonly decline, leading the changes like we saw with her beyond aging lifestyle factors also play a role.

Chronic stress, poor diet, and especially environmental toxins disrupt hormone production, accelerating these changes. So, for example, cortisol, all major stress hormone, rises under chronic stress, thrown off balance with other hormones and endocrine disruptors found in plastics and pesticides.

Lifestyle Factors That Disrupt Hormones

Mimic or blocker hormones compounding the problem. But here's the good news. By understanding these factors, we can take meaningful steps to support our hormones naturally, whether that's through natural remedies or bioidentical hormone replacement.

We start with a nutrient dense diet rich in fiber, healthy fats, and lean protein. Foods like flax seeds can balance estrogen. In Brazil, nuts provide selenium for thyroid health.

Exercise is also key, reducing cortisol and supporting muscle health or quality. Sleep regulates hormones like growth hormone, cortisol. Stress management is crucial.

Natural Ways to Support Hormone Balance

Practices like mindfulness, deep breathing reduce cortisol and protect adrenal health. Adaptogenic herbs like ashwagandha can further help by lowering cortisol and supporting thyroid balance.

For those with significant imbalances, bioidentical hormone replacement therapy can provide customized support

using hormones identical to those naturally produced in the body.

Personalized doses ensure safety and effectiveness. Healthy excuse me? Helping address specific deficiencies and improve quality of life. Regular hormone testing is another critical step.

Simple blood tests or saliva or urinary tests provide insights in hormone levels and help us guide proactive decision.

Testing and Personalized Hormone Therapy

Monitoring these levels over time allow us to catch imbalances early and maintain optimal health. Maintaining hormonal balance is essential to aging gracefully with nutrient dense foods, exercise, stress management, and, when needed, therapies like bioidentical hormone replacement therapy.

We can stay energetic. We can stay resilient and confident as we age. So take a moment to assess your own hormone health. How is your energy, your mood?

Your sex drive? Your overall well-being? Small adjustments to your lifestyle can make a big difference.

Key Takeaways for Graceful Aging

So let's start this journey toward balanced hormones and graceful aging together. Thank you so much for joining to me. And let's take the first step to better health and longevity.

This is Doctor Rudy Mueller saying thank you.