

Congratulations you have taken the first step to Livin', Luv'in' and Feelin' GOOD!. Just so you know-

NO, YOU'RE NOT CRAZY!

It may be hard for you to believe and even harder for those around you but it's true.

IT IS YOUR HORMONES

Not if or could be IT IS.

I have been there. I know what it feels like inside wondering what is wrong with me? Why do I feel like this? Why did I say that? Why did I do that? It really does make you think you are going nuts. You feel bad about yourself. You don't even feel like yourself.

Just so you know some days I can still have those feelings depending on what is going on in my life but now I have information, tools and strategies to help me which is what I want to share with you. All I can tell you is that familiar statement, "I wish I knew then what I know now" would have made my life a lot easier but then I may not be here sharing this with you.

The good news is there is HOPE. I can't tell you how many women have said to me I feel hopeless and helpless. One of my greatest compliments and what keeps me in this business is being told, "you give me hope". The truth is my purpose is to bring out the hope in you for you to get in touch with your power, discover your passion and live your life with pleasure. It really is all about Livin', Luv'in and Feelin' GOOD!

It is time to change the view of hormones, hormone therapy and healthcare. It is important now more than ever. I changed the spelling of HORMONZ to signify the change and to represent the paradigm shift that needs to happen.

*The new meaning of **HORMONZ** is:*

HONORING our hormones at all ages for what they truly are: messengers to get in touch with our power, take charge of our health/our lives and create a life we love.

OUR SELVES- Our Bodies. Our Minds. Our Souls.

RESPONSIBLY-We are responsible for our health and our lives. It is up to us to take charge. This is raw. This is real. This is the truth.

MANIFESTING-We are here to manifest what WE want not what someone wants for us.

OPPORTUNITIES-It is time for YOU to: Strut your stuff. Connect with like-minded women. Have FUN. Be Entertained. Learn about Real Hormone Therapy. Live, Love and Feel GOOD!

NURTURING-It's time to nurture our selves to the core. Get in touch with all of our senses with all the things we LUV-Food, Music, Dancing, Shopping, Style, Home, Pets, Spa treatments, Travel...

ZEST-And do it all with ZEST

For LIFE!

7 Simple Facts You Were Not Told BUT YOU Need to Know About Hormones

1. Hormones are not just pills, creams or gels you use. They are chemical substances that send messages from one part of the body to another.

They are the most intimate, sensitive and powerful communication system on the planet. In essence, they tell every cell, organ and system in your body what to do and how to do it. It's your internal communication system that works based on getting the right messages in the right amount for you.

Now, that is what I call powerful!

My guess is this is not the definition you have heard about hormones which has been part of the problem.

The Bottom Line Is: Hormones affect everything and everything affects hormones! Plain and Simple.

2. Hormones affect you from your head to your toes- internally and externally. This means your hair, eyes, skin, teeth, nails, lungs, heart, stomach, intestines, uterus, vagina, ovaries, penis, testicles, bones, joints, tissues and all the systems neurological, cardiovascular, respiratory, digestive, gynecological, urological, endocrine and musculoskeletal. I think I got them all.

This is why we can have so many different symptoms. Did you know hormone imbalance may contribute to digestive symptoms and even asthma?

Have you ever wondered why all of a sudden certain foods bother you or why all of a sudden you have that extra fat around your waist that won't go away no matter what you do?

3. Hormones Are Not Just About The Pauses:

The Definitions Are:

Perimenopause- means around menopause. The exact time this occurs continues to change. It started out being defined as 5 years before menopause. Then it was 8 years and I have heard 13 years. It keeps changing.

Premenopause- a few years before menopause whatever that means

Menopause- 12 months without having a period. If you go 11 months and don't have a period then you have one in the 12th month it is not considered menopause.

Andropause-Male menopause. Yes they have it, too.

This is one of my biggest pet peeves. When people (including physicians) see or hear any of those words they automatically attach an age to it in their minds. This is a huge problem. **It is**

the reason many young girls, women and men do not get treated properly. If they are not in the age group that comes to the mind their symptoms are ignored or they are given other medications that are not treating the problem and usually making them worse. In other words hormones are not considered as a reason for the symptoms.

What do you think when you hear these words? Old? "I'm too young for that." Or one I hear a lot. "I'm not there yet."

I continue to watch the confusion about perimenopause, premenopause and menopause on the blogs. Women are trying to figure out and put a label on what they are experiencing.

The Truth Is It Doesn't Matter. We don't need a label. It Is All Hormone Imbalance.

Hormones are not an AGE issue.
It doesn't matter if you are 7,14, 21, 28, 35, 42, 56, 63, 70, 77, 84....

My youngest client was 10 and my oldest client was 84 so far. If you have teenagers, work with teenagers or remember what it was like for you as a teenager you know hormone imbalance doesn't just happen at the magic age of 51.4 the designated age for menopause.

Hormone imbalance can be an issue from conception to death. I believe I was born with hormone imbalance.

If you don't get anything else out of this report, this is the most important part to remember. If you, your daughter, your son, your partner, your brother, your sister, your mother, your father... Anyone at any age can have hormone imbalance that may be contributing to their physical, mental, and/or emotional symptoms.

4. We all have hormones. It doesn't matter if your gender is male or female. Actually, it doesn't matter if you are 2 legged or 4 legged. Some of us just have more than others.

Another important point below. Just think about it. Read it carefully. It can help you understand the power of hormones.

5. If you are breathing every thought, belief and action affects your hormones and your hormones affect every thought, belief and action.
It only takes a thought for the brain to get the message that we need extra hormones to deal with what is happening in our lives.. It's All About Communication!

The Hormonal Cycle- A Plain & Simple version

- Step One: You have a stressful thought, bad day at work or a disagreement with your spouse or children and your brain gets the message that your body needs help.
- Step Two: Immediately, the major hormones of Cortisol, Insulin, and Adrenalin are released in the body, and your blood pressure increases, your pulse rate goes up, your anxiety levels skyrocket, and you may crave chocolate while others crave potato chips.

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- Step Three: Next, the levels of Estrogen, Progesterone, Testosterone, DHEA and HGH fluctuate contributing to mood swings, weight gain, low energy, and a low sex drive....
 - Step Four: The vicious cycle begins with the next event in your life.
 - This repeats over and over just from a thought. Just think about how many thoughts you have in one day.
 - **AND YOU WONDER WHY YOU DON'T FEEL GOOD**
6. We all need hormones. If your hormones weren't at work you wouldn't be here today. (BTW, if your parents' hormones hadn't been at work, you wouldn't be here either).
7. There are hundreds of hormones. The ones you may hear the most about are Estrogen, Progesterone, Testosterone, DHEA, Cortisol, Thyroid, Insulin, Cholesterol, Pregnenalone, Melatonin, Oxytocin and Prolactin. They are all important and critical to functioning optimally. It is all about the balance.

The 7 Life Issues That Make Hormones Go WILD

There are 7 key categories in our lives that can break down communication and make our hormones go WILD. If you have experienced any of these you have experienced hormones in action.

This is proof that our lives affect hormones. Think about each of these and you will get the idea that hormones are not just about age or something we take.

How many of these have you experienced? Are you getting the picture? No wonder we feel like we are going crazy.

1. Birth, Puberty, Pregnancy, Delivery, Postpartum
2. Relationships-Teenagers, Children, Parents, Siblings, Self
3. Work-dissatisfaction, employees, bosses, deadlines
4. Environmental- computers, cell phones, driving, traffic, noise, smells, chemicals, plastics
5. Major Life Transitions- Moving, Building, Divorce, Trauma, Loss, Death, Surgery, Illness, Accidents
6. Food, Alcohol, Caffeine, MEDICATIONS
7. Thoughts, Beliefs, Fears-Anger, Sadness, Depression, Anxiety

Just experiencing one of these issues in any of the categories can make hormones go on a rollercoaster ride.

If all communication in your life broke down you would say that your life is in chaos, wouldn't you?

If your hormones are the most intimate, sensitive communication system on the planet and their communication breaks down, what do you think happens?

We experience SYMPTOMS. It is the way the body talks and gets our attention. Unfortunately, women will tolerate the symptoms until they can't take it any longer. The longer you wait the louder they scream.

Look at this list. Is this You?

- Weight Gain
- Anxiety
- Mood Swings
- Depression
- Heart Palpitations
- No Energy
- Can't Sleep
- Can't Focus
- Hot Flashes
- Night Sweats
- Bloating
- Food Cravings
- Dry Skin
- Memory Loss
- Hair Loss
- Dry Hair
- Brittle Nails
- Low/No Sex Drive
- Joint Pain
- Vaginal Dryness
- Cramps
- Irregular Periods
- Cold Hands & Feet
- Heart Palpitations

What Can YOU Do?

Put Real Hormone Therapy in action. Whatever works for you is therapy.

7 Steps You Can't Leave Out if YOU Want to Start Livin' Luvin' and Feelin' GOOD!

1. **Real Hormone Therapy™ Requires A Mind Shift.** You have to be responsible for your health, your hormones and your life. It is an opportunity and a call for you to take charge!
2. **Real Hormone Therapy™ Isn't Just About Taking Hormones.** It requires YOU to examine YOUR life-physically, mentally, emotionally and spiritually. It is connecting the dots between the mind, body and soul. It is based on what you want and what your goals are. It's about what you need to change to start Livin', Luvin' and Feelin' GOOD!

- Optimal Nutrition
- Movement that you love (dancing, yoga, NIA, walking, strength training)
- Meditation
- Deep Breathing
- Relaxation
- Supplements
- Laughter
- FUN
- Music
- Massage
- Acupuncture
- Bioidentical hormones (if you need them).

AND

- Pursuing YOUR Passion.

When you are doing what you love to do your hormones will be working for you.

This doesn't mean you have to do these all at once. Take small steps for big success. Visit www.hormonz.com to learn more about all of these Real Hormone Therapy options.

3. **Evaluate YOUR self.** This is one of the most important steps to take BEFORE you see a healthcare practitioner. This is a segment of one of the tools in my life changing tool kit.

- What are your symptoms?
- When did they start?
- How long have you had them?
- What was going on in your life when they started?
- What are you eating?
- What are you drinking?
- Are you moving your body?
- What are you doing to make you feel good?
- What is your passion?
- What do you want in your life?

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- 4. Keep A Journal** Get in Tune with your body. Pay attention to how you feel as you are making changes. Believe it or not once your symptoms go away you will forget they were there. . If you don't write it down you won't remember or you won't notice the changes that are happening.
- 5. Partner With Your Healthcare Practitioner.** Be prepared with a list of your healthcare concerns and goals. Healthcare practitioners like your spouse or partner cannot read your mind. Don't make them guess what is wrong with you.

Physicians do not have all the answers. They don't know it all and can't know it all. They are human and they make mistakes like we all do.

Many physicians are not familiar with options for Hormone Replacement Therapy. Some don't want to know and some don't care.

Don't be afraid to ask for what you want especially when it comes to hormones.

If you are not sure of what to ask your physician or your physician doesn't know what to do, schedule a one hour coaching session or a coaching package to help you with a personal plan that meets your wants, needs and desires.

- 6. Do Your Research. Get Informed. Read. Take a Class.**
www.hormonz.com is your go to resource for online recommendations, video tutorials, teleseminars, the Hormone Lady's personal book recommendations and more to get you on your way.
- 7. Get Support.** You do not need to suffer in silence. We all need support this is one of the reasons I created my business and it is the reason for developing my coaching packages and Club HORMONZ.

Real Hormone Therapy is a process. We all want a quick fix and sometimes you will get quick symptom relief but long-term hormone balance requires LIFE changes. www.hormonz.com is your online go to place to get the support you need when you need it.

Hormone Imbalance is an opportunity to get in touch with your power. It is an opportunity to discover YOU again.

Having someone to help you and encourage you will ensure your success.

If you want:

Real Hormone Therapy
A Personal Plan for YOU
Passion & Pleasure in YOUR Life

I look forward to you helping you.

Sign up for a Coaching Package and join Club HORMONZ

It is time for YOU to start Livin', Luvin' and Feelin' GOOD!

With Passion & Pleasure

Roz Adams, the HORMONE Lady
www.hormonz.com