A woman with long, wavy brown hair and blue eyes is shown from the chest up, holding her hands to her temples in a pained expression. She is wearing a dark teal button-down shirt. The background is a dark chalkboard with several words written in white chalk: "MOODY", "PMS", "HEADACHE", "ACNE", "UPSET", and "PAIN".

MOODY PMS HEADACHE
ACNE UPSET
PAIN

karenmartel.com

What the Heck is Happening to My Hormones!?



Naive [nai' i]

to be be
point of view

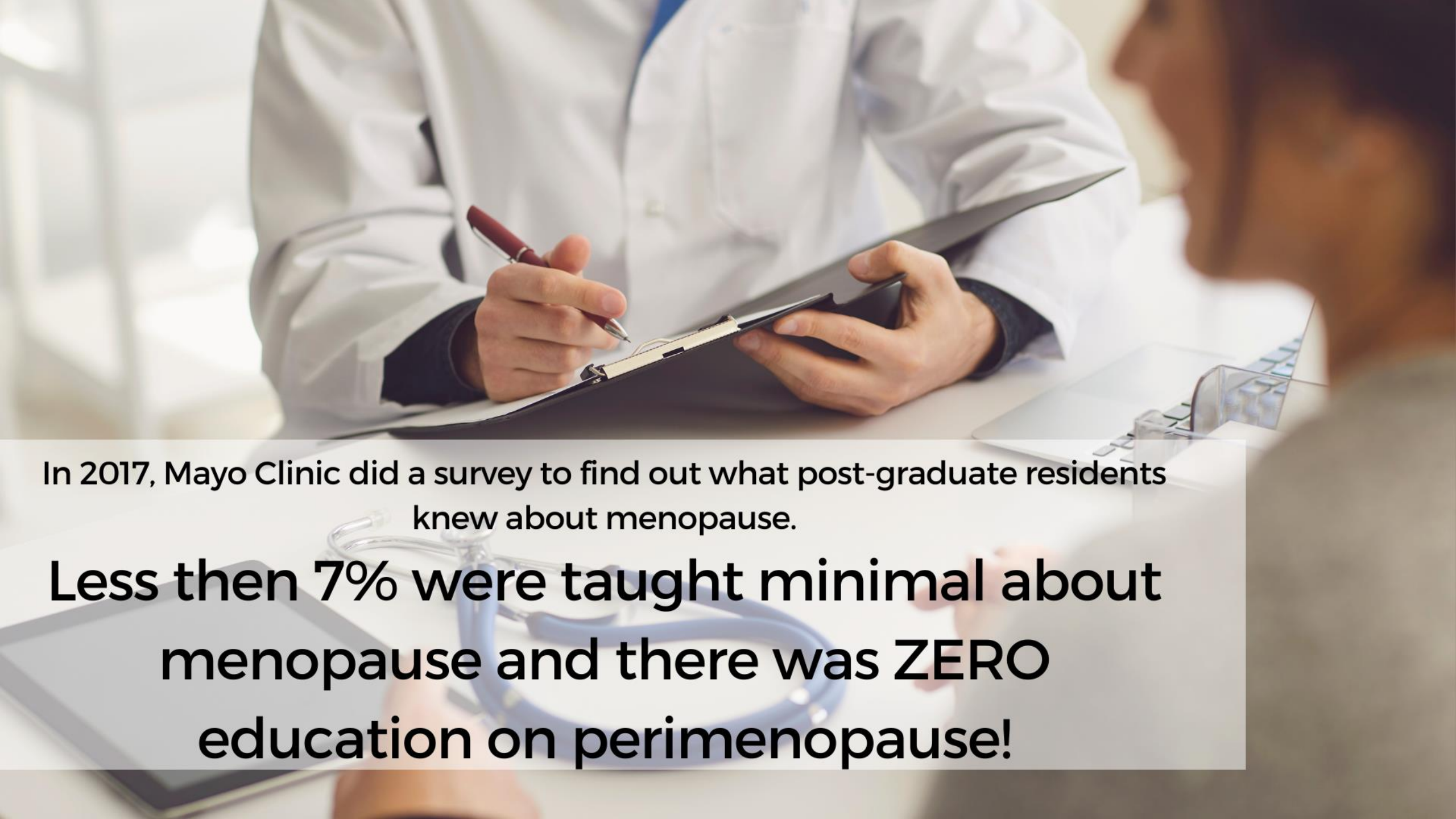
innocence
lack
xp

We are being ignored!

There are an estimated 25 million women that pass through menopause in the USA every year. Despite the size of this cohort, our health care and societal needs related to menopause have largely been ignored.



Menopause is viewed as negative and remains shrouded in secrecy. As a result of the silence, far too many women are unprepared for this stage of life. This has a negative impact on their health, their relationships, their work and their overall quality of day-to-day living.



In 2017, Mayo Clinic did a survey to find out what post-graduate residents knew about menopause.

Less than 7% were taught minimal about menopause and there was ZERO education on perimenopause!

**Are you in
perimenopause?
Menopause?
Post menopause?**



What defines peri menopause?

Physical changes that begin years before the final menstrual period. Typically starts in your late 30s and may last for up to 10 years.

PERIMENOPAUSE

hormones

and men

What defines menopause & post menopause?

Technically, menopause is only one day in a woman's life, which is exactly when she has not had a period for 12 months



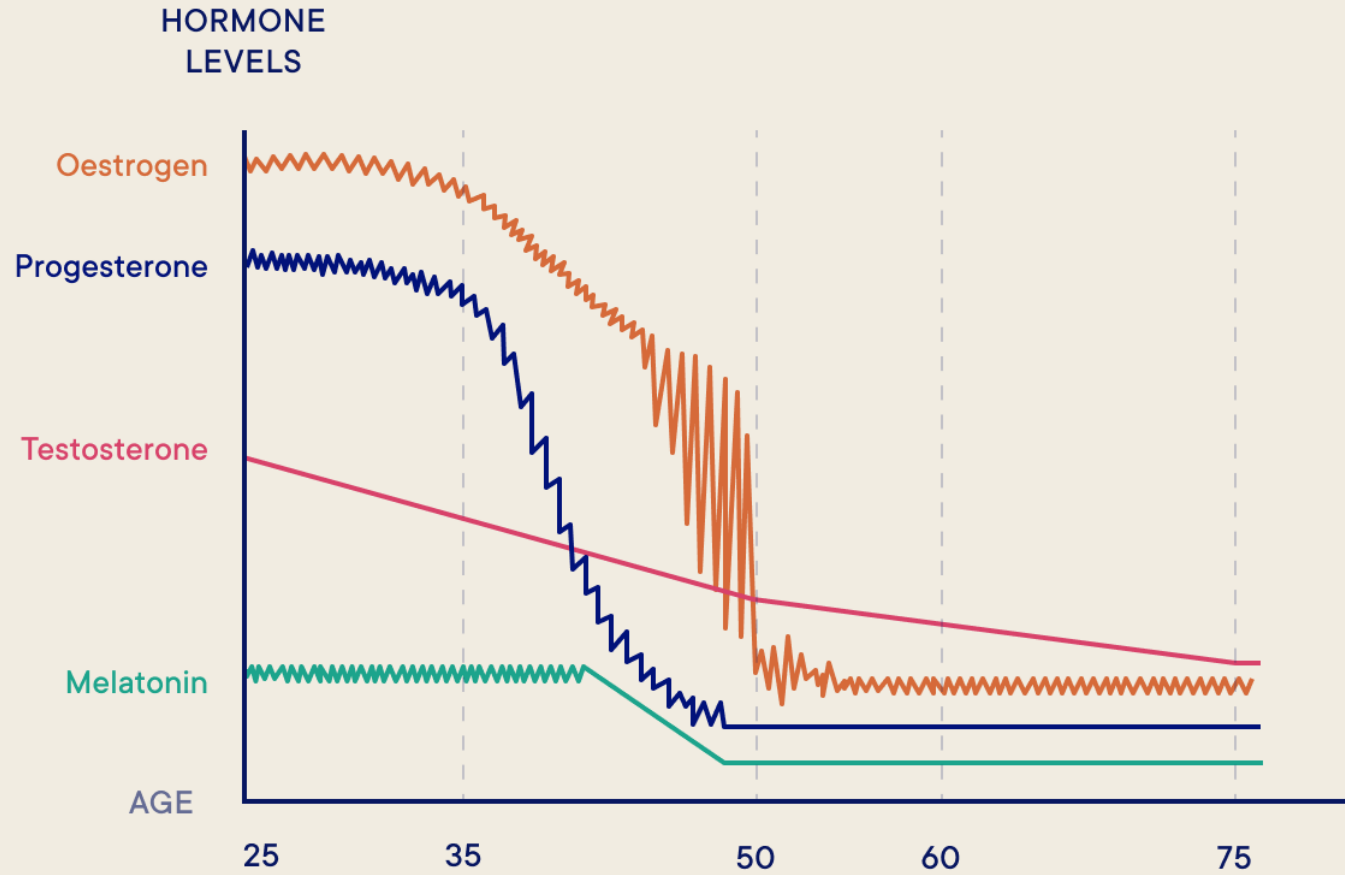
Postmenopause is the
time after menopause

menopause *noun* [men-uh-pa-
: the period of permanent cess
usually occurring between t
temporary Examples
and even after

Menopause - who is affected?

- All women
- Around 80% have symptoms
- 25% have severe symptoms
- Symptoms can last for many years, even decades
- Half of women DO NOT see their GP
- 77% women did not realize their symptoms were due to menopause

A woman's life in hormones



weight gain

Perimenopause

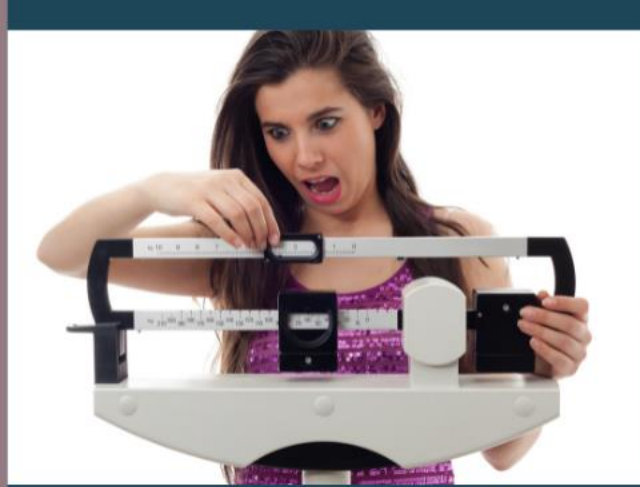
CRAVINGS HEADACHE
MOODY **PMS** UPSET
BLOATED CRAMPS
PAIN ACNE

Worsening PMS

Heavy period

fatigue

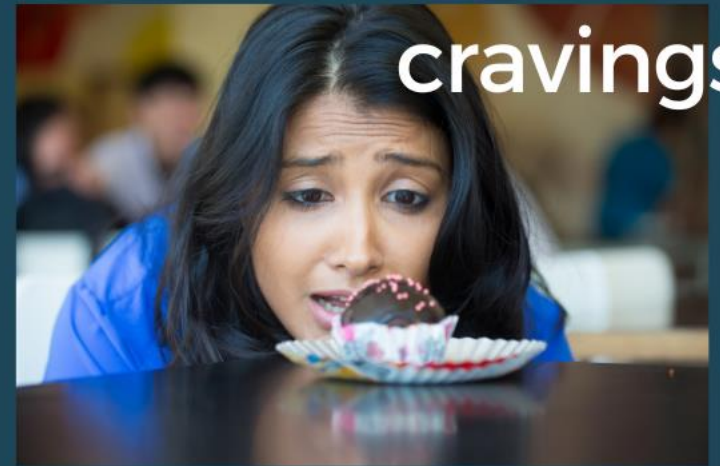
insomnia





insomnia

Hot flashes
Perimenopause to
Menopause



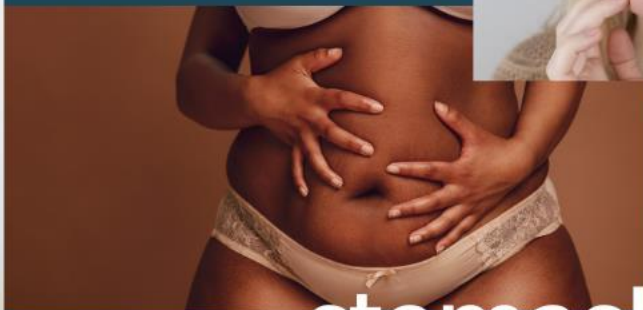
cravings



dry skin



anxiety & depression



stomach
weight gain



Heart
palpitations



fatigue



Sore joints

Menopause Continued



Urinary tract infections

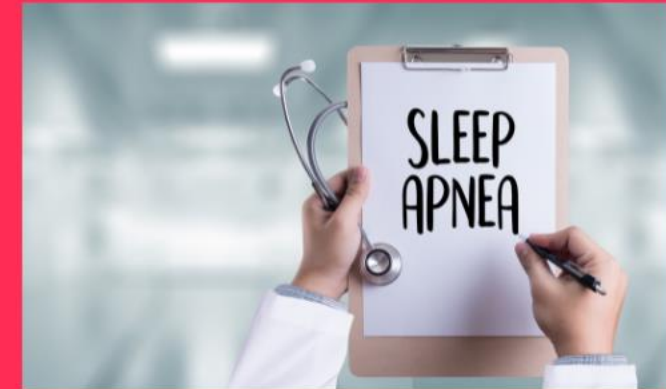


Foggy brain

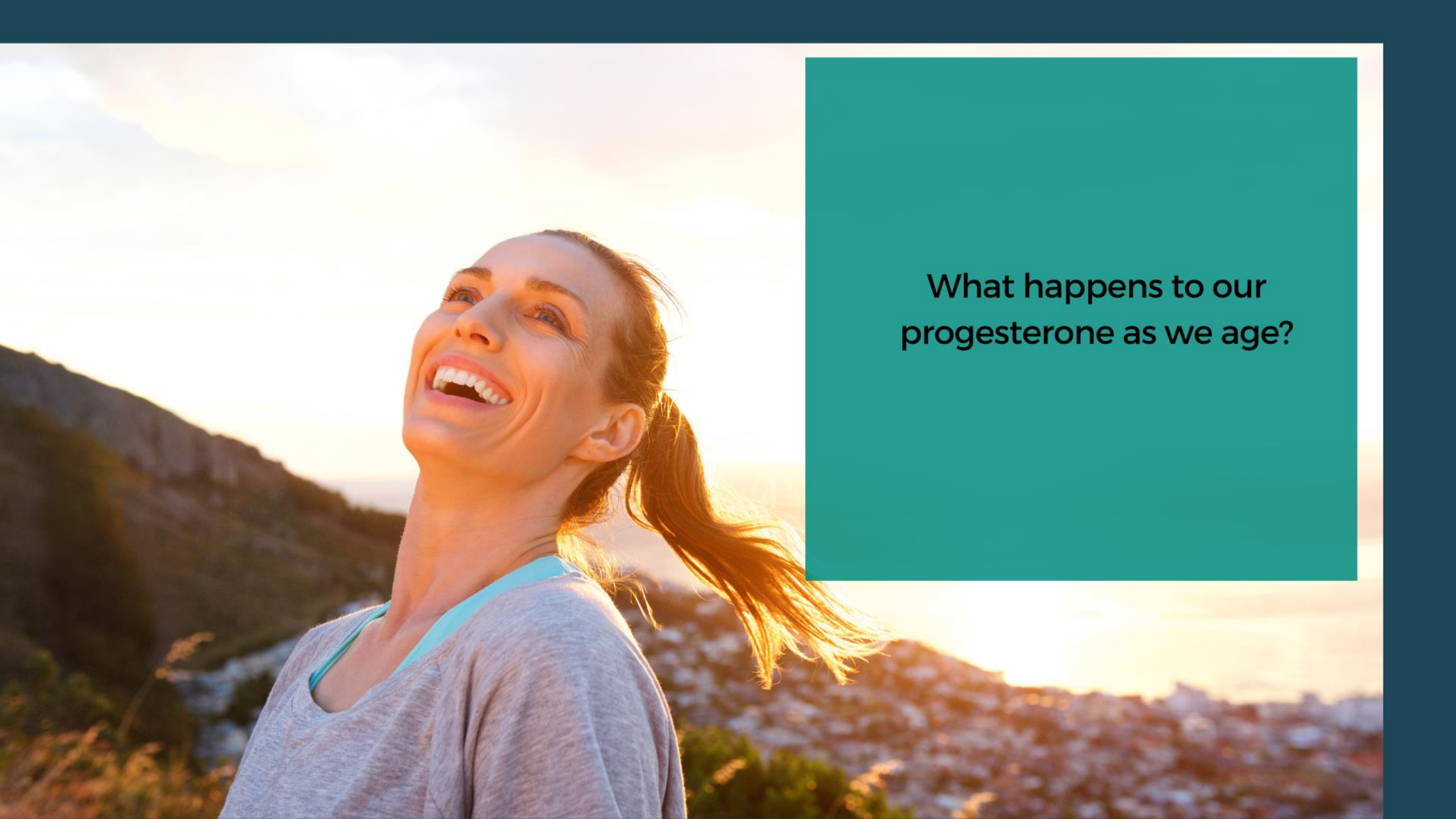
Dry vagina



Low libido



Sleep apnea



**What happens to our
progesterone as we age?**

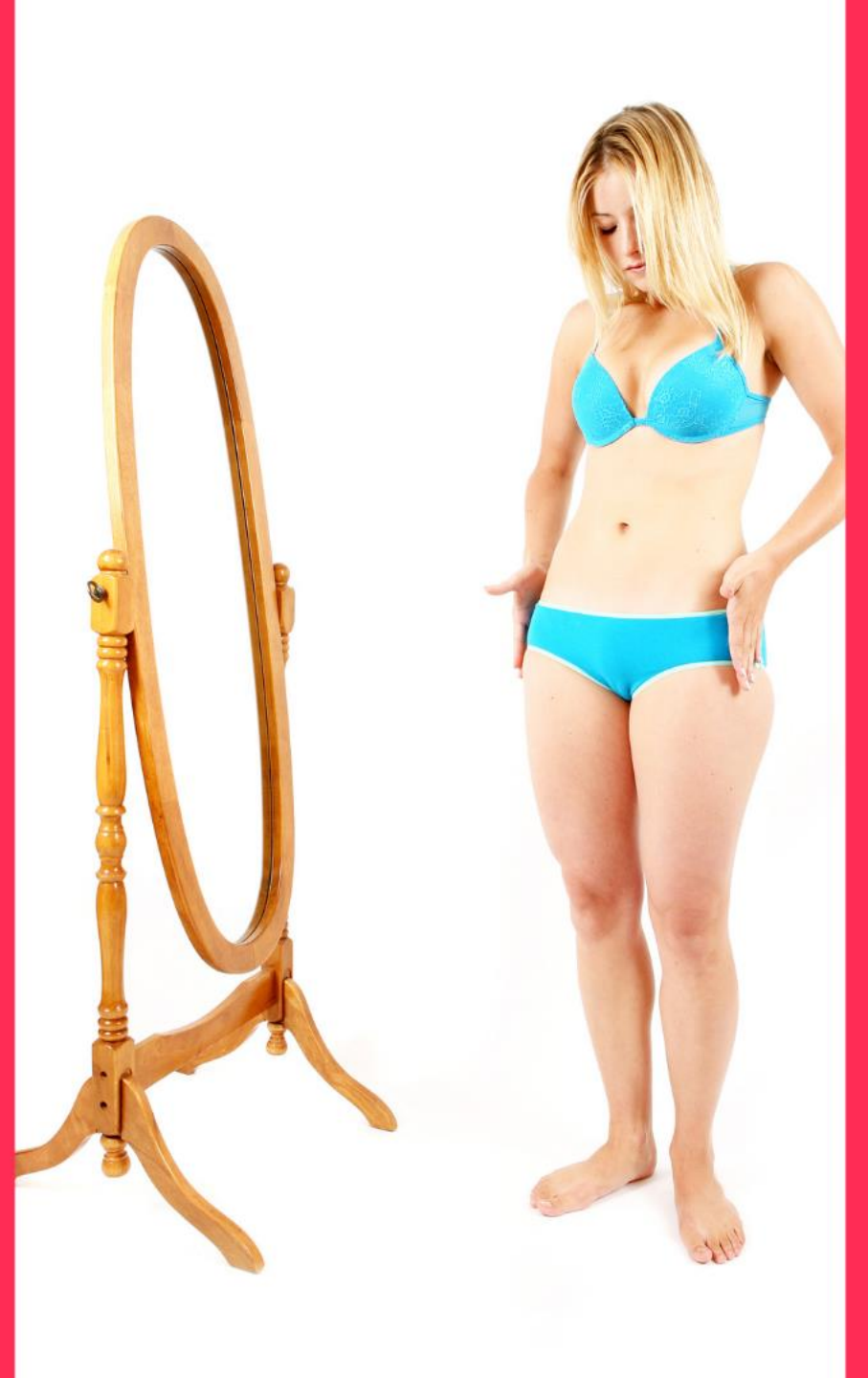
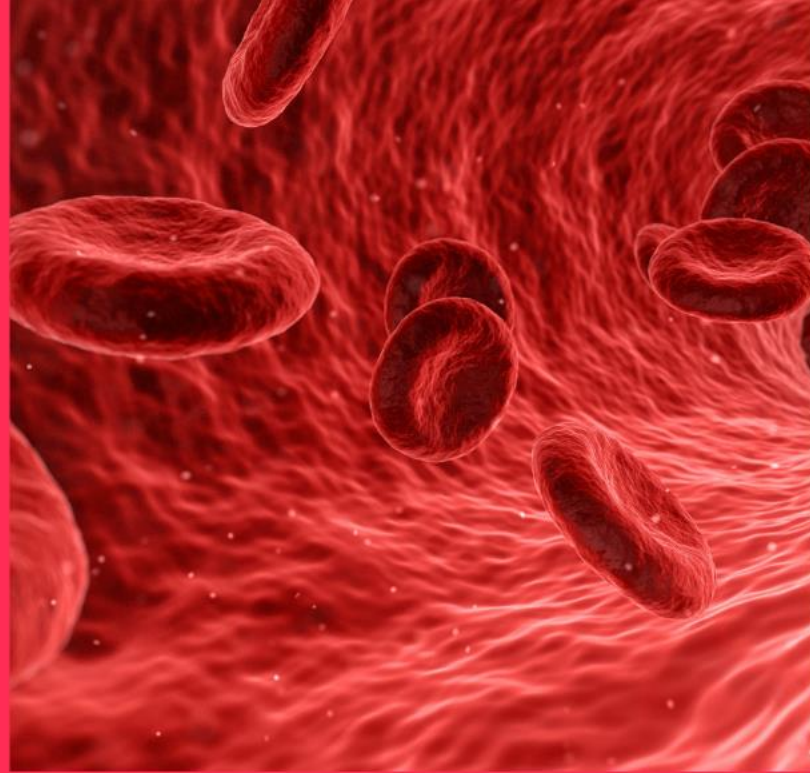


Symptoms of Progesterone loss



What happens to our
estrogen as we age?





Perimenopause

Estrogen roller coaster

Estrogen Dominance

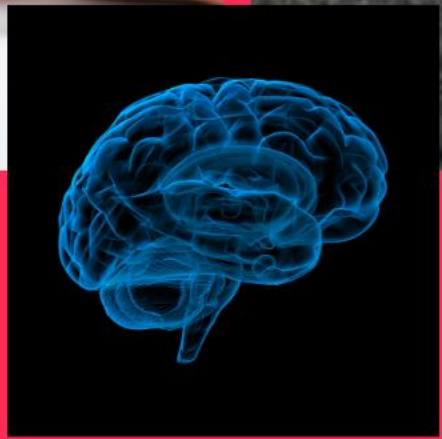




First line of treatments

- **Birth control pills**
- **Hysterectomy**
- **Ablation**

Hysterectomy is one of the most commonly performed surgical procedures in women. Estimates suggest that one in nine women will undergo hysterectomy during their lifetime and that approximately 600,000 procedures are performed each year in the United States.

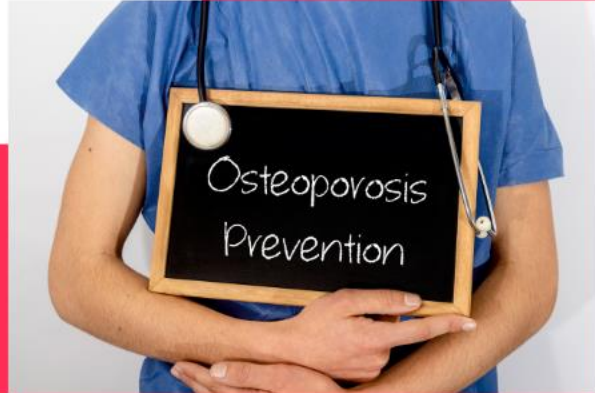


Symptoms of Estrogen Loss

What happens to our
testosterone as we age?



LIBIDO



Symptoms of
Testosterone Loss

Hormonal Loss


**What women do about it and
what we should be doing instead!**





Don't make my mistake!

- You can't diet your way out
- You can't positive think your way out
- You can't yoga your way out
- You can't meditate your way out

A collection of medical supplies is arranged on a dark, textured surface. In the foreground, a stethoscope with a silver chest piece and white rubber tubing is partially visible. Behind it, a blister pack containing several clear, round pills is positioned. To the right, a clear plastic syringe with a white plunger and a blue rubber stopper is lying horizontally. The background is a dark, reddish-brown surface.

BIODIDENTICAL HORMONES

What are Bioidentical Hormones?

Bioidentical hormones are lab-produced hormones derived from plants. They are chemically identical to those the human body produces.

**The Current
Thinking On
Hormone Therapy
(It's Not What You
Heard 20 Years Ago)**



Research

TODAY ISSUE PRESENTS:

major changes on Earth. We will visit several places of strategic interest and will discuss possible collabora-
To nationally.
and ter
other things warming
new measures on global security. Last time this meeting was very productive and

Among other things will also discuss new measures on global security. Last time this meeting was productive and has major changes and will will visit several places of strategic interest and will discuss possible collabora-
We will visit several places of strategic interest and will discuss possible collabora-

yourwebsite.com

Bioidentical Hormones VS Old HRT ?



Premarin

Premarin is an orally administered estrogen. This estrogenic product is isolated from the urine of pregnant horses. It has been used for hormone replacement therapy for postmenopausal women since 1942.



Provera


- Provera was created to replace a woman's falling progesterone levels. However, Provera was made up of progestin which is the word that means it has progesterone like properties but are not progesterone and are synthetic.
- They don't have the full spectrum of all of progesterone's benefits, and they are loaded with side effects.

Premarin Based HRT

Estrogen hormone replacement became the number one most prescribed medication in America! It remained in first or second place for the rest of the century.

Until 2002 when the media got a hold of the results of the Women's Health Initiative study.





Research

WHI

160,000 postmenopausal women aged 50–79 years over 15 years, making it one of the largest U.S. prevention studies of its kind, with a budget of \$625 million.



In 2002, the WHI study was abruptly halted because the researchers found that women taking a combination of estrogen and progestin had an increased risk of breast cancer, heart attacks, stroke, and blood clots. Headlines blasted the news that hormone therapy was unsafe, and the use of hormone therapy in the United States plummeted by about 80%.

Bad press



The TRUTH of the WHI RESULTS



The women were over the age of 60, unhealthy, and overweight



Women who started hormone therapy in early menopause tended to live longer than women who didn't take hormones



In fact, a pooled statistical analysis of thirty clinical trials found that women who began hormone therapy before age 60 had a 39% lower risk of death than women who didn't take hormones.



It was the progestin that caused the increase in breast cancer!

In the Premarin only arm of the study

Breast cancer localized to breasts was reduced by 31% and ductal breast cancer was reduced by 29%



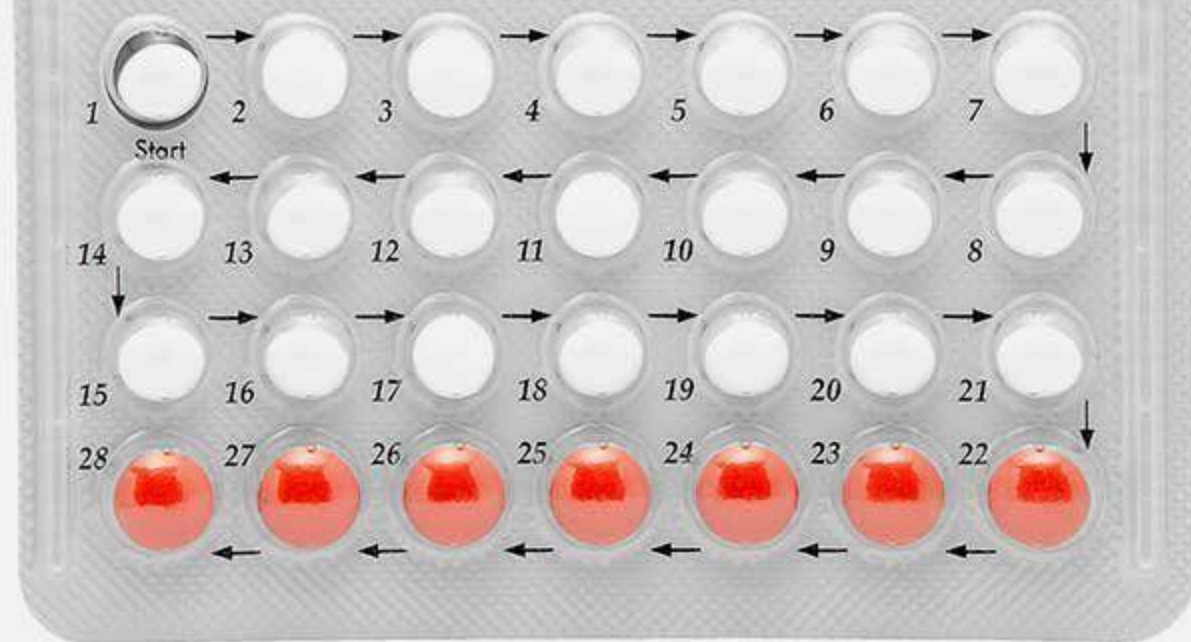
“ STUDIES

25 year study almost 1000 women in Washington. The women on estrogen without any progestins had no increased risk of breast cancer.

Scandinavia, 30,000 women were followed for 11 years. Women on natural estrogen alone, just estradiol, saw no increased risk of getting breast cancer

The French mission study followed almost 7000 women for 8.3 years. It compared breast cancer incidence in women on HRT versus those who never used it. The HRT used was natural estrogen, either alone or with natural progesterone. There was no increased risk of breast cancer

PROGESTIN-ONLY

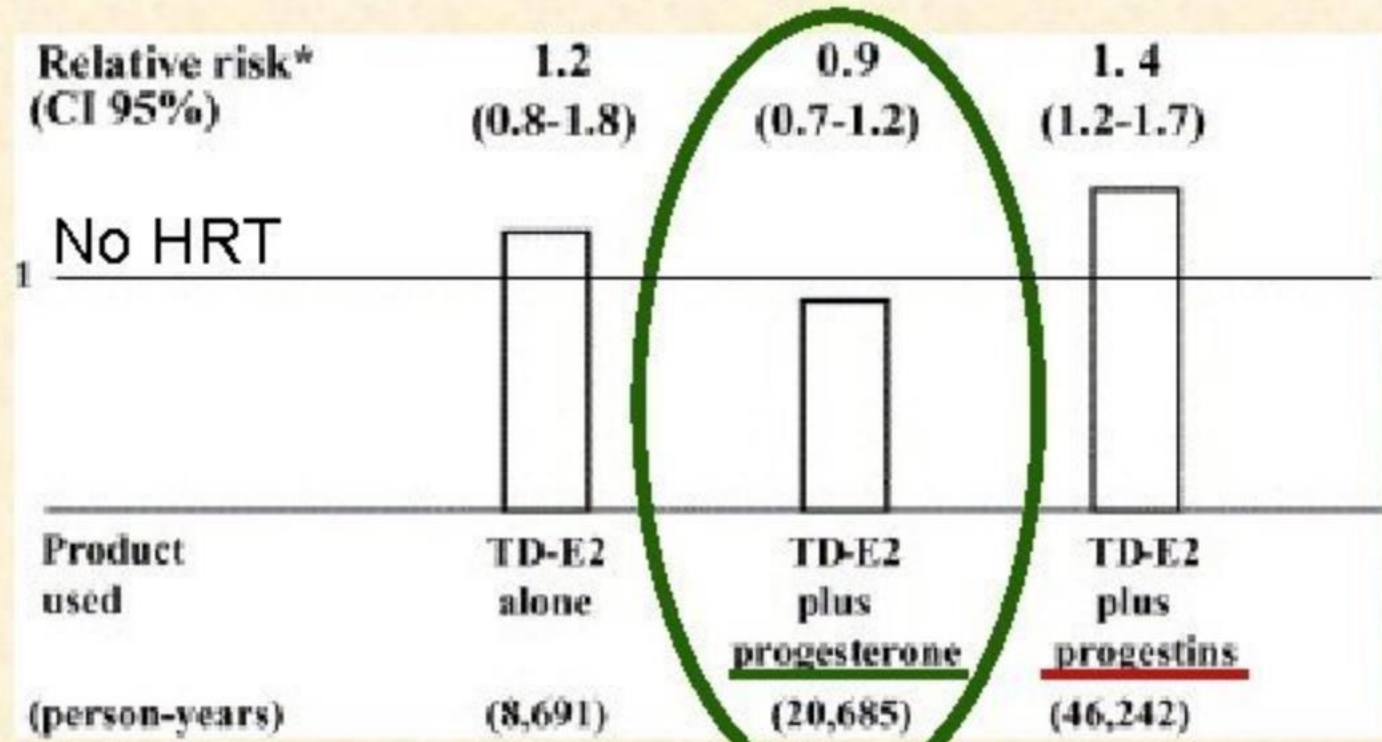


The French
e3n cohort
studied
over 80,000
women!

E3N-EPIC Study

TD-E2=transdermal **estradiol**

Cohort study
55,000 women
8 years f/u
c/w WHI—
16,000, 6 yr. f/u

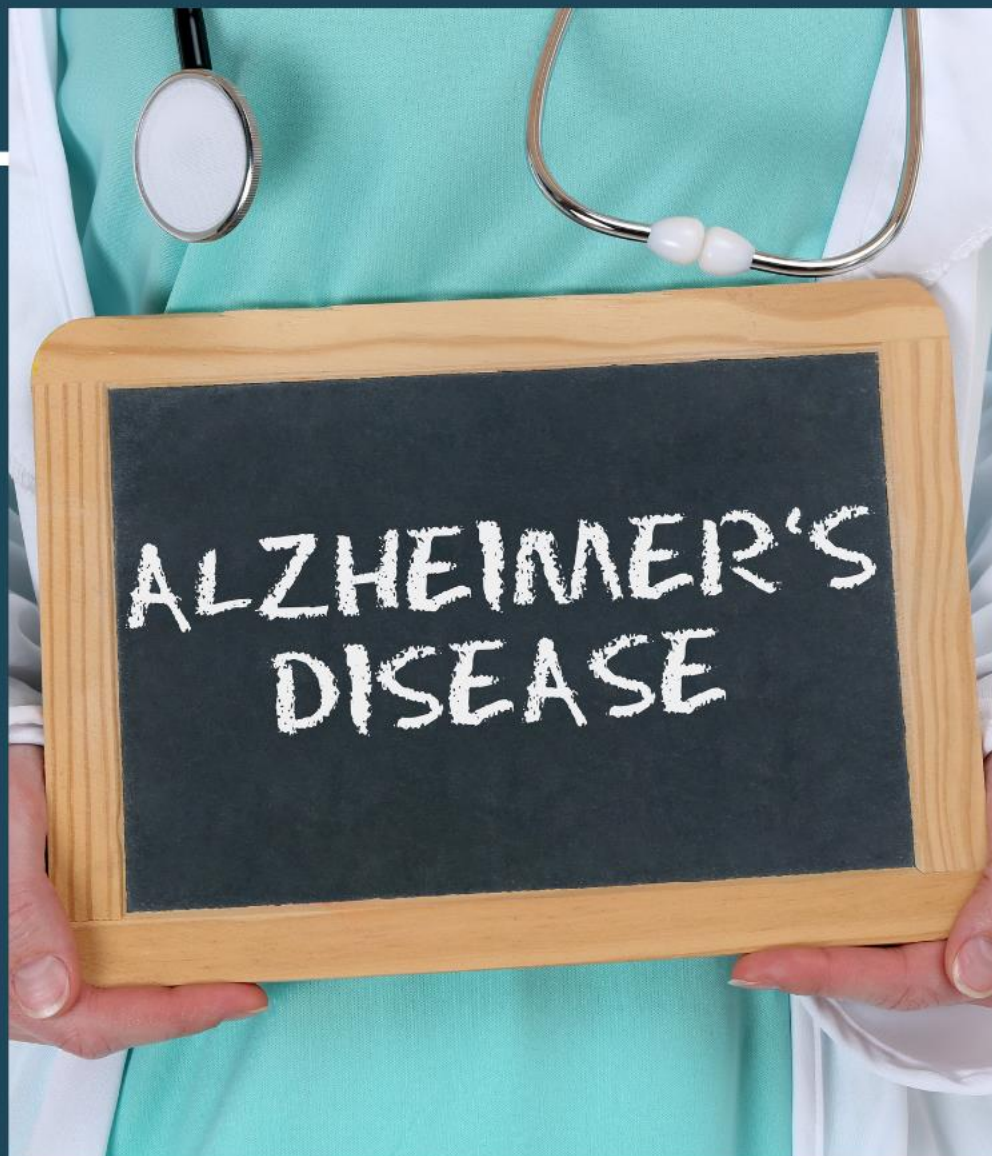


Int J Cancer. 2005 Apr 10;114(3):448

E2 plus progesterone: no increased risk of breast

cancer!

See also: De Lignieres B, de Vathaire F, Fournier S, et al. Combined hormone replacement therapy and risk of breast cancer in a French cohort study of 3175 women. Climacteric 2002;5:332-40.



A new study in 2021 from the University of Arizona Health Sciences with over 4000 women found that women who used transdermal estradiol therapy for six years or greater were 79% less likely to develop Alzheimer's and 77% less likely to develop any neurodegenerative disease.

A pooled statistical analysis of thirty clinical trials found that women who began hormone therapy before age 60 had a 39% lower risk of death than women who didn't take hormones.



Life



Death

Natural Estrogen Replacement

- control of mind and mood
- more stamina
- better sleep
- enhanced femininity
- weight gain protection
- reduced risk of Alzheimer's disease, cardiovascular disease, bone loss and arthritis
- maintenance of healthy skin
- preservation of sexuality
- the breasts remain young and full
- elimination of hot flashes and night sweats

The image shows the packaging for Estradot 50, a transdermal therapeutic system. The box is primarily white with blue and pink accents. At the top, the brand name 'Estradot' is written in large blue letters, with a small 'PR' logo to its left and a registered trademark symbol and 'MD' to its right. Below the brand name, a pink horizontal band contains the number '50' in white. Underneath this band, the active ingredient 'estradiol-17β' is printed in blue, followed by the text 'Transdermal therapeutic system' and 'Système thérapeutique transdermique' in black. Further down, there are two lines of text in black: 'Each patch of Estradot® 50 contains 0.780 mg of estradiol-17β with a nominal release rate *in vivo* of 0.050 mg/24 hr.' and 'Chaque timbre cutané Estradot® 50 contient 0,780 mg d'estradiol-17β. Taux nominal de libération *in vivo*: 0,050 mg/24 h.' In the bottom left corner, the quantity '8 Patches' and '8 Timbres cutanés' is listed, along with 'Estrogen therapy' and 'Œstrogénothérapie'. In the bottom right corner, the text 'DIN' and the Novartis logo with the name 'NOVARTIS' are visible.

Benefits of Estrogen Over 800 Functions in the Human Body

Gives us our curves

Is an incredible appetite suppressant.

Helps avoid menopausal weight gain especially in the belly!

Influences immune system

Protects our heart

Protects your brain

Improves your muscle mass and bone density

Estrogen is needed to make progesterone receptors

Reduces risk of dementia and Alzheimer's

Helps us to be insulin sensitive

Improves your muscle mass and bone density

Boosts your mood natural anti depressant

Improves energy

Improves sex

Vagina lubrication

Skin collagen and elastin

Helps your hair stay on your head longer and may even help your hair grow faster

Natural Progesterone Replacement

- protects the breasts uterus and probably the ovaries from cancer
- it acts as a natural diuretic
- it's calming is anti anxiety
- it decreases PMS and menstrual flow
- it Improves the breakdown of fat into energy
- it reduces breast tenderness and pain
- it contributes to the formation of new bone tissue
- it increases good cholesterol HDL
- it can help with hot flashes and vagina lubrication
- protects the the brain.



Benefits of Progesterone

Eases anxiety

Helps to prevent overgrowth of certain types of cells, which can help protect against some cancers including those of the breast or the uterus

Helps to prevent overgrowth of cells of the endometrial lining and prevent endometriosis from forming

Helps prevent fibrocystic disease and ovarian cysts

Helps with symptoms of PMS

Increases ability to handle stress

Helps the metabolism by contributing to the use of fat for energy

Assists in preventing plaque from forming on arterial walls

Helps to lower triglycerides

Essential for bone growth

Assists in the proper function of the thyroid gland

Can help to slow down the aging process

Improves insomnia

Improves libido

Reduces or eliminates migraines

Reduces inflammation and joint pain

Regulate menstrual cycles

Reduce weight gain

Natural Testosterone Replacement

- Support the maintenance and healthy growth of bone tissue
- Increase and maintain muscle mass
- Decrease the amount of fat storage (particularly in post-menopausal women)
- Promote a healthy sex drive or libido
- Decrease the risk of vaginal atrophy
- Heart protective



Benefits of Testosterone

Increased libido

Improved bone density

Increased muscle mass

Improved mood

Improved cognitive function

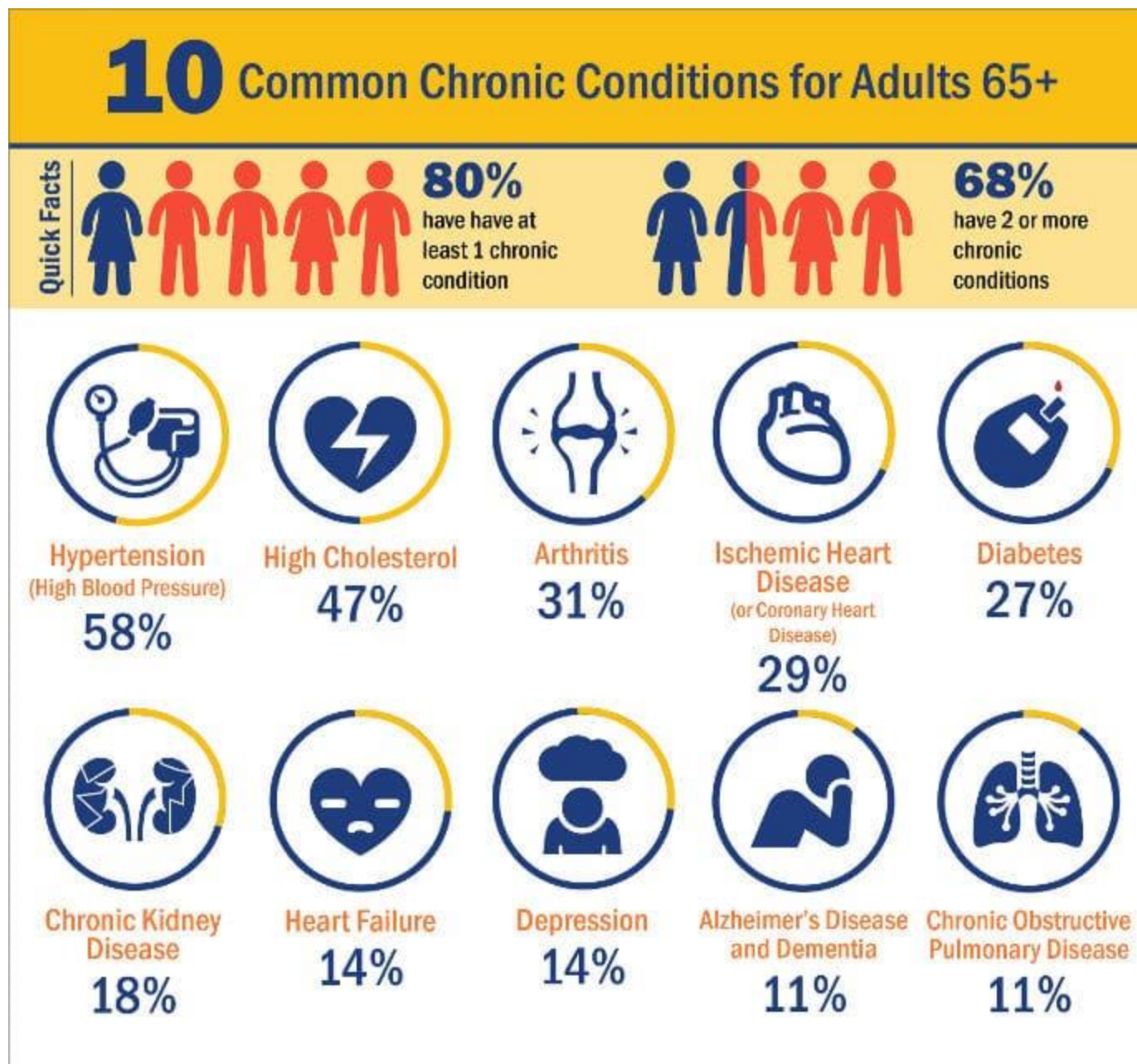
Energy

Breast protective

Weight loss

Stamina

What is the alternative?



These can be the best years of your life!



A group of five diverse women are shown from the chest up, laughing and talking together outdoors. They are positioned in a line, with the woman in the center slightly forward. The background is a brick wall with a large circular opening. The overall tone is warm and positive.

What we offer

Group coaching for women in perimenopause and post-menopause.

Private coaching

Testing

BHRT for women and men

Peptide weight loss program for women



Vision and Mission

My mission is to promote the health and quality of life of all women during midlife and beyond through an understanding of menopause and healthy aging.

Karen Martel