

Feel Younger; Feel Stronger

Hormones may be the Fountain of Youth you are Seeking

More than just Estrogen: today's hormone therapy

By Dr. Brooke Azie-Rentz

If you have been to AIM and are a woman, chances are you have discussed hormones with one of our docs. This is because hormones are a huge force in our bodies, driving everything from appetite, to metabolism, to sex drive, to mood... the list is long!

Here at AIM we believe that deficiencies in some organ systems can cause deficiencies in other supportive organ systems. In other words, it is a chain reaction. For example, when you have a baby, your sex hormones (estrogen and progesterone) rise; once the baby is born, those same hormone levels drop, leaving other hormones like thyroid and cortisol to pick up the slack.

As I frequently say: "You can't run away from a tiger forever. If you don't get up a tree, you will get eaten." What this implies is that adrenaline and cortisol can only take you so far. You need to rest, recover and replenish what you use. This happens in a tiger attack, a child birth, and in everyday life. So how does all this pertain to this month's newsletter topic?

We are talking about women's hormones, and with that most people think of the loss of estrogen that happens when we hit "middle-age" and enter the dreaded menopause (pause for dramatic effects). I don't think we have to wait until menopause to talk about women's hormones. To me, women can have imbalances throughout their lives. Maybe it starts as irregular periods, hypothyroid symptoms including sluggish digestion and weight issues, acne, or infertility, but here at AIM we like to find the root cause of what ails you so that we can effectively support and bring balance back to your body.

Here are some fun facts:

- * Conventional medicine says 13% of women between the age of 35 and 65 will be diagnosed as hypothyroid
- * Average age of menopause today is 51
- * Average age of breast cancer today is 52
- * Average age of first heart attack in women is 70
- * Average age of diagnosis of type 2 Diabetes in women is 55
- * Average age of death for women is 81

- * In 2011, Americans spent \$10.4 billion on cosmetic surgery, seeking to look younger and healthier
- * In 2011, men spent \$1.6 billion on prescription testosterone

Long story short, we live a long time and in the last 25-30 years of our life we get old and sick! If you notice, the lowest age in the aforementioned statistics is the age of menopause, every other disease comes after that. So, I think it is safe to say that the common denominator is hormones. Once you lose them, it is all downhill from there. But there is a way out... bring back the hormones!

Whether it be thyroid or estrogen/progesterone, hormone replacement therapy can be a "fountain of youth." Balancing all hormones in the body means better blood sugar control, metabolism, energy and mood – all of which lead to better diet and lifestyle choices, which in turn means we look and feel better, younger, and sexier!

Hormone replacement is complex, and requires the guidance of a doctor who is experienced in current research on hormone replacement. I have a great deal of expertise in this area, and look forward to helping you live the youthful life you desire.



Recommended Reading from Dr. Brooke:

Sex, Lies and Menopause by T.S. Wiley

The Wisdom of Menopause by Christine Northrup, MD

Dr. Susan Love's Breast Book by Dr. Susan Love

AIM for Health:

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Maca: A Peruvian Herb...for Spicing up Valentine's Day?

By Dr. Mohammad Shegeft

Maca, is a native Peruvian herb that has been getting a lot of attention lately. Well, we believe its attention is well deserved! Indigenous people of the Andes have consumed Maca Root for its medicinal properties for centuries, and it has become a staple in the Andean diet.

In the Western world, the Maca Root is gaining popularity for its ability to deliver energy and mental clarity while combating the effects of menopause, improving fertility and yes, even acting as an aphrodisiac that enhances sex drive. While Maca benefits both men and women, this article's focus is on a few of its many benefits for women. For men looking for more information on how this can benefit your vitality, we can always sit down for a visit to consult.

The occurrence of sexual dysfunction and low libido increases directly with age for both men and women. The hormone balancing properties of Maca delay, and in some cases improve, sex hormones and in some clinical studies has been used to treat sexual dysfunction, leading to more desire and sexual satisfaction.

Whether it is used for enhancing energy, increasing libido, improving bone density or as an aphrodisiac to spice up your night this February 14th, Maca is a tasty addition to any diet and makes an addition to any smoothie...



Please visit aim4healthblog.com for the entire article !

The TCM Perspective on Aging Gracefully

By Nichole Santoro LAc

The great minds of ancient China, including philosophers like Lao Tzu, and medical practitioners like Zhang Zhong Jing, recognized that life and health depend on a dynamic balance between opposing yet complimentary forces. The terms yin and yang are used to represent this relationship and to describe the continual process of natural change. When there is harmony, yin supports yang and yang protects yin.

Our culture tends to value and reward manifestations of the yang including what is hot, male, outgoing, growing, active, displaying, spending, consuming, aggressive, rational, conscious and focused. Yin provides the counter balance to yang activity, for recovery and refueling. If we only praise and encourage the activity without understanding its source, we are in danger of neglecting or over-consuming the elements of which we are unconscious.

Yin is substantial, cohesive and gives depth and weight. It is feminine, passive, open, yielding and hidden. Left to itself, yin is static and will flow downward with gravity. Because it gathers, collects and stores- it nourishes and sustains life. It is the abundant valley of the world.

This balance is seen when we recognize that the dormant, restorative winter engenders the energy of the spring or, the deep

subconscious creativity that gives rise to the inspirations of the conscious mind, or that just getting a good night sleep helps us to be on-point the next day. By nurturing our yin side we are able to be our best selves when the time comes. Reserves of yin and yang both decline naturally with age.

Women are naturally more yin as we have the ability to receive and birth new life. Because of this women are more impacted when yin declines. The transition into menopause is the hallmark time when reproductive hormones (yin substances) start to decline and impact a whole host of systems in the body. This collectively manifests in "Yin deficiency" symptoms such as hot flashes, sweating at night, flushed cheeks and dryness of skin, hair, eyes and mouth. Physically it may become more difficult to relax and rest even to the point of insomnia. The physical signs are usually more advanced, while the early signs are more emotional and psychological.

By being mindful of nourishing our yin we are able to ease the transition into the menopausal period with fewer symptoms and more grace...

Please see our blog, aim4healthblog.com, for the entire article, including specific tips that anyone can take to nourish their yin and age more gracefully!