



Get Energized, Focused, and Downright Sexy Now!

Tired of Being Tired?
Sex Drive Fizzled Out?
Feeling Fat and Bloating?

Sick of Annoying Hot Flashes?
Can't Sleep Through the Night?
Having Difficulty Remembering?

Your symptoms may be a hormone imbalance super easy to fix!



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**WOMEN'S MIDLIFE
SPECIALIST**

CHAPTER 15

GET ENERGIZED, FOCUSED, AND DOWNRIGHT SEXY NOW

BY DR. KAREN LEGGETT

If you are a midlife woman, then you are probably a lot like me. Most likely you have spent most of your adult life caring for others. Without a second thought, you've handled keeping everyone fed, clean, comfortable and happy with undying devotion. You likely worked outside the home as well, pleasing your boss, the customers, and your colleagues. Do you ever wonder how you managed to seemingly float through those days with ease and grace, but now feel burdened, dragging to barely complete the most urgent tasks?

You may not be aware of this, but a large part of how you feel, and thus how you act, is controlled by a mix of hormones inside your body. The balance of these hormones plays a pivotal role in your ability to manage your busy life. And it is Estrogen, your main sex hormone, that drives your desire to raise families and care for others, even with a seemingly impossible schedule. However, as you enter your midlife years, hormonal changes occur and an array of signs and symptoms start creeping into your life that can be confusing and unattractive to yourself, not to mention others. You may actually be getting tired of “doing it all!” If you are, you're not alone – it's a perfectly normal feeling, simply based on your changing hormones!

Imbalanced hormones present in many ways! Hot flashes are just one of many symptoms and usually come late after your hormones have been imbalanced for years. In fact, some women never experience hot flashes

at all. More commonly there are other changes you notice in life, such as barely getting through your day, let alone feeling energized enough to prepare a healthy meal. You might be gaining weight and feeling fat and uncomfortable. Your sleep may be interrupted with thoughts that seem to go on and on like a broken record. You hate feeling irritable, overwhelmed, and taking out your frustrations on people you care about. It's embarrassing to stumble with basic words when you express your thoughts. Sex can be the farthest thing from your mind, and you feel guilty about it. To top it off, you can't forget The Dry Vagina.

I am Dr. Karen Leggett, a board certified family and geriatric physician and fondly known as The Women's Midlife Specialist, practicing an integration of traditional and alternative medicine. I, too, am a midlife woman who has experienced the complete array of hormonal changes. Without ever resorting to prescribing horse-derived estrogens and synthetic progestins, I have helped thousands of women find connection and purpose within their changing bodies.

Given the opportunity, you would likely share stories full of emotion, describing exhaustion, frustration, feeling alone and misunderstood. You might say that you can't make sense of exactly why you feel dissatisfied and unappreciated. And deep down you may even fear you will grow old before you have been able to realize your dreams.

I knew I wanted to be a doctor since I was a little girl. And though my path has been far from smooth, helping women for the past 17 years seize both physical and lifestyle opportunities has been the greatest joy and success of my career. When you are in balance, you notice you are waking up with a smile on your face from a good night's sleep. You feel good about yourself and it shows as you confidently communicate clearly and succinctly. You're more organized and efficient, your work shines and opens up new opportunities to explore. You have more free time to exercise and eat better, and you love how you feel more attractive as your body responds to your efforts to lose unwanted pounds. Imagine having more time with your family and friends. Maybe even rediscover a hobby.

Through the decades, women who have used bioidentical hormones have enjoyed the physical benefits of balanced hormones far beyond controlling hot flashes. Balanced hormones can reduce the occurrences of heart palpitations, migraine headaches, urinary tract infections, mood

swings, panic attacks, and insomnia. Balanced hormones can also help maintain a younger figure, and promote healthier, moister vaginal tissue, skin and hair, as well as reduce bone loss which helps prevent osteoporosis, debilitating bone fractures, poor posture, and back pain.

And there is more good news!

If you are not at high risk for breast cancer, you can balance your own hormones safely and effectively, with natural bioidentical hormones, available to you without a prescription!

AND

It is EASY to balance your own hormones!

To begin requires you to understand the basics of two major sex hormones – Estrogen and Progesterone. In this chapter I will teach you what you need to know, share with you my favorite natural bioidentical hormone products, and show you how to start using these products to benefit from balanced hormones right away!

If you are currently seeing an Anti-Aging specialist and use prescribed bioidentical hormones from a compounding pharmacy, I congratulate you! You already understand the importance of bioidentical hormones! Please read on to see if you are able to do it yourself and save thousands of dollars!

The two most common complaints women have at the earliest onset of hormonal change are insomnia and fatigue!

This is because the very first change that happens with your hormones is the decline of Progesterone, not Estrogen. Progesterone is your “calming” hormone that helps you sleep at night and stay calm during stressful times. The decline of Progesterone actually starts when you are 35 to 40 years old during a time called Premenopause, and has a profound effect on how you feel. Other common symptoms of declining Progesterone include mood swings, headaches, irritability, anxiety, depression, sugar cravings, irregular periods, bloating, breast tenderness, and bone loss. Progesterone also helps balance blood sugar by keeping stress cortisol levels in control. Stress and anxiety trigger the release of

cortisol, which then stimulates the production and storage of fat, thus low Progesterone levels can promote weight gain. In addition, fatigue is commonly present!

Finally, Progesterone's balance with Estrogen is vital to healthy breast and uterine tissue. When Progesterone declines, an imbalance between Estrogen and Progesterone occurs, known as "Estrogen Dominance." It's not due to Estrogen increasing; rather, Estrogen Dominance is the result of declining Progesterone. As you can imagine, this one piece of information can potentially change your life by keeping Estrogen in check with its hormone-balancing partner, Progesterone.

If you start using bioidentical Progesterone in your Premenopause years, you will likely experience fewer symptoms when Menopause actually starts!

Following menopause, when your Estrogen levels decline, you may benefit from the addition of natural bioidentical Estrogens.

Estrogen supplementation during the first 7 years following Menopause does NOT increase your risk of breast cancer!

The belief that Estrogen increased a woman's risk of breast cancer is outdated. Through updated research, it has been determined that Estrogen does not increase the risk of breast cancer for up to seven years post-menopause, and that woman who took Estrogen during their menopausal years actually had reduced rates of breast cancer and experienced the benefits of stronger bone density! There is simply no research available to assess what happens after seven years.

The research is also clear that the best way to use hormones is in a topical form applied to the skin.

Your body actually makes three different types of Estrogens: E1, (Estrone); E2, (Estradiol); and E3, (Estriol). Part of each of these words is underlined to help you remember the differences. E1 has a "one" in its name so it is easy to remember. E1 = Estrone. E2 has a "di" in its name meaning "two." E2 = Estradiol. And E3 has a "tri" in its name, meaning "three." E3 = Estriol.

E1, Estrone, is the strongest Estrogen and is produced by fat cells after menopause and thus there is no reason to supplement with it. E2, Estradiol, is the most common Estrogen our ovaries produce before menopause and thus declines significantly after menopause and is most commonly supplemented after menopause. E2 is most helpful during the earliest years of menopause while your body is adjusting to lower Estrogen levels. E3, Estriol, is the weakest Estrogen and is most commonly used in combination with E2. E3 is also the most common form of Estrogen to use alone for vaginal dryness. And since E3 is the weakest Estrogen, it is the preferred Estrogen to use in the years beyond menopause.

Supplementing with bioidentical hormones is usually straight forward!

Reputable manufacturers of bioidentical hormones make standard doses of bioidentical hormones because the standard doses are usually just right for most women. Bioidentical hormones can be mixed and matched to find just the right dose for yourself depending on the severity of your symptoms and which stage of midlife change you are experiencing. I have two favorite bioidentical hormone companies which I most commonly recommend: Beizweiken and LifeFlo. Both are available on my website. LifeFlo products are available on other websites as well.

Use the following guidelines to start your hormone replacement.*
Always start with the lowest dose and do not use doses higher than recommended.*

Premenopause: Age 35 and up when you first recognize symptoms of low Progesterone

Progesterone: Start with 20 mg before bed on days 14 – 28 of your cycle. This can be increased up to 40mg before bed for symptom management and/or as you get closer to menopause.

Estrogens: none

Perimenopause: 2 – 5 years before Menopause, usually ages 47 – 53

Progesterone: 20 – 40mg before bed or divided twice daily for days 7 – 28 of your cycle. Higher doses are usually needed. *Progesterone must ALWAYS be used when supplementing with Estrogen.*

Estrogens: None if you are having monthly periods; E3 (Estrinol): 0.25 – 0.5mg each a.m. if you are experiencing missed periods and/or hot flashes. Higher doses may be needed as you get closer to menopause. Use E3 on days 7 – 28 of your cycle.

Menopause: No Menses for 12 months – Average age is 52 years old (though it varies)

Progesterone: 20 – 40mg before bed or divided twice daily every day of the month. Higher doses commonly needed. *Progesterone must ALWAYS be used when supplementing with Estrogen.*

Estrogens choices:

1. None if Progesterone resolves menopausal symptoms and/or you prefer to not use Estrogen
 2. E3 (Estrinol) 0.25 – 1.0 mg every a.m. or divided twice daily
 3. Combination of E3 and E2, Biest 50:50 or Biest 80:20; 0.5 – 1 mg each a.m. or divided twice daily every day of the month. You can use bioidentical hormones all month without cycling once you have gone through menopause.
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For Vaginal Dryness during Perimenopause or Menopause

E3 (Estrinol) 0.5 – 1 mg vaginally; start with 2 – 3 times weekly at bedtime for 2 – 3 weeks, then decrease to once weekly for 2 – 3 weeks and then once every other week as symptoms improve. Maintain weekly to every other week as needed for healthy vaginal tissue.

Applying bioidentical hormones to your skin is simple.

Apply your bioidentical hormones to different areas of your skin, alternating these areas every week to every other week. The best locations are ones lower in fat, such as your inner forearms, lower back, upper outer arms and shoulders. Inner thighs are also good if you are not heavy in that area. If you are using more than one hormone, you can apply them together or separately, it doesn't matter. The more cream you are using the more surface area you will need to apply the creams. Rub them in well and allow the cream to dry before putting on your clothes. It is best to apply your creams after you shower; however, if that is not possible, try not to shower for at least two hours after applying.

Important: Keep in mind It usually takes 2 – 3 months for your body to fully respond to your new treatment with bioidentical hormones.

For 17 years I have been treating hormonal imbalances in midlife women, and I can say with confidence that if you are like most of the women I have cared for, YOU can do it YOURSELF! I recommend that you learn more about assessing your personal needs, how to test your hormone levels, and how to adjust your doses through your midlife journey. With just the right amount of knowledge and guidance, you can experience the personal and physical health benefits of safe and effective bioidentical hormones throughout the stages of midlife. Imagine what all of this could really mean to you and your family!

If you would like to learn more about balancing your hormones, overcoming fatigue, and experiencing the full ripple effects of your own balance through midlife, I invite you to visit www.drkarenleggett.com.

Congratulations on protecting yourself and getting educated! Here's to Your Best Mid-Life Years Ever!

*The information in this book is not intended to replace your relationship with a qualified health care professional, and is not intended as medical advice. Dr. Leggett urges you to make informed decisions about your health, and to always check with your physician before starting or stopping medications or supplements.



About Dr. Leggett

Dr. Karen Leggett is a dedicated medical physician helping women thrive through the challenges of midlife and to feel healthier and happier while creating the lives they imagined as younger women. Dr. Leggett has always been a progressive thinker and strives to achieve a true integration of traditional and alternative medicine to help patients find the best treatment for themselves as individuals.

Dr. Leggett knew she wanted to become a physician since she was a young child. Her mother was her inspiration and guide to aspire to her dreams and mentor others. She also encouraged Dr. Leggett to go beyond the scope of traditional medicine and recognize the benefits of natural medicine, nutrition, and bioidentical hormones. In fact, Dr. Leggett's mother was one of the first women ever to use bioidentical hormones, more than 30 years ago and long before most physicians had ever heard of them. Her mother still serves as one of her greatest mentors, along with her father, ages 83 and 95.

Dr. Leggett's personal experiences have taught her to listen with sincere interest and communicate honestly. She has experience in many scopes of medicine, including practicing in the hospital, rehabilitation and nursing facilities, assisted living facilities, hospice, home visits, and office settings in both affluent cities and rural America. She has served on a hospital Board of Directors and been a member of two hospitals' Ethics Committees. Her experience goes far beyond the average physician, providing her a greater understanding of human nature which has helped her connect with compassion and understanding.

Dr. Leggett is a graduate of the University of Central Florida and the University of New England College of Osteopathic Medicine. She completed a residency in Family Medicine followed by a fellowship in Geriatrics. She has been attending conferences by the American Academy of Anti-Aging since 1999. She has been the President of Leggett Medical Group since 2004 and started the Women's Midlife Specialist practice in 2012, when she designed the "ABCs for Women" for training Nurse Practitioners in a year-long mentorship program she created to further expand her reach to midlife women. She has been on staff at Florida State Medical School and Lake Erie College of Osteopathic Medicine, and has given hundreds of lectures to physicians, physicians in training, nurse practitioners and to the public.

Today, Dr. Leggett is a leading physician in helping women balance their hormones, energize their lives, thrive with confidence, and overcome the challenges that are holding them back. Her goal is to help any woman, anywhere, who is struggling with the changes of midlife, empowering them with knowledge, direction and support.

You can connect with Dr. Leggett at

- www.drkarenleggett.com
- [www.twitter.com/AskDrLeggett](https://twitter.com/AskDrLeggett)
- www.facebook.com/AskDrLeggett