



Cornerstone  
CHIROPRACTIC  
*Health Partners*

# Monthly Newsletter

June 2009

## Balancing Your Hormones

### Hormone Background:

A proper hormonal balance within the body is required for optimal health. When these delicate ratios become imbalanced, any number of symptoms may occur. One of the most common scenarios where this happens today is called "estrogen dominance". These individuals may have varying levels of estrogen (low, normal, or high) but because they have little to no progesterone to balance its effects, the estrogen acts in a dominant manner.

Steroid hormones (estrogen, progesterone, testosterone, stress hormones) look almost exactly alike with only 1-2 slight chemical differences. Yet, these slight variations make the difference between male & female traits, pregnancy & infertility, fatigue & energy, etc.

### Causes of Estrogen Dominance

Estrogen dominance may be present in most people to a certain extent since there is so much of it in our environment. It stems from a variety of factors, some of which include

- ◆ Eating sugars & refined carbohydrates
- ◆ Excessive caloric intake
- ◆ Eating meat/ dairy products that were supplemented with growth hormones
- ◆ Lack of phytoestrogen intake (variety of fresh fruits & vegetables)
- ◆ Chronic mental and emotional stress
- ◆ Xenohormone exposure (i.e. plastics, pesticides, solvents/adhesives, car exhaust, emulsifiers in soap/cosmetics)
- ◆ Birth control pills

- ◆ Conventional hormone replacement therapy
- ◆ Hysterectomy

### Symptoms of Estrogen Dominance

A variety of symptoms may appear including depression with anxiety or agitation, fat gain (especially around abdomen, hips, thighs), hair loss, gallbladder disease, headaches, breast tenderness, cervical dysplasia, decreased sex drive, infertility, irregular menstrual periods, heavy bleeding/cramping, PMS, decreased/no ovulation, insomnia, mood swings, osteoporosis, polycystic ovaries, endometriosis, uterine fibroids, water retention/bloating, and uterine/ breast/ prostate cancers.

Many people attribute these symptoms to just "getting older" and think they are a normal part of aging -- they aren't! By keeping your hormones in balance, these symptoms can be essentially non-existent.

### Steps You Can Take

If you struggle with a hormonal imbalance or simply wish to maintain your present health, do your best to reduce your exposure to the previously listed causes of estrogen dominance. Also, be sure to let us know your concern at your next visit, as we may tailor your care and make appropriate recommendations for you. You may also want to learn more about our supplement of the month, Heartland Naturals Progesterone Cream, which is identical to the progesterone that your body makes. Many progesterone creams on the market are not bioidentical to the progesterone in your body.

### Happy Father's Day!

*If you are looking for a way to show your appreciation to the special dad in your life, read on about the Friends and Family week we have coming up soon!*

## *Supplement of the Month: Progesterone Cream*

Who can take Progesterone Cream? Any woman who has an estrogen dominant state in her body. Progesterone cream can also be used for men in certain situations.

Where can I get it? We carry the Heartland Naturals cream at our office and are offering a **15% discount for the month of June**. Since this topic is fairly complex, please talk to Dr. Sam or Dr. Jennie if you would like more information.

## *Friends and Family*

**June 22-26, 2009** is *Friends and Family* week at Cornerstone Chiropractic. Refer a family member or friend that could benefit from chiropractic care & they will receive the full first appointment for only **\$34!**

*First appointment services include consultation, examination, spinal x-rays, and the first adjustment.*

You will be receiving a postcard in the mail soon. Have your friend or family member call to make an appointment at our office for the week of June 22-26, and give him/her the postcard to bring to his/her appointment to redeem the special *Friends and Family* price.

*Give the gift of health...  
Tell others about Chiropractic!*

## *Junior High and High School Sports Physicals*

Keep Cornerstone Chiropractic in mind as you start to think about sports physicals for the fall.

Students can schedule to see either Dr Sam or Dr Jennie for a thorough physical at a cost of just \$35.

## **D.O.T. Physicals**

Dr. Sam offers D.O.T. drug testing and physical exams. Because of the hours that we are open and our reasonable prices, this is a convenient and affordable way to stay compliant with the D.O.T.

**Saturday appointments: Appointments are available from 9am-noon on June 13 & 27.**

**Please call ahead to set up an appointment time!**

**Pre-Paid Wellness Plans:** Cornerstone Chiropractic is committed to helping you get the chiropractic care you need for a reasonable price. With the rising cost of insurance plans and with many people uninsured, we created annual pre-paid plans that will save you money. For example, a family with 2 or more people coming in for care might pay less on a pre-paid plan than utilizing their insurance deductible. In addition, families with 3 or more people coming in for care would actually save money by purchasing a pre-paid plan than if using an insurance plan with a \$20-25+ co-pay per person. Please contact our office to learn more about how these pre-paid wellness plans can help you spend less, while allowing you to continue getting regular chiropractic care.