

STAY BEAUTIFUL!

Dr Deepak Chaturvedi
shows you how to balance your
hormones and stay young forever.

When our hormones are in balance, our bodies function like well-oiled engines; when the balance is off, we become squeaky wheels.

Hormones are the chemical messengers that keep our body functioning. From regulating metabolism and growth to controlling immune function and reproduction, they are major players in all that we do. Hormones like the growth hormone, testosterone, estrogen, thyroid, cortisol and DHEA play a pivotal role in the aging process. If the delicate balance of any one of these hormones is disrupted, it can take a toll on our body, mind and spirit. Heart disease, osteoporosis, obesity, diabetes, frailty, memory decline, loss of sexual function and libido, depression, thinning skin and hair, fine lines and wrinkles on the face and urinary incontinence are just a few age-related symptoms of hormonal imbalance.

While some require medical care, others may be addressed with lifestyle adjustments; but almost all hormone problems are treatable. Here's a guide to what you can do to restore harmony in your hormones.

HORMONE HEALTH

Let's look at the different hormones that modulate the different features of our bodies.

— Skin health and texture: Thyroid hormones, growth hormone, estrogen, DHEA, melatonin.



- Hair: Thyroid hormones, growth hormone, estrogen, testosterone, melatonin.
- Bone and muscle strength: Growth hormone, testosterone, estrogen, progesterone, DHEA.
- Mood, memory and brain health: Growth hormone, thyroid hormones, testosterone, estrogen, progesterone, DHEA, melatonin.
- Libido, orgasm and sexual health: Testosterone, estrogen, DHEA, thyroid hormones.
- Fertility: Testosterone, estrogen, progesterone, thyroid hormones, growth hormone.
- Metabolism, lean body mass and body weight: Insulin, thyroid hormones, growth hormone, testosterone, DHEA, progesterone.
- Immunity: Cortisol, DHEA, thyroid hormones, estrogen.

BOOSTING HORMONAL HEALTH

Natural ways of hiking up hormonal secretion in the body are:

- Eating a balanced diet — with optimum proportion of proteins, carbohydrates and fats, vitamins, minerals, antioxidants and fiber.
- Exercising regularly.
- Having seven-eight hours of restful sleep every night.
- Indulging in yoga, meditation and recreational activities.
- Staying sexually active.

THERAPY WISE

Medical science has progressed significantly to make it possible to replace many of the hormones that are lost due to the aging process.

- Where treatments are concerned, a judicious use of natural micronized HRT (Hormone Replacement Therapy) may help.
- Since the last few decades, there has been a lot of controversy about the existence of Bio Identical Hormone Replacement Therapy. Bio Identical Hormones are micronized hormones (they are said to offer people the opportunity to use plant-derived hormones that are identical in structure and function to those that are produced in the



Hike up your hormonal secretion with a balanced diet of proteins, carbohydrates, and fats, vitamins, minerals, antioxidants and fiber.

human body to restore and maintain health).

Check with your doctor if it suits you before going for it though.

One of the biggest barriers to staying youthful is hormonal imbalance. Better understanding of your hormones in your various life processes and correcting them will help you look and feel beautiful all through your life.

Dr Deepak Chaturvedi is Physician Endocrinologist, Diabetologist, Anti-Aging Specialist & Bariatrician, AMAAYA™ Antiaging & Wellness Clinic, Mumbai