

Time Schedule for Hormones and Health

8:30 A.M.–11:30 A.M. Morning Session (5-minute break)

Hormones: The Body's Key Regulators

- What is a hormone?
- The mechanism of action of hormones in the body.
- The mechanism of action of hormones that are also neurotransmitters.

The Sex Hormones: Estrogen, Progesterone and Testosterone

- The three Estrogens and the effect they have in the body.
- The importance of Progesterone.
- Testosterone in Men and Women.
- Lab tests and saliva testing of hormones.
- Bio-identical hormones: What are they and how do they work?

Integrative Approaches to Treat Hormonal Changes in the Body

- PMS: Yes, it is real!
- Polycystic Ovarian Syndrome (PCOS): Is it a metabolic or hormonal disorder?
- Peri-menopause and Menopause: Is it all hormonal?
- Andropause: Is it a testosterone deficiency or just part of the aging process?
- The Women's Health Initiative (WHI) Update: Is hormone replacement therapy safe?
- Case Studies

Lunch 11:30 AM - 12:20 PM

12:20 P.M.–3:30 P.M. Afternoon Session (5-minute break)

Vitamin D: The New Wonder Vitamin/Hormone

- Is it a hormone or a vitamin?
- What does vitamin D do in the body?
- What is the appropriate lab test and value for vitamin D?
- Diseases that can occur due to vitamin D deficiency.
- Supplements and the sun.
- Case Studies- Osteoporosis and Fibromyalgia.

The Thyroid~ Our Master Gland~ T3, T4, TSH

- What do the hormones T3, T4, and TSH do in our body?
- Lab tests and the latest guidelines for treatment.
- Hyperthyroidism: thyroid excess.
- Hypothyroidism: thyroid deficiency.
- Case Studies

The Brain Hormones/Neurotransmitters: Their Role in Mind/Body Health

- Serotonin- Worry and Happiness.
- Dopamine- Fatigue and Joy.
- Norepinephrine- Pain and Energy.
- GABA- Anxiety and Relaxation.
- Supplements and medications for serotonin, dopamine, norepinephrine and GABA imbalances.
- Depression and Anxiety- Integrative approaches.
- Case Studies