

Hormone Balance

by **dr. lisa hunt** | photo by **dawn kelly photography**

As we age and endure life's multiple stressors, our bodies change. These changes show in our hair, skin, weight, bones and joints, to name a few areas, and can lead to chronic disease states. By far, this list is not complete. Until recently, these changes were thought to be part of the normal aging process. However, this line of thought is being challenged as more and more integrative holistic modalities become available.

Hormones make things happen on a day-to-day basis. They circulate in the blood where they continuously bathe our tissues. Hormones can affect every cell in the body by activating a receptor site on the cell. Receptors within our cells are sensitive to particular hormones. The hormones effect is determined by the specific receptor site on the target cell. Hormones might have different actions on different cell types on different tissues.

Hormone levels fluctuate throughout the course of our lifetime. A

decrease in hormone production begins at middle age and then diminishes in a linear fashion until old age. In addition, as we age, specific hormone receptor sites tend to change and become less receptive to hormones. This is usually the time you may visit your physician. However, you may want to choose a physician who understands the needs and uses of appropriate anti-aging hormone replacement therapies. Usually, this is a provider who takes an integrative approach to medicine using both Westernized and holistic modalities as needed. We must take a proactive approach towards healthy hormone balance. If we do this, we can keep things in balance and prevent adverse health conditions in the future.

Remember, every aspect of our lifestyle can affect hormone balance, and hormone balance can affect every aspect of our lives. ■

For more information on Dr. Hunt and Valley Wellness Center, please visit DrLisaHunt.com.

Dr. Lisa Hunt



Lisa J. Hunt, D.O., is the Medical Director of Valley Wellness Center in Modesto whose mission "is to build on every level of your health to achieve the best quality of life." She is board certified in Family Medicine and Holistic and Integrative Medicine. She specializes in anti-aging treatment, natural thyroid replacement, menopause/andropause therapy (including bio-identical hormone replacement), strengthening the immune system, neurotransmitter analysis/replacement and nutritional support guidance.

June Special
HORMONE TESTING

| | |
|---|--|
| <p><i>Men</i> Testosterone \$56 Estradiol \$30 PSA \$50</p> | <p><i>Women</i> Estradiol \$30 Progesterone \$34 Testosterone \$56</p> |
|---|--|

DR. LISA HUNT
AT VALLEY WELLNESS CENTER
Lisa J. Hunt D.O.
(209) 577-2799 • www.DrLisaHunt.com
1300 MABLE AVE., SUITE C • MODESTO

"BUILD ON EVERY LEVEL OF YOUR HEALTH TO ACHIEVE THE BEST QUALITY OF LIFE."