

Fast Track Your
HORMONE CURE

BY DR. SARAGOTTFRIED, M.D.

CHARLIE'S ANGELS



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Remember Charlie's Angels—Sabrina, Jill, and Kelly - the TV trio of crime-fighting? They could take down any man with their brains and their body. When the three of them worked together it was a poetic dance you couldn't take your eyes off. Well, so it goes with your hormonal system. When your hormones work together, the team is powerful, graceful, and effective.

THE ESTROGEN, THYROID, AND CORTISOL TEAM: CHARLIE'S ANGELS OF HORMONES

CORTISOL

- Main stress hormone
- Governs blood sugar, blood pressure, and immune function

THYROID

- Affects metabolism, energy

ESTROGEN

- Regulates menstruation (builds uterine lining to prepare for pregnancy)
 - Keeps women juicy from joints to vagina

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MEET CORTISOL

Sabrina is cortisol. She stands up to Charlie more than the other angels do, and she's less inclined to manipulate men with her feminine wiles. She's the smart angel, the no-nonsense, strategic-thinking one. Just as Sabrina is the one who rescues the "angel in danger," cortisol, the Alpha hormones, coursing through your bloodstream, alerts your nervous system to threats, whether it's an imminent car accident or a toddler heading toward a wall socket. Cortisol helps you respond to the scary effects of your everyday adventures by regulating the levels of other hormones, such as thyroid and estrogen.

MEET YOUR THYROID

Jill was the sporty angel - lithe, athletic, and adventurous. Like Jill, your thyroid keeps you energetic, slender, and happy. Without enough thyroid, you feel fatigued, you gain weight, and you go through life in a low mood ... and with little to no libido to speak of.

MEET ESTROGEN

Kelly is estrogen. She's the sensitive angel. She soft and voluptuous, but also street-wise and tough. She can be powerful and in control one minute, a seductress the next. This is like estrogen, which keeps you flush with serotonin, the feel-good neurotransmitter. Estrogen keeps your orgasms toe-curling, your mood stable, your joints lubricated, your sleep and appetite right, and your face relatively wrinkle-free. Estrogen keeps the other angels, cortisol and thyroid, in balance.

To beat depression, slow metabolism and lack of energy, you need your hormonal angels working in sync. When this happens, you feel balanced, aligned, happier, healthier and more ready than ever to get your sexy on.