

Optimize your hormone balance and fight against the ageing process

Written by

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Optimize your hormone balance and fight against the ageing process

Many women at around the age of 50 will start their menopause when their menstruation stops. Their bodies will produce less estrogen, and the process is often accompanied by hot flushes, sleeping problems and mood swings. Studies have demonstrated that regular exercise lowers the symptoms of the menopause and prevents the loss of muscle mass. It also has a positive influence on mood. Tests showed women with strong negative symptoms reduced them by up to 25% from the moment they started a training program. Women in the test program who did not do any sport suffered 9% more symptoms.

Starting at the age of 30, the body reduces its production of hormones by 1% a year. Therefore, it is important from this age to start optimizing your own body's hormone production. This way you will stay fit and young-looking for much longer.



The female hormone estrogen is responsible for the distribution of fat tissue in a woman's body. Estrogen also protects women against heart attacks and keeps their skin youthful-looking because it enhances the production of collagen. Collagen is important because it improves the skin's water balance making it look tighter.

The changes to men's bodies as they age are less drastic. But they start to produce less testosterone, which is responsible for a lack of libido and a lower sexual drive.



Successful strategies for optimizing hormone levels lead to a sexy body which stays young-looking longer

In a test, 370 athletes endured typical age-related declines 12.8 years later than non-athletes.

Besides a better hormonal balance, there are other positive factors which make sports and physical activity an important part of our life.

There are several ways to improve the hormone balance:

Being overweight lowers testosterone production so lose weight and

avoid alcohol and cigarettes

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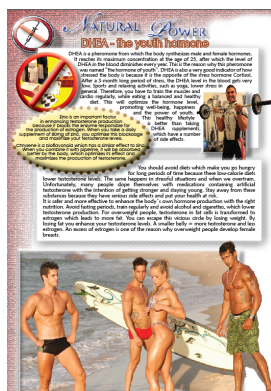


Arteries and veins:

Sports and physical activity prevent atherosclerosis and other cardio-vascular diseases. Scientists also say that regular exercise not only aids in avoiding classic diseases like high cholesterol or high sugar levels, but it also lowers the risk of being affected by less well-known sources of inflammation.

Bones:

As we age, the change in our hormonal balance weakens our bones making them brittle. Women, especially, have a high risk of suffering osteoporosis. The only remedy is activity. Body movement and, especially, regular muscle training enhances the bone structure.



DHEA - the youth hormone

DHEA is a pheromone from which the body synthesizes male and female hormones. It reaches its maximum concentration at the age of 25, after which the level of DHEA in the blood diminishes every year. This is the reason why this pheromone was named "the hormone of youth". DHEA is also a very good indicator of how stressed the body is because it is the opposite of the stress hormone Cortisol. After a 3-month long period of stress, the DHEA level in the blood gets very low. Sports and relaxing activities, such as yoga, lower stress in general. Therefore, you have to train the muscles and cardio regularly, while eating a balanced and healthy diet. This will optimize the hormone level, promoting well-being, happiness and the power of youth. This healthy lifestyle is better than taking DHEA supplements, which have a number of side effects.

Zinc is an important factor in enhancing testosterone production because it blocks the enzyme responsible for the production of estrogen. When you take a daily supplement of 80mg of zinc, you optimize this blockage and maximize your testosterone levels.

Chrysenes are a bioflavonoid which has a similar effect to zinc. When you combine it with piperine, it will be absorbed better by the body, which optimizes its effect and maximizes the production of testosterone.

You should avoid diets which make you go hungry for long periods of time because these low-calorie diets lower testosterone levels. The same happens in stressful situations and when we overtrain. Unfortunately, many people dope themselves with medications containing artificial testosterone with the intention of getting stronger and staying young. Stay away from these substances because they have serious side effects and put your health at risk.

It is safer and more effective to enhance the body's own hormone production with the right nutrition. Avoid fasting periods, train regularly and avoid alcohol and cigarettes, which lower testosterone production. For overweight people, testosterone in fat cells is transformed to estrogen which leads to more fat. You can escape this vicious circle by losing weight. By losing fat you enhance your testosterone levels. A smaller belly = more testosterone and less estrogen. An excess of estrogen is one of the reasons why overweight people develop female breasts.