



## **Mindful Clinic, a Provider of Natural Hormone Health Solutions, Posts Article on Signs of Hormone Imbalance in Women**

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Mindful Clinic, based in Toronto, Ontario, Canada, has announced the release of a report on the signs of hormone imbalance in women. Dr. Maria Angelica Cavallazzi, MD, ND, the hormonal imbalance naturopath Mississauga residents can go to points out that many women are already familiar with these symptoms, such as cravings, mood swings, and bloating. Such symptoms, according to Dr. Cavallazzi, can be due to monthly hormonal fluctuations during the patient's menstrual cycle. They may also be related to pregnancy or menopause.

Dr. Maria Angelica Cavallazzi, MD, ND, adds, "Sometimes hormone fluctuations may be the result of something else. It could be an ongoing medical condition, or certain medications. These may create ongoing symptoms which can interfere with day-to-day life. If you're experiencing any of these symptoms, and can't figure out the reason, you may want to consider reaching out to a naturopathic doctor for some solutions for hormonal imbalance."

According to the article, there are various signs of hormonal imbalance in women. These include moodiness,

brain fog, irregular periods, vaginal dryness, chronic fatigue, reduced libido, acne, headaches, infertility, and weight fluctuations.

It is common for women to experience moodiness during their monthly period. Most women during their period can be irritable, depressed, or have mood swings. These are caused by changes in their hormone levels, particularly their estrogen levels. However, if such changes occur beyond the period, it may be a sign of hormonal imbalance.

Brain fog means women find it difficult to concentrate, encounter memory problems, and they experience an overall lack of mental clarity. Brain fog is often caused by lack of sleep, but if it becomes persistent, it can be a sign of hormone imbalance.

Meanwhile, irregular periods are likely to be caused by hormone imbalances. However, in a 2018 study in the journal, *BMC Women's Health*, it was found that other factors, such as obesity, smoking and stress, may also result into irregular menstrual cycles. Menstrual problems are important indicators of women's health. Those who experience irregular, painful, and heavy periods are advised to discuss their situation with their doctor.

Reduced levels of estrogen can result into vaginal dryness, which may lead to thinner vaginal walls and pain during sexual intercourse. A doctor may prescribe synthetic hormones to counteract such symptoms. However, these synthetic hormones have been linked to increased risk of heart attack, stroke, and some cancers. It may be a good idea to talk with a naturopathic doctor on other options for treating vaginal dryness. Those who need more information about Dr. Cavallazzi can check out her LinkedIn page at <https://www.linkedin.com/in/dr-maria-angelica-cavallazzi-md-nd-950833128/>.

Chronic fatigue is another potential sign of hormone imbalance in women. Those who find themselves feeling tired for no apparent reason, are likely to be suffering from chronic fatigue. This can be due to hormone imbalances, which can be diagnosed through a blood test.

Women who suffer from reduced libido may be suffering from lack of testosterone. While this is generally a male hormone, it is also found in women and low levels of testosterone can result into low sex drive in women. Studies have found that testosterone therapy can boost sexual desire in women.

And then there is the problem of acne. Women often suffer from acne breakouts before, during, and after their period. However, those suffering from chronic acne, may be suffering from hormonal imbalance. Specifically, this may be due to too much testosterone, resulting in excess oil production, resulting clogged pores and acne.

Headaches may be caused by low levels of estrogen. Infertility in women can also be due to hormonal imbalances. Naturopathic medicine can often deal with infertility by treating the hormone imbalances.

And finally, women may find it hard to lose weight as a result of hormonal imbalances. Hormonal changes can result into lack of estrogen, which may slow down metabolism, resulting into increased fat storage. Natural weight loss solutions can be offered by a naturopathic doctor.

Those who are interested in the naturopathic healing offered at Mindful Healing can visit their website or contact them on the phone or through email. People can also check out their Medium page at <https://medium.com/@mindhealnaturopathy>.

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## **Waldorf Academy**

*Waldorf Academy is an elementary private school in Toronto Ontario with over 30 years of experience educating young minds from Pre-K to Grade 8.*

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