

Bioidentical Hormones

The right interplay of hormones keeps the body in balance. Imbalances in this complex system can sometimes have serious consequences. The symptoms can be very non-specific. Identifying these disorders requires a thorough, structured medical history and a precise analysis of the hormonal regulatory mechanisms in your body.

In our practice we work with bioidentical sex, anti-stress, thyroid and sleep hormones, which are identical in structure and function to the (natural) hormones the human body produces itself.

In treatment, the type, amount and duration of the hormones used must be tailored to your personal needs. Individual dosing is of the utmost importance. However, hormone therapy is not always needed straight away. Sometimes a combination of other natural remedies, adapted to you, is enough to bring your body's own regulatory mechanisms back into balance.

I would be glad to advise you!



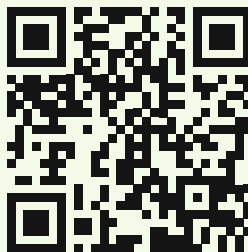
Dr. med. Tarané Probst
Practice for Holistic Medicine



Health
Well-being
Quality of life

Areas of focus:

General gynaecology and obstetrics, endocrinology: incl. bioidentical hormone therapy (sex hormones, thyroid hormones, sleep hormones etc.), microbiota medicine, nutritional counselling, Healthy Aging



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HORMONE TESTING

Not just for women



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Hormones and Health

Hormones are the body's own chemical messengers, used for communication. As a rule they are released by hormone glands when the body wants several

Sex hormones are not only important for reproduction and fertility; they also control many other functions and influence all organ systems.

This is particularly easy to observe in women, whose bodies change markedly depending on hormone levels (e.g. during puberty or pregnancy). But men are subject to hormonal changes too.



cells, tissues or organs to receive information at the same time and/or over a longer period.

The best-known chemical messengers include the **sex hormones** (e.g. oestrogens, progesterone and testosterone), **stress hormones** (adrenaline, noradrenaline, cortisol), **anti-stress hormones** (e.g. DHEA, oxytocin, serotonin, dopamine), **thyroid hormones**, **sleep hormones** but also **insulin**.

In our hormone health programme we bring hormone levels that have become unbalanced back into their biological equilibrium.

Using cycle analysis, ultrasound and suitable laboratory tests (urine, blood, saliva and, where appropriate, stool tests), we can develop targeted treatment concepts.

We also offer specific hormone and enzyme tests. These make it possible to detect an increased risk of accelerated connective tissue and bone loss, as well as an increased risk of (breast) cancer, at an early stage.



Signs of a hormonal imbalance may include:

- Painful breast swelling/breast tenderness
- Swelling of the abdomen, hands and feet
- Water retention
- Shrunken, sagging breasts
- Loss of muscle mass
- Slackening of the muscles (abdomen, cheeks)
- Premature ageing/wrinkle formation
- Connective tissue weakness/osteoporosis
- Libido problems
- Premenstrual syndrome (PMS)
- Low mood
- Cyclical headaches/migraine
- Bleeding that is too long or too heavy
- Absent or very light bleeding
- Lower abdominal pain/painful menstruation
- Hair loss/brittle nails
- Dry mucous membranes (eyes, mouth, vagina)
- Anxiety, irritability
- Nervousness, restless sleep
- Cysts (e.g. in breast, ovaries)
- Cancer
- Joint pain/rheumatism
- Hot flushes/sensitivity to cold
- Episodes of ravenous hunger/diabetes
- High cholesterol levels
- Gallstones, excess weight