

PREVIEW 2 - Jackie Eberstein - Presentation (SD2016)

Dr. Eberstein: So I'm going to start by going through the hormonal changes that women go through every month. How does a woman ovulate and then get a period and how does all that happen?

It's an exquisitely designed system, but think about what could happen if our lifestyle was interfering with that design? Hormones that we get exposed to in our environment nowadays are everywhere.

Think about if you're not eating correctly, if you're stressed, if you're not sleeping. How it affects all of that so that the system doesn't work the way it should?

And the third thing I want you to take away is that as you go through the hormonal changes in your middle years, your body is going to change in some ways that you can't fix.

So don't concentrate on that. It's a fact, that's what's going to happen. You'll get frustrated if you put all your energy into trying to fix something you can't fix. I want you to concentrate on the things you can fix.