

As we age, many things about our bodies change. Among these are our hormones. They determine how tall you grow and how you handle stress. They also regulate the functioning of your sex organs.

The normal aging process causes hormone production to decline, resulting in imbalances that have both physical and psychological effects.

The main hormones that regulate a woman's body are estrogen, progesterone and testosterone. Anytime one or more of these hormones becomes out of balance, a woman begins experiencing change. This hormonal change is broken up into different stages:

Pre-menopause refers to a time before a woman's first regular menstrual cycle to her last. This is the period of "normal" reproductive function for a woman.

Perimenopause is the next stage. This refers to the "transitional" stage, which varies from 2 to about 10 years, prior to complete cessation of menstruation. This is usually experienced between the ages of 35 to 50. During this stage, women can experience major hormone fluctuations, which can induce symptoms such as hot flashes.

Menopause is the third stage and marks the natural end of a woman's reproductive cycle. It is at the point where the body's ability to produce estrogen and progesterone decreases substantially. The ovaries stop producing eggs and a woman is no longer able to naturally become pregnant.

Post-menopause is the period of life after menopause. This phase is generally believed to begin after 12 full months have passed since the last menstrual period.

Capsules, Creams, and Tablets

- Estrogen
 - Biest
- Progesterone
- Testosterone
- Pregnenlone
- DHEA
- DHEA 7-Keto