

STRESS & SEX HORMONES

WHAT ARE HORMONES?

- Produced and secreted in one part of the body, travel to another part and influences it to do whatever the body needs it to do at that time to maintain equilibrium.
- Hormones enter the cells of every tissue in the body and brain.
- Affect physical, mental and emotional wellbeing.
- Stress + sex hormones are two main types of hormones in a woman's body. Two fundamental and opposing principles that invigorate and nourish life. "Like increases like, opposites balance."

STRESS HORMONES (YANG)

Adrenaline
Cortisol

SEX HORMONES (YIN)

Progesterone
Estrogen

QUALITIES

Energizing, activating, motivating and reducing
Male energy
Hot, bright, fast, mobile, dry, energetic, aggressive
"Fight or flight" hormones
Send resources (ie. blood) from the central organ systems of the body to the periphery so that we can either fight or escape the danger
Have depleting effect on the body

Nourishing principle of life
Female energy
Cool, dark, slow, soft, substantial, stable, moist, tranquil
Have a building effect on the body

TYPICAL ACTIVITIES

Driving your car
Making deals
Playing sports
Multitasking
Drinking coffee
Eating spicy food

Sleeping
Meditating
Getting massage
Eating oatmeal
Resting

ROLE OF ADRENALINE

Provides a short-term stress response and then ebbs

ROLE OF PROGESTERONE

Prevents estrogen from creating too much mass in the body
Holds uterine lining in place
Balancing force: supports production of estrogen if there isn't enough and prevents the production of too much estrogen

ROLE OF CORTISOL

Increases when adrenaline does but stays active longer
Controls metabolism of carbs, fats and proteins
Plays important role in infection-fighting, blood sugar balance, immune response, thinking and other health functions.
In excess becomes very problematic because of its depleting effects on the body.
The most yang/langhana hormone – extremely depleting

ROLE OF ESTROGEN

Super yin, "juicy" hormone
Responsible for development of female sexual characteristic
Stimulates growth of uterine lining
Estrogen's effect not confined to reproductive system and breasts => every tissue in the body needs lubrication and nourishment

