

Legendary Love. Module 5. Lesson 31. The Role of Hormones.

The Role of Hormones.

In the last lesson, you learned about the differences in sexual desire between men and women. Some of these differences are due to differences in the brain. Others are due to differences in hormones.

In this lesson, you'll go more in depth about the role of hormones. You may wonder why this information is important. The more knowledge you have about your body, the more quickly you can discover when your body isn't working the way it's supposed to.

Some doctors consider the loss of sexual drive as the indicator that something is happening in your body. Let's begin with the women.

Women's Hormones Affecting Sexual Response

Women's sex hormones affect sexual response, the ability to get pregnant, and the ability to carry the baby to term. Women's hormones change because of the complexity of preparing the body for ovulation and pregnancy.

Most people think of women's hormones only having to do with their periods and then menopause. That's true. What most don't realize is that hormonal changes can begin in the 20s. If you're a woman or the partner of a woman, you'll want to know this information.

Extreme stress is the main cause of hormonal issues. Cortisol, the stress hormone, when out of balance throws off your other hormones.

Here are a few symptoms of stress-caused hormonal imbalance to watch out for:

- Decreased sex drive
- You can't slow down but are exhausted.
- Trouble sleeping
- Weight gain and increased belly fat

Legendary Love. Module 5. Lesson 31.

The Role of Hormones.

If you have these symptoms, it's important to take steps to relax. One thing you and your partner can do is give each other massages on your back, feet and anywhere else you enjoy.

Estrogen

When estrogen, the primary female hormone bounces around, you can have symptoms directly related to “female” issues and some that don't seem relevant.

Migraines, rapid weight gain, and a red flush to the face are symptoms people don't connect to estrogen issues.

Other symptoms of estrogen issues include heavy or very light periods, breasts sensitivity and cysts, mood swings, and PMS.

Testosterone

Testosterone is known by most people as a male hormone. It's also a crucial female hormone.

Learn more about testosterone in females:

1. **The birth control pill is known to lower levels of testosterone.** This can result in vaginal dryness, low sex drive, and pain during intercourse. Low testosterone due to birth control pills may continue more than a year after getting off the pill.
2. **High testosterone can cause polycystic ovarian syndrome.** Nearly impossible to lose weight gain can be a result. Some people contend that a clean diet can help tremendously.
3. **Symptoms of testosterone imbalances.** The symptoms include hairs popping up where you don't want them, acne and oily skin, infertility or low fertility, skin tags, and anxiety or depression.

When you have these symptoms and they persist, make an appointment with your health care practitioner. Some tests can identify what's happening and catch physical issues before they get worse.

Legendary Love. Module 5. Lesson 31.

The Role of Hormones.

Hormones in Men Affecting Sexual Response

Testosterone is the major hormone affecting men. If it's low, sexual drive and sexual response will be low. If you had a strong sex drive and it's suddenly decreased, it's time to see your health care practitioner.

Testosterone, produced in the testicles, is about more than sex drive. It keeps you healthy in ways you may not have realized:

- If you want to be a father, testosterone affects the number and health of the sperm.
- Low testosterone results in more body fat, loss of bone density, and loss of muscle mass.

As men age, testosterone levels decrease approximately 1% a year after the age of 30. Sexual arousal and response can be affected.

Dr. Gary Wittert in Australia found several contributors to low testosterone:

1. Obesity
2. Depression
3. Stopped smoking if had been smoking
4. Unmarried:
 - Regular sexual activity increases testosterone.
 - Studies have shown that married men are happier than unmarried men. Being unmarried and male can account for some depression.

Men also produce estrogen. Too little and too much estrogen can produce health issues, such as:

1. **Too little estrogen.** With low testosterone, the estrogen shortage can produce symptoms of low testosterone. Low estrogen can also cause

Legendary Love. Module 5. Lesson 31.

The Role of Hormones.

heart issues, diabetes, and decreased sex drive and sexual performance.

2. **Too much estrogen.** Excess estrogen usually accompanies low testosterone and leads to health issues similar to low estrogen. Symptoms include increased incidence of heart disease, heart attacks, strokes, loss of hair, and the development of breasts.

What to Do if You Suspect Hormone Imbalances

If you have a low sex drive as well as any of the symptoms above, make an appointment with your health care practitioner. Low sex drive can be an indicator of a body which needs to come into balance.

Summary

It's important to know the symptoms of unbalanced hormones. Not only will too much or too little affect your sex drive and ability to have children, it also affects the health of your bones, cardiovascular system, emotions, and blood sugar.

The next lesson will be fun. You'll learn about sensuality, sexuality, and what you can do to have a fun, intimate, and delightful sexual relationship.

Before moving on, please answer the following to integrate what you've learned in this lesson.

Reflection

1. Do you notice symptoms in yourself or your partner which could be warning signs of hormonal issues?

2. If you notice these issues, have a discussion with your partner and make an appointment with your healthcare professional.