Mindluster Platform

About the course Menopause and Estrogen Deficiency Symptoms

Menopause and Estrogen Deficiency course, in this course we will delve into the topic of menopause and estrogen deficiency. Explore the physiological changes that occur during menopause and the role of estrogen in the body. Understand the symptoms and health implications of estrogen deficiency, such as hot flashes, mood changes, and bone density loss. Gain insights into management strategies, including hormone replacement therapy and lifestyle modifications, to support women's health during this transitional phase of life.

Medical Category's Courses

Course Lesson(13)

Lesson 1 : **Postmenopausal Estrogen Comes from Your Own Fat**

Lesson 2 : **Symptoms Natural Remedies For Pre Post Menopause Estrogen Deficiency â€“ Dr Berg**

Lesson 3 :
Dairy Menstrual Cycle Female Hormone â€“ High Estrogen Foods To Avoid During Menstruation â€“ Dr Berg

Lesson 4 : **Do Cruciferous Vegetables Increase or Decrease Estrogen**

Lesson 5 : **Estrogen Mood Swings Menopause Connection â€“ Dr Berg**

Lesson 6 : **Do Phytoestrogens Increase Estrogen Levels â€“ Dr Berg**

Lesson 7 : **Men Using DIM for High Estrogen Low Testosterone Dr Berg**

Lesson 8 : **Why Estrogen Dominance After Menopause â€“ Dr Berg**

Lesson 9 : **Estrogen The Good the Bad and the Ugly â€“ Dr Berg**

Lesson 10 : **The Iodine Estrogen Connection MUST WATCH**

Lesson 11 : **The Connection Between Thyroid Gland Estrogen â€“ Dr Berg**

Lesson 12 : **Understanding the Women Menstrual Cycle and Estrogen Dominance â€“ Dr Berg**

Lesson 13 : **Get Your Kids and Babies Off Cereal**

Related courses

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Male Reproductive

Anatomy

Pharynx

Endocrine



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