

The influence of oestrogen

Brain

- Anti-inflammatory
- Improves blood flow in brain
- Improves mood and reduces anxiety
- Helps with learning
- Body temperature control
- Improves memory and concentration
- Increases levels of other neurotransmitters including dopamine, serotonin, acetylcholine, noradrenaline, melatonin
- Improves sleep
- Increases connections between brain cells
- Improves energy

Heart

- Controls heart rate
- Keeps endothelium (cells lining interior surface of blood vessels) healthy
- Lowers blood pressure

Liver

- Improves cholesterol regulation
- Improves glucose metabolism
- Increases breakdown of fat
- Improves liver function

Skin

- Increases collagen production
- Reduces moisture loss
- Improves elasticity
- Increases blood supply to skin

Bones

- Increases bone mineral density
- Reduces inflammation in joints
- Increases muscle strength
- Improves flexibility
- Lubricates joints

Joints and muscles

- Anti-inflammatory
- Muscle strength and flexibility
- Joint lubrication

Bowel

- Maintains function
- Maintains balance of friendly bacteria
- Reduces heartburn

Nerves

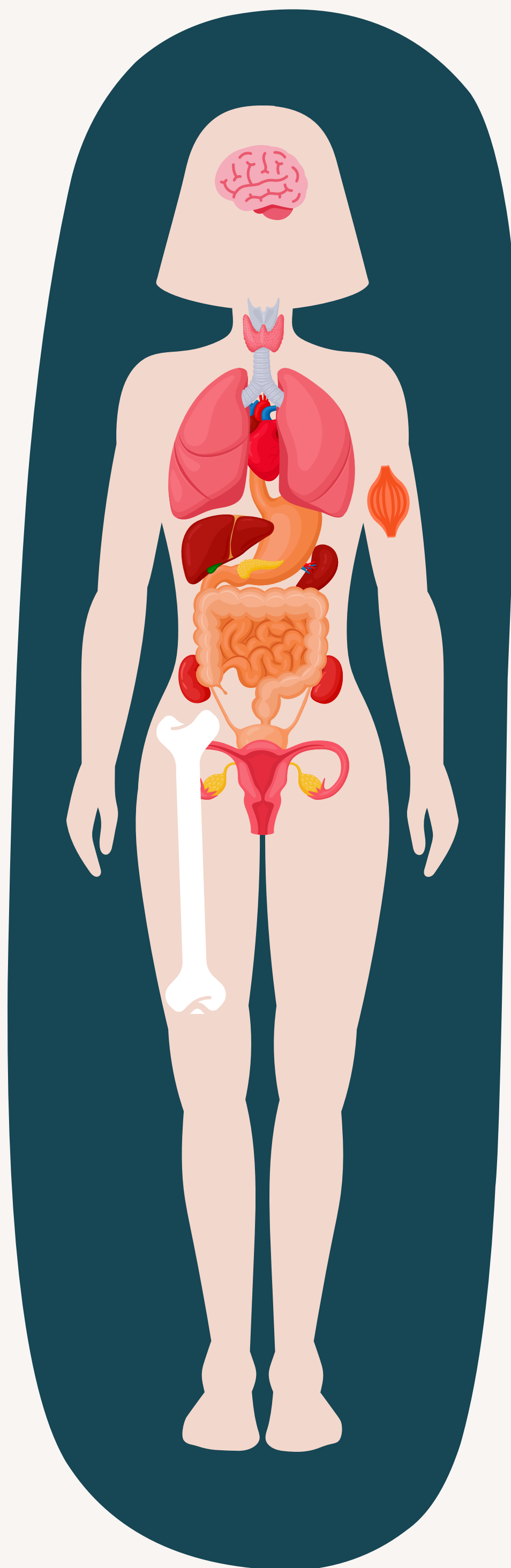
- Improves nerve transmission

Bladder

- Reduces risk of infection
- Improves bladder function

Vagina/vulva

- Increases lubrication
- Maintains balance of friendly bacteria in vagina
- Keeps tissues healthy



balance
by Newson Health