

The influence of oestradiol (oestrogen)

Brain

- * Anti-inflammatory
- * Improves blood flow in brain
- * Improves mood and reduces anxiety
- * Helps with learning
- * Body temperature control
- * Improves memory and focus
- * 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

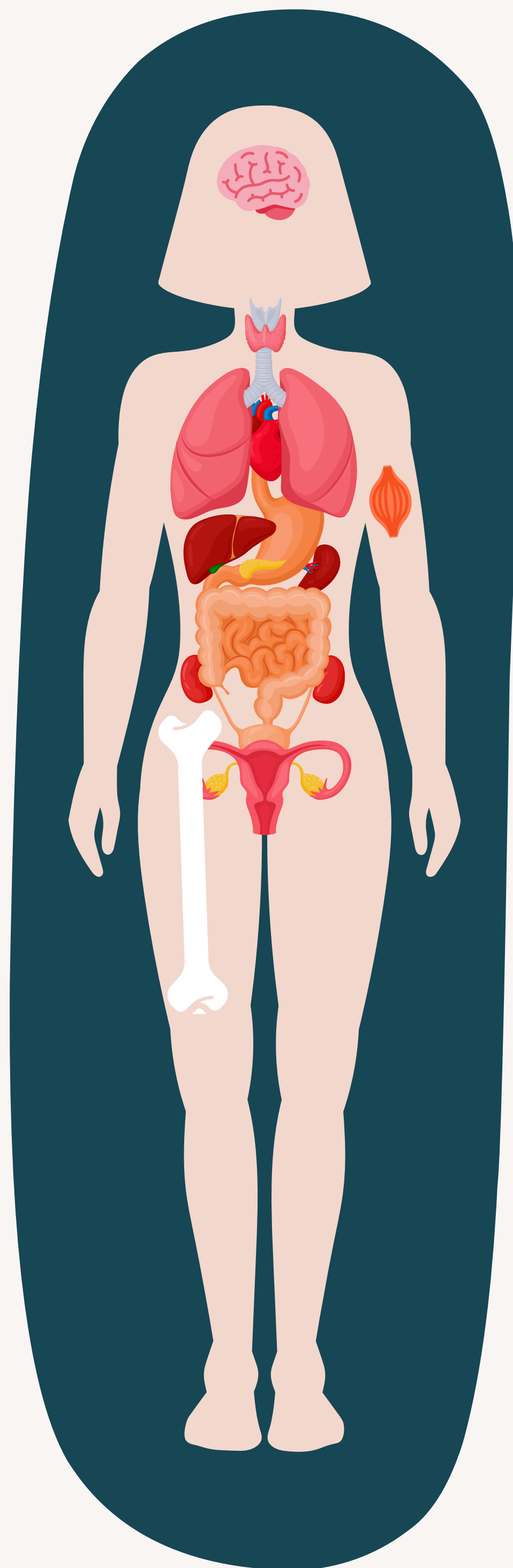
- * Improves nerve transmission

Bladder

- * Reduces risk of infection
- * Improves bladder function

Vagina/vulva

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



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The influence of testosterone

Eye health

- * Improves meibomian gland function and lubrication
- * Reduces dry eyes

Cardiovascular health

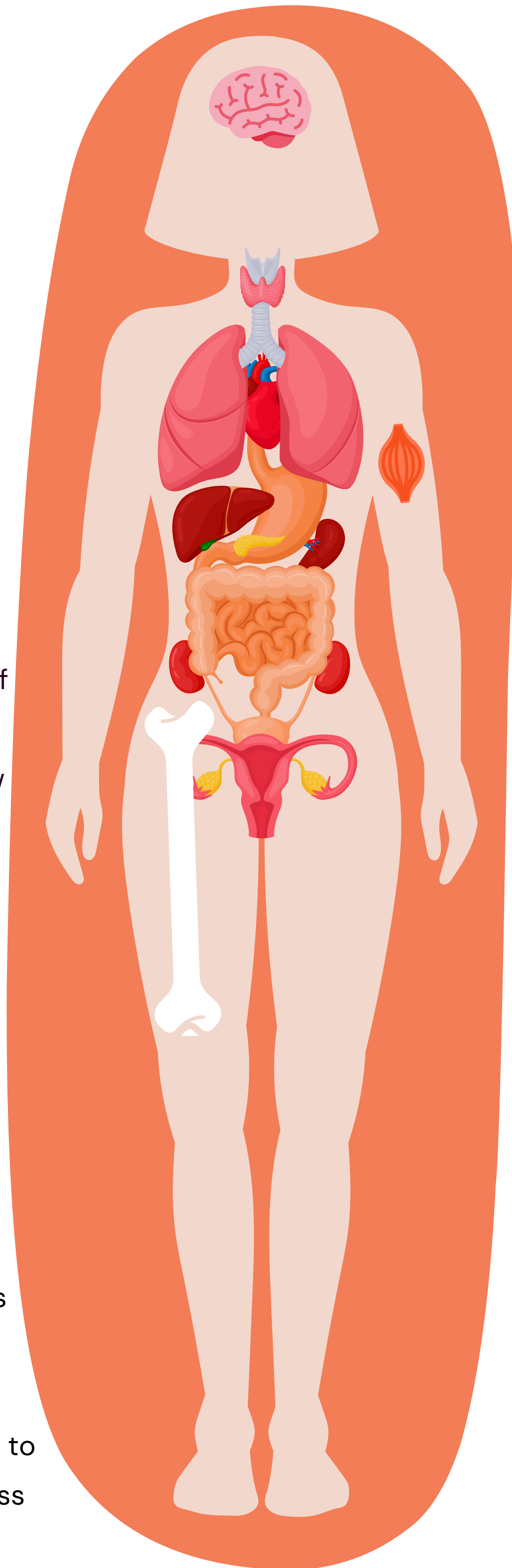
- * Lowers triglyceride and cholesterol
- * Improves cardiac capacity and output – makes your heart stronger and more efficient
- * Improves endothelial function – helps the lining of your blood vessels work better, increasing blood flow

Circulation

- * Red blood cell production

Reproductive and sexual function

- * Libido, arousal and orgasm
- * Urogenital health
- * Improves urinary symptoms including urgency and incontinence
- * Reduces symptoms related to vaginal dryness and soreness



Brain function

- * Improves concentration
- * Improves memory, verbal learning and spatial abilities
- * Sleep quality improves

Mood

- * Psychological wellbeing
- * Improves energy

Muscle

- * Improves muscle mass and strength

Metabolism

- * Maintains normal metabolic function (blood pressure, lipids, glucose metabolism)

Bone health

- * Increased bone mineral density

Bladder

- * Reduces risk of infection
- * Improves bladder function

Vagina/vulva

- * Increases lubrication
- * Keeps tissues healthy

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The influence of progesterone

Brain

- * Helps brain cells to communicate better, which helps improve mood, memory and brain health
- * Helps nerve functioning

Breasts

- * Tempers the effect of oestrogen and reduces breast cysts

Immune system

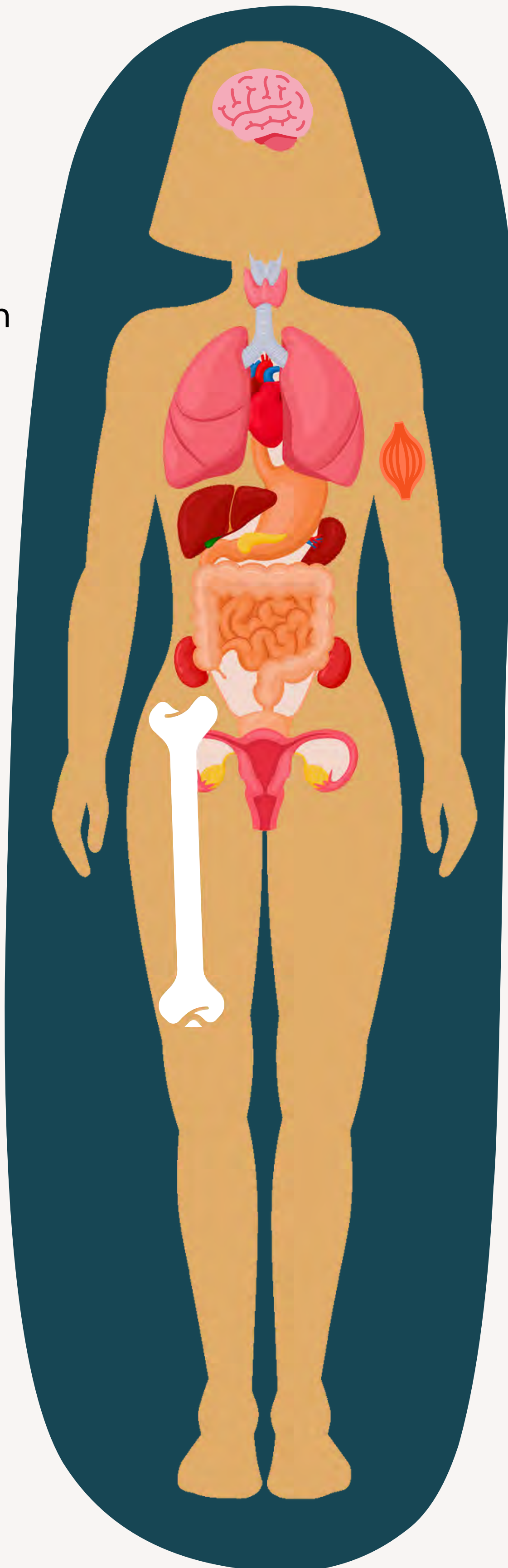
- * Reduces inflammation
- * Lowers risk of autoimmune disease

Bones

- * Builds bone

Metabolism

- * Regulates blood sugar levels



Psychological wellbeing

- * Promotes sleep
- * Relieves anxiety
- * Helps use fat for energy

Muscles

- * Stimulates growth of new muscle
- * Reduces muscle spasm

Reproductive/sexual function

- * Regulates menstruation
- * Supports pregnancy
- * Reduces bleeding