

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

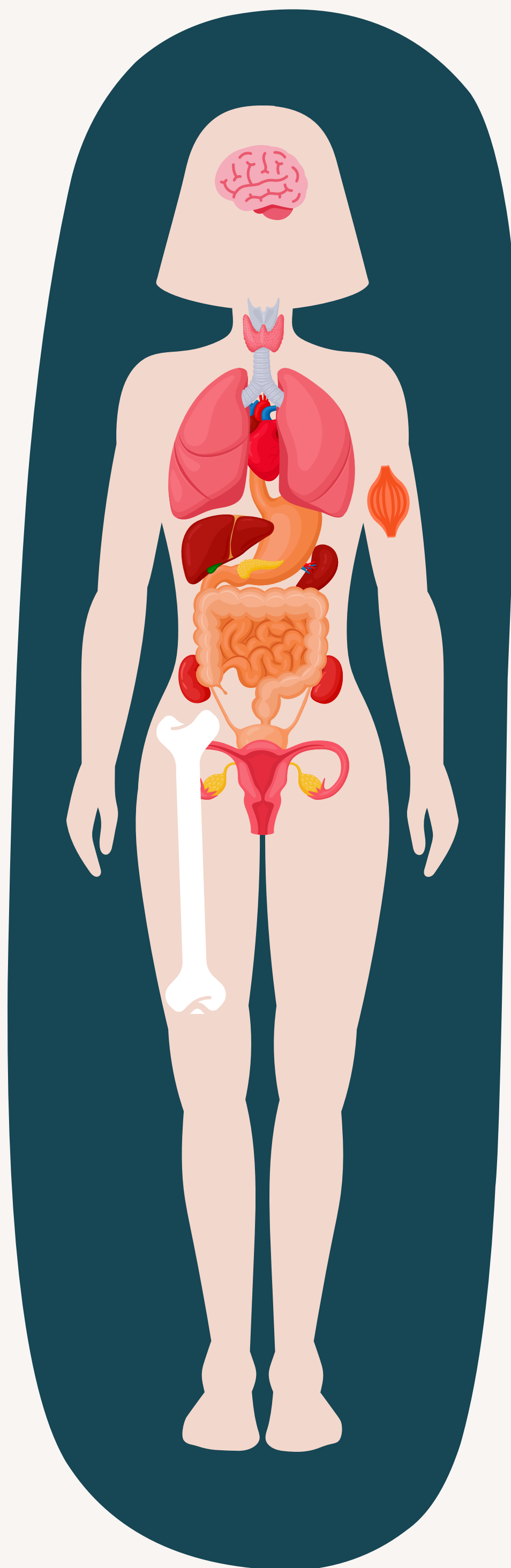
- Improves nerve transmission

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

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

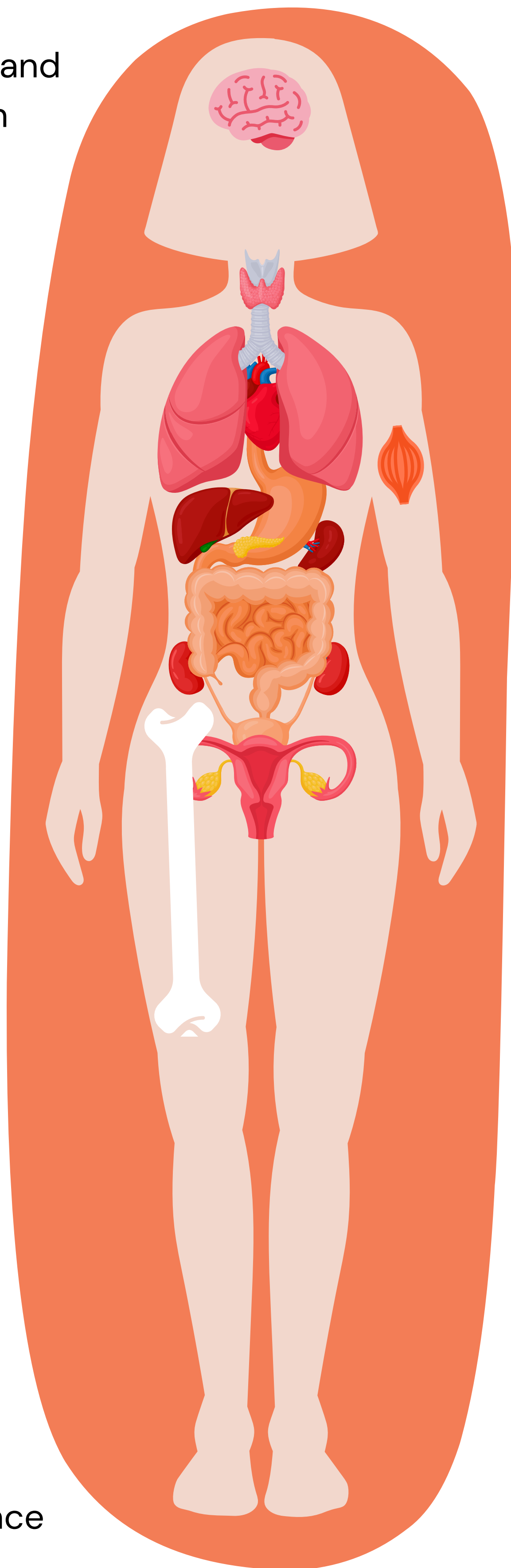
Reproductive and sexual function

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

balance
by Newson Health

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

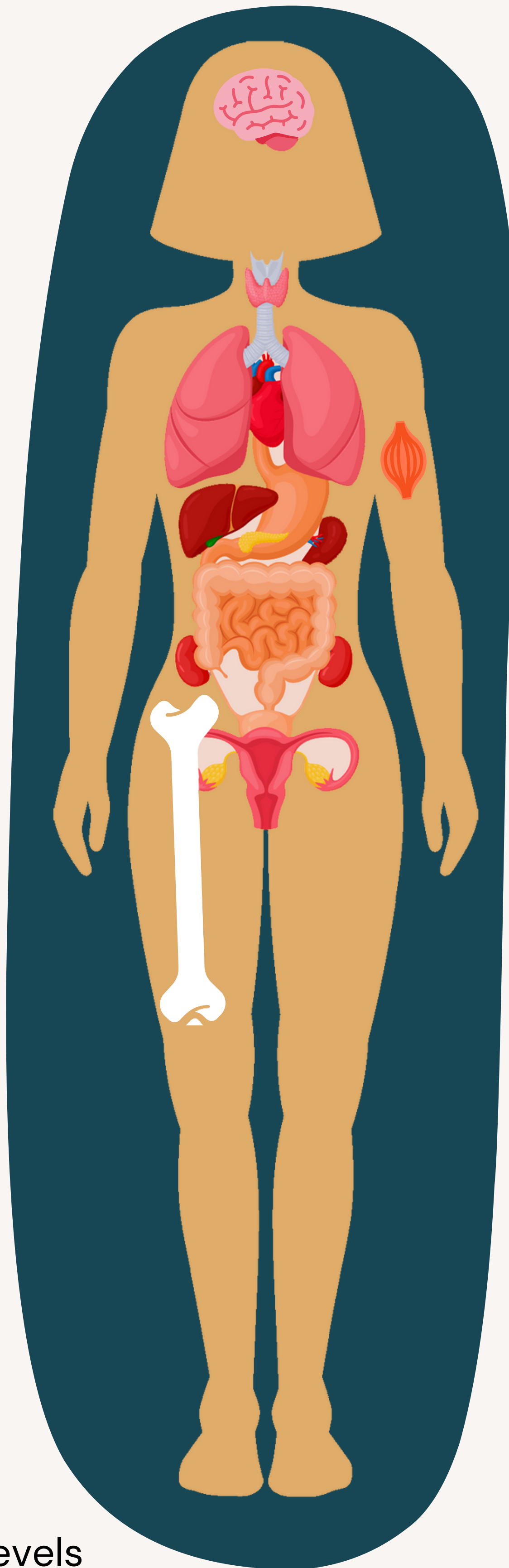
Lowers risk of autoimmune disease

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