

# Microbiome and Hormones, and why to take a probiotic.

## My gut and menopause – Why do I need a probiotic?

Up until now our gut has taken a beating if we've been into processed foods and carbs, little by little killing off healthy gut bacteria. You'll have an impaired gut if you have:

Increased allergies, bloating, put weight on and can't take it off, skin problems, night sweats, hot flushes, body odour, bleeding gums, always catching colds/bugs, regular indigestion, problems with going to the loo – If you've got any of these - read on!

From Magdalena at Hormones Balance:

## What are probiotics?

Our ancestors had a diet brimming with nutrients and beneficial species of live bacteria because they lived off the land. These species of live bacteria evolved into an essential component of our digestive system known as probiotics.

Probiotics *regulate the digestive system, improve immune function, and serve as the first line of defence against infections.*

## What if I don't take probiotics?

Digestive health is paramount to our overall health. An unhealthy digestive system results in an overgrowth of "bad" bacteria and yeast. Food cannot be broken down properly, essential nutrients are not absorbed and the immune system is compromised, leaving us fatigued and run down.

Overgrowth of bad bacteria leads to a higher risk of infections, allergies, and inflammation, which can lead to symptoms of constipation, diarrhoea, gas, bloating, acid reflux disease, eczema and often weight gain.

## How your gut microbiome impacts hormones

The fact is, **you can't get far in your healing if you don't fix the gut microbiome.** Did you know that the gut produces all three forms of oestrogen (oestrone, oestradiol, and oestriol)? It also promotes levels of oestriol (aka E3, the protective oestrogen) and helps with reducing symptoms of menopause and osteoporosis. Gut bacteria also impacts our oestrobolome, a collection of bacteria in the gut which metabolizes the body's circulating oestrogen. It helps detoxify us from harmful oestrogens, which are the main cause of breast cancers and breast lumps.

Progesterone is also partly produced in the microbiome, which then signals when and how much to produce.

#### WHAT PROBIOTIC SHOULD I TAKE?

We're now really lucky to have one that has been specifically developed for women going through the peri/menopause – from a small company in Wiltshire – Microbz. They've developed Biolive Woman that I put all my clients on, and has been called 'a real game changer!' I've seen the results myself, but when I hear it from my clients I'm thrilled that it makes such a difference, it's part of my essential kit for helping a client deal with all symptoms now.

As well as being a varied and powerful probiotic it has added herbs and minerals SPECIFICALLY for your health at this time in your life, for example – stress calming Schisandra, Moringa and Holy Basil for adrenal fatigue, Korean Ginseng for energy, fennel for hormone balancing and maca root for libido, and so many more!

I wouldn't be without it, and you can get 10% off with your first order here with this link:

<https://microbz.co.uk/product/bio-live-women/ref/andrea.marsh/>

