

Further reading library of articles

The structural biology of oestrogen metabolism

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3866684/>

Physiology, Progesterone

<https://www.ncbi.nlm.nih.gov/books/NBK558960/>

Extra-gonadal sites of estrogen biosynthesis and function

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5227141/>

Hormone Health Network (US based)

<https://www.hormone.org/>

Role of Estrogen in Thyroid Function and Growth Regulation

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3113168/>

The Clue App – Is period slang ever helpful?

<https://helloclude.com/articles/culture/is-period-slang-ever-useful>

The Normal Menstrual Cycle and the Control of Ovulation: Beverly G Reed, MD and Bruce R Carr, MD.

<https://www.ncbi.nlm.nih.gov/books/NBK279054/>

Reference ranges for estradiol, progesterone, luteinizing hormone and follicle-stimulating hormone during the menstrual cycle

<https://www.semanticscholar.org/paper/Reference-ranges-for-estradiol%2C-progesterone%2C-and-H%C3%A4ggstr%C3%B6m/f95fe49235798b77c8c3519d92e726dcbe077ab5>

Estrogen: An Emerging Regulator of Insulin Action and Mitochondrial Function

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4391691/>

Role of Estrogen in Thyroid Function and Growth Regulation

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3113168/>

The Expanded Biology of Serotonin

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5864293/>

Oestrogen and the brain resources

- “Sex hormones, particularly estrogens, possess potent antioxidant properties and play important roles in maintaining normal reproductive and non-reproductive functions. They exert neuroprotective actions and their loss during aging and natural or surgical menopause is associated with mitochondrial dysfunction, neuroinflammation, synaptic decline, cognitive impairment and increased risk of age-related disorders.”

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5743731/>

- Dr Lisa Mosconi

<https://n.neurology.org/content/95/2/e166>

How menopause affects the brain: https://youtu.be/JJZ8z_nTCZQ

Role of Circadian Neuroendocrine Rhythms in the Control of Behavior and Physiology

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3128131/>

“How the US Government and The Media Conspired to Convince Women That Menopausal Hormone Therapy Was Dangerous” presented at ISSWSH 2020 Orlando, FL March 5, 2020

<https://intimedicine.com/isswsh-videos-2020/isswsh-2020-dr-james-a-simon-presidential-address-presentation/>

The Controversial History of Hormone Replacement Therapy

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6780820/>

The Real Food Movement – informing health choices. This is most definitely the best nutritional resource you can refer to for any kind of eating well plan.

<https://phcuk.org/>

Change Your Breath, Change Your Life - Lucas Rockwood, TEDxBarcelona -

<https://youtu.be/QTJOAI0UoU>

References:

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3866684/>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6066788/>

3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4391691/>