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REPLENISH
WELLNESS CENTER

185 Chateau Drive, Suite 302-B
Huntsville, AL 35801
Office: (256) 885-1605
Fax: (256) 885-1905

[Replenish Wellness Center](#)

Feeling Your Best Requires Individualized Attention: Start Here



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This year has brought so many stressful situations right to our doorsteps – including working from home, virtual school, a healthcare crisis and more – that it can be difficult to manage all the things that demand your time and attention. And it can be easy to forget that taking care of yourself is the best way to make sure you're able to take care of everyone and everything else in your life.

In order to be and feel your best, your body needs restful sleep, healthy nutrition, physical exercise, a purpose, and faith in something greater than yourself. While taking charge of your personal wellness might seem like a simple concept, a lot of everyday things can get in the way.

Stress is one of the key obstacles to overall wellness, as it can disrupt your sleep, impact your appetite, and challenge your overall feeling of well-being. That combination, in turn, impacts your ability and willingness to exercise.

Stress is a fact of life.

Of course, we can't just *decide* to relax and turn off our daily stress. Unfortunately, it doesn't work that way. There are things you can do – with professional guidance – to help your body deal with the physical impact of that stress. In fact, [three easy steps](#) will give you a head start to getting your stress under control and getting you back to feeling your best.

Step One: Identify the problem

As with any self-help effort, the first step in managing stress is identifying that stress is, in fact, the problem. Recognizing the physical toll it is taking on your body is important, of course, but so is understanding any underlying psychological cause that may be influencing your well-being.

Step Two: Rely on a trained professional to help evaluate your options

Managing stress may appear simple enough – just look online for a mountain of DIY alternatives. But for many people, particularly women, stress can be complicated by, or even *caused* by, one or more physiological conditions that must be treated first. This will require the help and guidance of a trained professional like [James D. Thacker, M.D.](#), of the [Replenish Wellness Center](#) in Huntsville, Alabama.

Step Three: Take action

Beginning with lab tests and other evaluations, [Dr. Thacker can help identify \(or eliminate\) possible physical factors that may be contributing to your stress level and work with you to create a plan based on your individual situation.](#) For many, hormone replacement therapy and the supplements that support it can provide the foundation for a complete approach to balancing your body. [Hormone imbalance impacts millions of people every day](#), with symptoms including fatigue, weight gain, severe mood changes, and low libido.

The [primary female hormones](#) and what they do:

1. **Estrogen**, in all its many forms, are primarily produced by the ovaries and adrenal glands to support heart, brain and muscle health.
2. **Progesterone** is also produced in the ovaries, contributing to brain health, maintains healthy HDL cholesterol levels, stimulates the production of collagen, and can help moderate mood swings.
3. **Testosterone** is produced by both the ovaries and the adrenal glands. It generates new blood cells, enhances the libido, supports healthy bone tissue, and increases and maintains muscles mass. Testosterone also decreases the risk of vaginal atrophy and can help decrease fat storage in post-menopausal women.
4. **HCG**, also known as Human Chorionic Gonadotropin, is only released in pregnant women.
5. **Follicle Stimulating Hormone**, or FSH, is produced in the pituitary gland. Particularly high levels of FSH may indicate that ovaries are failing and can be a leading indicator of approaching menopause.

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6. **Luteinizing Hormone**, produced by the pituitary glands, controls the reproductive system and is responsible for the production of sperm in males. It also stimulates the production of estrogen, progesterone, and testosterone.
7. **Dehydroepiandrosterone Sulfate**, or DHEA, is produced by adrenal glands and helps produce both testosterone and estrogen. Low levels of DHEA are often associated with a low libido, low bone density, and osteoporosis.

Contrary to popular belief, hormone imbalance is *not* just a problem for women. [Many men also experience the symptoms of hormone imbalance](#), particularly as a normal part of the aging process.

[Replenish Wellness Center](#) addresses these early indicators of aging through the precision of personalized patient care plans that optimize hormones and extend patient health span as a Certified BioTE® Provider. The key to restoring your individual optimal wellness can be any combination of the following [Replenish Wellness Center](#) offerings:

- [Bioidentical Hormone Replacement Therapy](#) (BHRT) may offer relief for both men and women experiencing the common and debilitating symptoms often overlooked by medical providers. Some of these symptoms include exhaustion, stress, foggy thinking, weight gain, and sleep disturbances. These ailments may be managed by returning to a state of hormone balance through BHRT.
- [Nutraceuticals](#), available through [Replenish Wellness Center](#), can supplement BHRT for hormone optimization, offering benefits including improved bone health, reduced cholesterol levels, and improved calcium absorption. They can also improve your body's immune system by optimizing its own capabilities with the right dose of nutrients including:
 - [Vitamin B](#) as mind boosters, mood stabilizers, nervous system support and improved memory and concentration
 - [Vitamin D](#), to eliminate deficiency symptoms such as fear, loneliness and excessive sorrow, insomnia, sweating and hypertension
 - [Zinc](#) to boost your immune system and metabolism functions, improve wound healing, taste and smell.

Finding the Balance

These days, it can be a struggle to maintain a healthy balance of emotional and physical well-being. Just as we follow guidance around social distancing, wearing masks, and washing our hands, it's important for us to do whatever we can to maintain a healthy immune system. By taking action to support our physical and mental health, we are armed with yet another tool to combat all types of attacks to our bodies and minds.

[Contact Replenish Wellness Center to schedule an evaluation](#) and learn how restoring hormones to their optimal level may address your own specific health concerns.