

Testosterone

Testosterone (TT) is produced by women in small amounts. There are issues associated with low and high testosterone levels. Testosterone is made by the adrenal glands, ovaries and muscles. In post menopausal ladies, testosterone is made by the adrenal glands and muscles.

When a lady has her ovaries removed (for example with a total hysterectomy) or becomes menopausal, her testosterone levels can plummet, causing problems. Many health professionals over look this important hormone for men and for women as a cause for low energy and low libido.

Testosterone can:

- To improve mood, memory and brain integrity
- Help with muscle mass, strength and stamina
- Assist with the prevention of osteoporosis
- Increase sex drive
- Make the lady feel good.

High testosterone

With increasing frequency, I am finding ladies have elevated testosterone levels. At this point in time (2010), there is not a great deal of research into why ladies increase their testosterone levels, except it is probably a combination of a stress response (the adrenal glands make the stress hormones adrenaline and noradrenaline, and therefore stress probably increases supply of TT), a lack in the mineral zinc, possible exposure to violent visual stimuli (video games, movies) and maybe an exacerbation by certain foods.

We know that elevated stress causes TT to rise (due to an over-active adrenal response). As well as exercise and sport (muscle mass). So possibly simply the perception/emotion of “competing” increases our stress response and some survival mechanism takes over and we secrete more testosterone. Who knows. There isn’t much literature to support this theory either way to be honest – not that I am aware of at this point in time. By please if you do know of any supporting or relevant information, always forward it to admin@byebyebridget.com . It helps keep us up to date too.

What is scary is that testosterone imbalances in women lead to the development of secondary male sexual characteristics. Facial hair, increased body hair, receding hair line, acne on the face, neck and shoulders, deep voice, anger, rage, infertility and stubborn weight loss are all signs that a women’s testosterone maybe out of balance.

Whether the sudden rise in young women street and school fighting is due to high testosterone levels is yet to be proven. However, I am sure elevated a hormone imbalance of sorts is a major part of the problem or food additives.

I will up –date this as research gives us a better idea of the reasons behind the rises. HQ