As We Age many things about our bodies change, one of the things that change is our hormones. Hormones determine how tall you grown and how you handle stress, they also regulate the functioning of your sex organs.

The normal aging process causes hormone production to decline in everyone, resulting in imbalances that have both physical and psychological effects.

The main hormones that regulate a women's body are estrogen, progesterone and testosterone. Any time one or more of these hormones becomes out of balance, a women starts to experience change. This hormonal change is broken up into different stages:

Pre-menopause refers to a time before a women’ first regular menstrual to her last regular menstrual cycle. This is the period of "normal" reproductive function for a woman.

Perimenopause is the next stage. This refers to the "transitional" stage, which varies from 2 to about 10 years, prior to complete cessation of menstruation. This is usually experienced between the ages of 35-50 years of age. During this stage women can experience major hormone fluctuations which can cause typical symptoms, such as hot flashes.

Menopause is the third stage and marks the natural end of a women's reproductive cycle It is at this point that the body's ability to produce estrogen and progesterone naturally, decreases substantially. The ovaries stop producing eggs and a women is no longer able to become pregnant naturally.

Post-menopause is the period of life after menopause. This phase is generally believed to begin after 12 full months have passed since the last menstrual period.