



# 27 Reasons Your HRT Is Not Working

Find out why your HRT has stopped working or why it never worked for you.



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Are you on hormone replacement therapy (HRT) and it stopped working for you? Or you don't feel as good as you thought you should on HRT?

Everyday millions of women are going to their doctors asking for hormone replacement therapy (HRT) to help them manage their hundreds of symptoms of hormone imbalance such as:

- ☞ Headaches
- ☞ Irritability
- ☞ Migraines
- ☞ Depression
- ☞ Insomnia
- ☞ Low Energy
- ☞ Mood Swings
- ☞ Hot Flashes
- ☞ Joint Pain
- ☞ Anxiety
- ☞ Irrational Behaviors
- ☞ Low Sex Drive
- ☞ Anger Outbursts
- ☞ Muscle Aches



If you're anything like the millions of women suffering from these conditions due to hormonal imbalance issues, then you've probably sought out HRT to help alleviate your symptoms and plus many more not listed.

Conventional HRT only works for a short period of time, if it ever works at all. Women may feel good when they first start most HRT systems, but then it peters out and stops working. This leaves not only women confused, but doctors as well.

When this happens, women tend to go from one hormone practitioner to the next looking for that one doctor where they can get better relief of their symptoms of hormonal imbalance with the right HRT system. They spend a lot of time, money, and heartache just to feel good again to no avail.



I have had the privilege as a clinical hormone coach to work with over 30,000 patients for nearly two decades in a hormone specialty clinic. During this time, I've had the experience of working with virtually every form of hormone replacement therapy personally as a hormone patient, and professionally as a clinical hormone coach. This has given me great insight into how hormone therapies work, what works, what doesn't, and why they stop working.

Based on this experience, I have listed in this book 27 reasons in no particular order why the HRT you're taking may no longer be serving you. Hopefully this information will give you a little clarity on your hormone balancing situation, and what you might be able to do to get your hormones balanced to your [Hormone Sweet Spot™](#).



## 1. You're on the wrong hormone therapy.

Not all HRT is the same, in fact, there are four generations of them and all have differing goals and clinical outcomes. Some systems are designed to maintain low levels in your blood keeping you in a state of hormone deficiency, and some are designed to restore levels that bring you out of a hormonally deficient state altogether while restoring ovulation.

One method of HRT that may work for one woman may not work for you. You can be on the same HRT as your girlfriend but she may have a different clinical response in a positive manner or a negative manner.

*Are you on an HRT system that manages your symptoms of hormone imbalance, or one that has restored your deficient hormones?*



## 2. You're not on the right dose.

Getting enough of the right hormones is supercritical in optimal hormone balancing. Your brain and body require certain levels of each hormone to not only function, but thrive.

You could be on the right HRT system but if it's under-dosed or mis-dosed, then you will lose the effects of that HRT system very quickly and/or could cause side effects such as estrogen dominance, depression, and weight gain.

When you start HRT, your body will soak it up like a sponge and will want more but will not be able to get it. The dose of HRT you are prescribed could be less than what your body was manufacturing prior to HRT, and is a reason you could feel worse on hormones or not much better.

*Are you on the right dose of hormones?*



### 3. You're taking the wrong hormones.

It's easy to mistake the symptoms of one hormone for another. Hormone imbalance can be complicated especially if your prescriber isn't familiar with how to measure hormones or what symptoms go with what hormone imbalance.

Uneducated, untrained, and inexperienced physicians prescribing HRT easily mistake the symptoms of estrogen deficiency for thyroid issues or low progesterone or low testosterone, and prescribe the wrong hormone therapy. As a result, you will feel worse because no one is addressing the true hormone deficiency.

Hormone imbalance symptoms can mimic other hormone deficiencies which is why it's important to measure your hormones and maintain each in their perspective optimal ranges.

*Are you taking the right hormones?*



#### 4. You're taking them the wrong way.

There are several different ways you can take hormone replacement therapy; oral, transdermal, injection, suppository, pellet insertion, sublingual, etc., and depending on which hormone therapy you need, determines how you take them.

Some routes of administration are more effective than others depending on what you are trying to achieve, and can work differently for different women.

There are some HRT approaches that are harmful and ineffective (such as pellet therapy), and some that are more clinically effective (such as rhythmic transdermal cream). Knowing which one is right for you and your clinical goals is important in your hormone balancing efforts.

*Are you taking HRT the right way?*

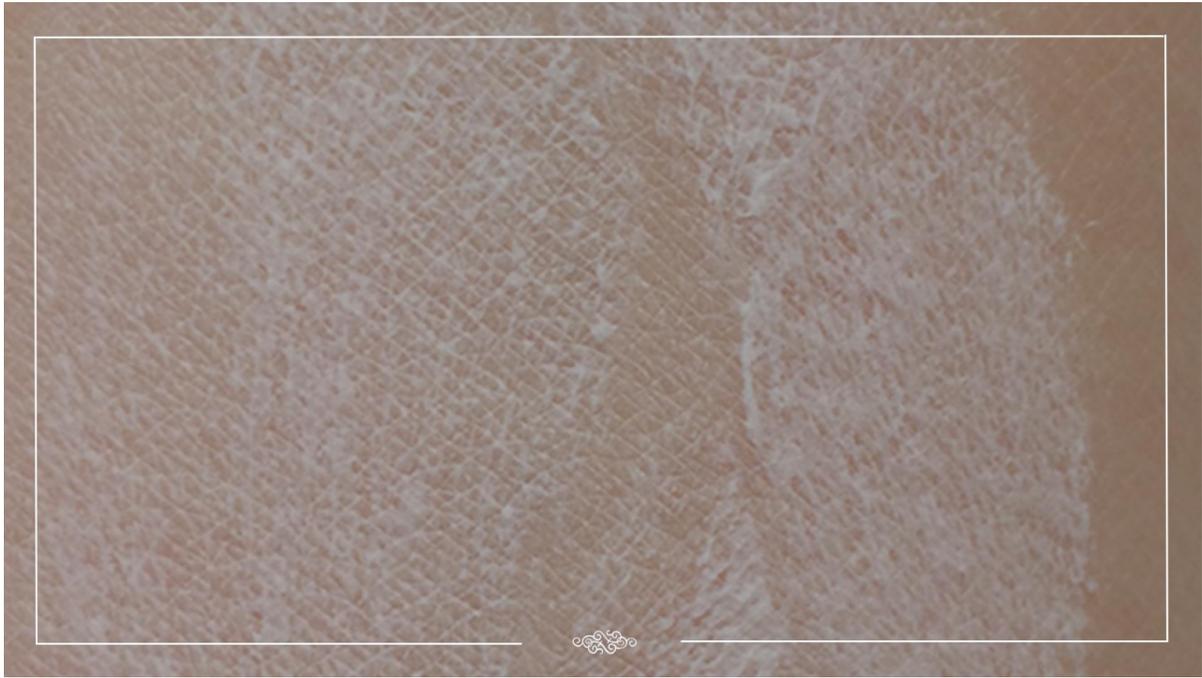


## 5. You're taking the same low dose every time.

Taking the same low hormone dose every time or every day is called static dosing.

HRT prescribed in a static manner stops working in weeks to months because it doesn't trigger a receptor response, which in time will fizzle out your receptors. If hormone receptors are not responding then you will not feel the effects of your hormone replacement therapy even though you have lab levels that indicate you have hormones in your system. For example, prolonged exposure to low dose estrogen decreases your levels of estrogen receptors so that with time, your cells become much less sensitive to estrogen. This is one of the biggest reasons conventional HRT is ineffective.

*Are you taking static dosed hormones?*



## 6. You're not absorbing them.

One of the ways to take hormone replacement therapy is that of soaking in through the skin. This is known as transdermal. If you are taking a transdermal HRT system, you will have absorption challenges which can keep you from getting access to those hormones you are taking.

Absorption issues are one of the biggest challenges of transdermal HRT. It's not so much how much hormones you take, rather it's how much of those hormones you're taking you are able to absorb.

Depending on what you're taking, a cream, gel, or a patch, there are 'barriers' that keep the hormones in the cream or on the patch from getting into your bloodstream such as oils, lotions, fat, etc. You want clean unsoiled skin to allow the hormones to penetrate into your bloodstream for the full dose. Wash area before each application for best results.

*Are you absorbing your HRT?*



## 7. Your gut is too toxic.

There is more to balancing hormones than taking hormone therapy. The health ecology of your estrobolome *directly* influences the clinical performance of *any* hormone therapy you take.

You can be on the right HRT system, dosed in the right amounts, and take them in the right manner; but if you have a dysbiotic gut microbiome, you will *never* get your hormones balanced.

There is really no use taking hormone therapy if your gut is toxic. In fact, doing so will cause a whole new set of issues you'll have to deal with. And, the more severe your gut dysbiosis, the worse you will feel on HRT. The cleaner your gut health ecology, the more clinically effective your HRT, and better results you will get for a longer period of time.

*Is your gut too toxic for hormone therapy?*



## 8. You're eating the wrong foods.

If you're one of the millions of perimenopausal or menopausal women who are completely confused on what's considered healthy to eat in this day and age, you're not alone.

As I stated earlier, there is more to balancing hormones than taking hormone replacement therapy. What you eat significantly impacts the clinical efficacy of the HRT you take. In fact, it is a direct link to your estrobolome and your ability to process estrogen effectively.

Hormones need a nutrient rich environment to work right, whether you're producing your own hormones, or you're taking HRT. Eating processed foods of any kind, (including protein powders), and a high sugar and simple carbs diet will keep your hormones from performing the way they are intended. In fact, you will feel worse on HRT by eating the wrong foods.

*Are you depriving your hormones the nutrients they require to perform?*



## 9. You have no set clinical goals.

Without clear set clinical goals for your hormone therapy, you will never know when or if your hormones are in balance. It will be like you're on an exercise wheel of perpetual hormone adjusting that goes nowhere.

If your clinical goals are to merely treat the symptoms of your hormone deficiencies, then the HRT system you take will be different than if your goals are to address the root cause and fix the deficiency issues altogether. Different HRT systems do different things, and which one you choose will determine your clinical outcome.

Setting clinical goals also means tracking hormone levels with labs and monitoring clinical indicators until your hormones are in balance.

*Do you and your HRT doctor have clear clinical goals and a way to measure them?*



## 10. You're a vegan.

I know this will make vegans unhappy to hear, but balancing hormones for vegans is not as easy as balancing hormones for those who incorporate quality animal meats and plenty of animal fats into their diet. In fact, it's nearly impossible to effectively balance hormones for vegans because of this.

Many struggle with this concept because it goes against all we've been taught but it's what we have seen in the hormone clinic. The truth is, hormones need plenty of animal fats and meat nutrition, especially the Vitamin A *only found in animal fats*, to fully perform. Vegans feel better on HRT but tend to not get the same clinical hormone balancing results as those women who incorporate enough animal protein and animal fats into their diet.

*Are you getting plenty of animal protein and fats in your diet?*



## 11. You're not getting daily physical activity.

Hormone replacement therapy requires daily physical activity and plenty of circulation to work the way it's supposed to.

Your hormones need help circulating throughout your body in order for you to get the full benefits of the hormone therapy you take. A sedentary lifestyle causes hormonal imbalance, and if you take hormone therapy and still don't move, you will never get your hormones balanced and will make things worse by creating conditions such as estrogen dominance.

Your body needs exercise to circulate the hormones you are taking so your body can experience the effects of them.

Making a concerted effort to get daily physical activity will enhance your hormone balancing experience.

*Are you providing the daily physical activity your HRT requires to perform?*



## 12. You have poor sleep hygiene.

Your sleep hygiene affects how your hormone therapy will function. HRT, or your own hormone production, requires plenty of quality sleep to work but it's a double-edged sword for hormonally unbalanced women. Women without enough estrogen rarely get a good night's sleep. Most of the time women cannot sleep without estrogen. Many contribute sleep quality to other hormone issues but it's really estrogen that dictates if you will fall asleep and/or stay asleep and wake up feeling rested in the morning ready to take on your day.

The physical female body requires plenty of sleep (at the right time) and plenty of relaxing rest to work right. Women who work the grave-yard shift or working in the airline industry will not have the same hormone balancing outcome as a woman who sleeps when the sun is down.

*Are you giving your hormone therapy enough quality sleep?*



### 13. You're exposed to endocrine harming chemicals.

Endocrine disrupting chemicals (EDCs) are chemicals or mixtures of chemicals you eat, put on your skin, and things you inhale that impact and interfere with how your hormones or HRT will function, if at all.

Some EDCs trick your brain and body into thinking they are hormones and others block your hormones from doing their job and render them useless. Other EDCs will increase or decrease your hormone levels and how they are broken down and stored, and some can change the sensitivity to how your body responds to other hormones.

Samples of EDCs are; cosmetics, lotions, beauty products, detergents, soaps, cleaning supplies, pesticides, processed foods, medications, sugar, phytoestrogens, soy, household dust, and plastics to name a few.

*Are you exposed to endocrine disrupting chemicals?*



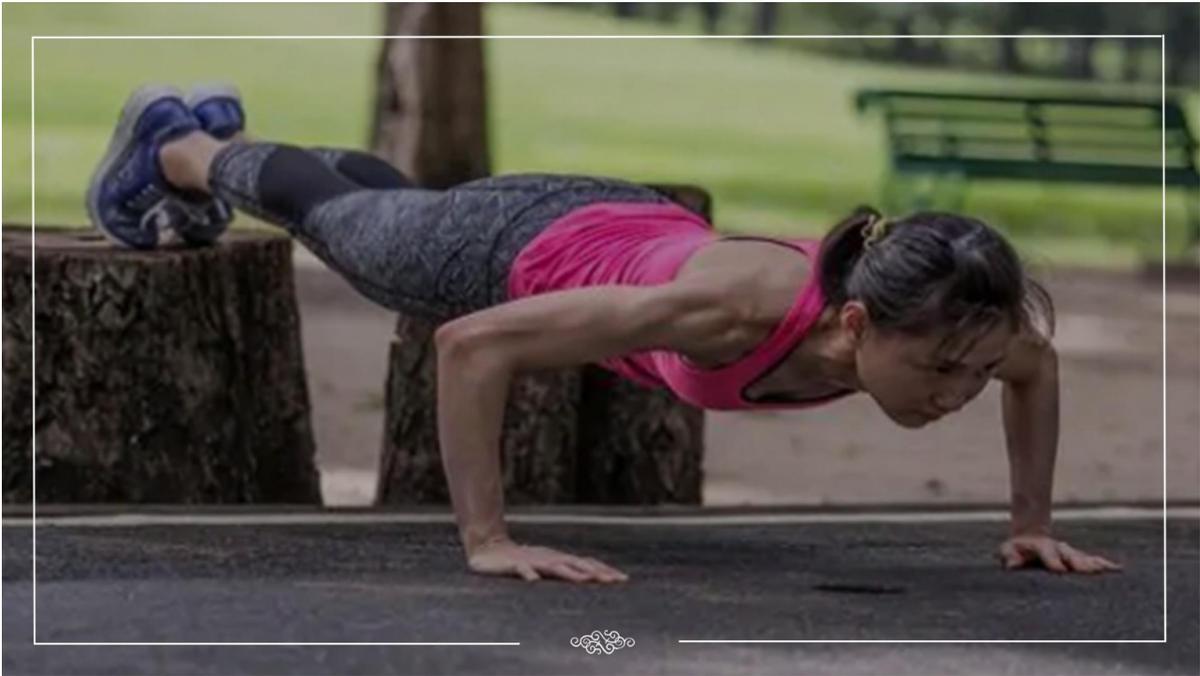
## 14. You're under too much stress.

When you are under a great deal of stress, it impacts how your hormones will function. Estrogen is your main-sex hormone that allows your body to handle stress. When estrogen is too low to handle the stress that comes your way, cortisol will kick in and take over.

Good stress is just as negatively impactful to you and your hormone performance as is bad stress.

Stress suppresses estrogen production and causes hormone imbalance throughout the body. Taking hormone therapy while under stress may help with the stress, but if the stress is more than what your main-sex hormones or HRT can handle, will cause a disruption in hormone balancing and you may never get your hormones balanced.

*Are you under a lot of stress?*



## 15. You're over exercising.

Regular exercising is good for hormone balancing but exercising too much will keep your hormone therapy from working and make a mess of your menstrual cycle and ovulation.

There needs to be a balance of farm to table eating, sleeping at night, and daily exercise for your hormone therapy to work to their fullest capacity. Too much or too little of these supercritical lifestyle factors will impact the clinical efficacy of your HRT.

Over exercising will keep you from sleeping and metabolizing your estrogen appropriately. It will cause gut dysbiosis and a dysfunctional estrobolome, as well as depression, anxiety, amenorrhea, and other health issues such as Female Athlete Triad.

*Are you exercising too much?*



## 16. You're using the wrong testing & guidelines.

This is one of those things that will make many unhappy but I have to be honest. Using ineffective hormone tests like the DUTCH test as a measuring tool, and following their recommendations for treatment will always keep you hormonally out of balance.

Remember I mentioned there are four different generations of HRT? These types of lab tests are designed for conventional low dose therapies with the mindset of keeping hormones sub-optimal, and you in a state of hormone deficiency. There are many clinicians who make a lot of money using the DUTCH test that won't be happy with what I'm saying here but following their guidelines creates estrogen dominance and other hormone problems. The DUTCH test, blood spot, and saliva testing are not a clinically effective tools for women who really want to get their hormones balanced.

*Are you using the DUTCH test and following their recommendations?*



## 17. You smoke cigarettes.

Smoking cigarettes will keep your hormones from ever really becoming balanced even if you take an advanced hormone replacement therapy protocol. The longer a woman smokes or has smoked, the less likely chance she has at getting her hormones balanced.

Smoking cuts off circulation in the body and breaks down tissues. Plenty of circulation is needed in order to disperse your HRT throughout your body so you can benefit from them.

Smoking is a powerful endocrine disruptor and hormone replacement therapy of any kind tends to be ineffective or not as effective as those women who do not smoke.

*Are you a cigarette smoker?*



## 18. You're self treating.

Some women try to balance their own hormones mostly because they don't have a doctor who knows how to effectively balance hormones for them.

Women who use Dr. Google for hormone therapy advice never get their hormones balanced. Some women think they can do a better job balancing their hormones than their doctors. This is sad but a reality for a lot of women. These women also spend their lives not trusting any doctor and in turn, never get hormonally balanced. They are always messing with their doses and think they know best. Proper and successful hormone balancing requires a formally educated and clinically trained doctor with a track record of restoring hormones for women. **Never try to balance hormones on your own.**

*Are you trying to balance your own hormones?*

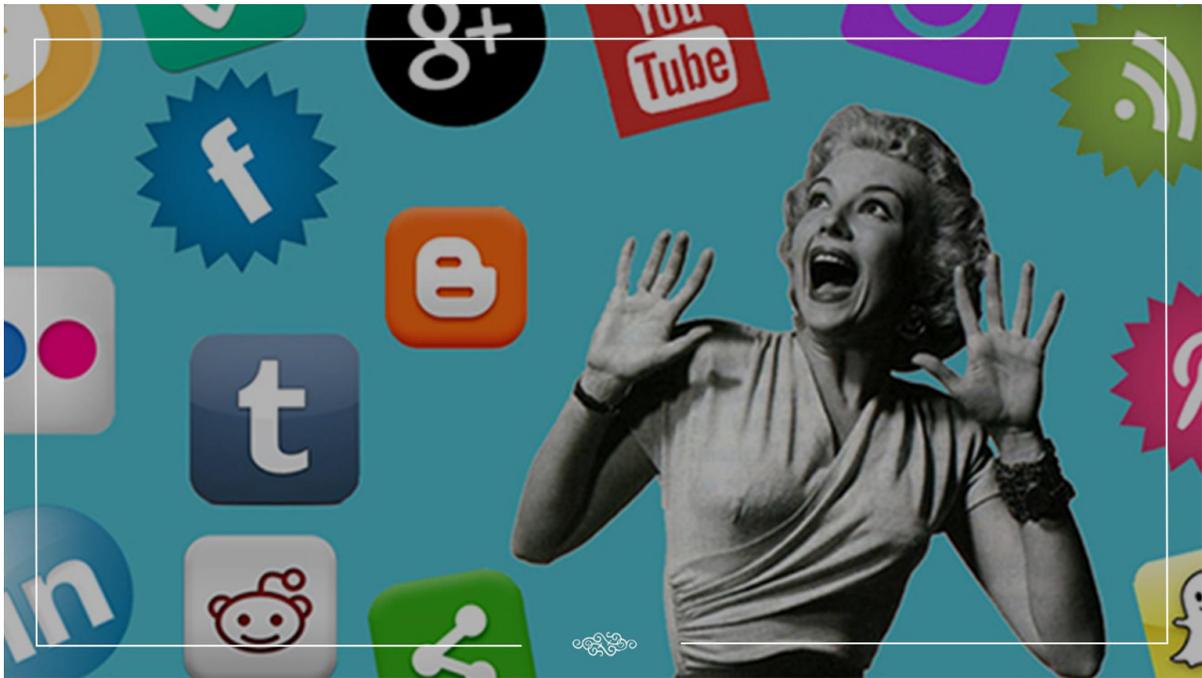


## 19. You're using a smartphone app.

There are some "hormone experts" who have a smartphone app business that sell memberships for hormone balancing through the app, where the app instructs you on what to take and how to take it. Usually, it's someone behind the app who knows nothing about female hormone balancing selling memberships to desperate women.

I have never met a patient who got hormonally balanced this way. In fact, they made a mess of their minds, bodies, and menstrual cycles. In addition to membership fees, women spend a lot of money on other products and treatments sold through the app to address what the hormone therapy was supposed to take care of. Only a formally trained hormone doctor that you have a professional relationship with can get your hormones balanced.

*Are you using a smartphone app to balance your hormones?*



## 20. You're using social media groups.

Similar to the smartphone app, using social media groups for hormone balancing is not a successful approach, even if a doctor is running the group. No one, not even hormone doctors or pharmacists, can balance hormones via messaging, chat dialog, or group hormone balancing.

Balancing hormones the right way requires the doctor and the patient to meet one-on-one (in person or telehealth) on a regular basis. Balancing hormones is complex and an ongoing process. It requires a personal professional relationship with a trained prescriber who knows how to read your clinical indicators and adjust hormones appropriately. Group hormone balancing may be convenient and lucrative for the doctor but it has never worked well for getting women hormonally balanced.

*Are you being treated for HRT through a social media group?*



## 21. You're taking the wrong supplements.

Taking DIM (Diindolylmethane) or any supplement designed to flush estrogen out of your system is counterproductive to hormone balancing.

Functional medicine teaches practitioners to use DIM to flush estrogen out of fat to address estrogen dominance. One of the biggest pieces of misinformation in my functional medicine training is the concept that estrogen is bad, and that estrogen dominance means you have high estrogen and therefore needs to be flushed out of the body. This couldn't be further from the truth and a dangerous concept of what they still teach in every functional medicine conference. Flushing the entire body of estrogen with anything creates extreme hormonal imbalance and increases estrogen dominance occurrence. Taking DIM and HRT at the same time is like using your air conditioner with your windows open.

*Are you taking DIM or anything that flushes estrogen out of your body?*



## 22. You're on drugs.

If you suffer from hormonal imbalance, chances are you're on some sort of prescription or non-prescription medication to manage the symptoms of it.

Most medications are endocrine disrupting chemicals that can keep your hormone therapy from working the right way, or block you from getting access to them.

Some medications will rob your body of the very hormones you need to function and thrive. Though taking HRT will help you feel better, you will have a hard time balancing your hormones while taking endocrine disrupting medications, recreational or prescribed.

The goal is to get your hormones balanced in a way that addresses your symptoms at the cause so your need for drugs diminishes.

*Are you on medications that keep your HRT from working?*



## 23. You're not pooping every day.

There is a direct relationship between the hormones you take (and the ones you produce) and your digestive health. If you constipated and don't have daily bowel movements, you will have a difficult time getting your hormones balanced.

Your hormones have a natural and timely methylation process dictated by your circulating estrogen levels. If there is a disruption in this process, balancing hormones is nearly impossible. If you can't poop excess estrogen out of your system every day, your body will reabsorb it in your colon, through your tissues, and up into your gut contributing a dysfunctional estrobolome. This creates estrogen dominance. Daily poops are required for the natural processing of estrogen and will keep you from becoming estrogen dominant.

*Are you having quality bowel movements every day?*

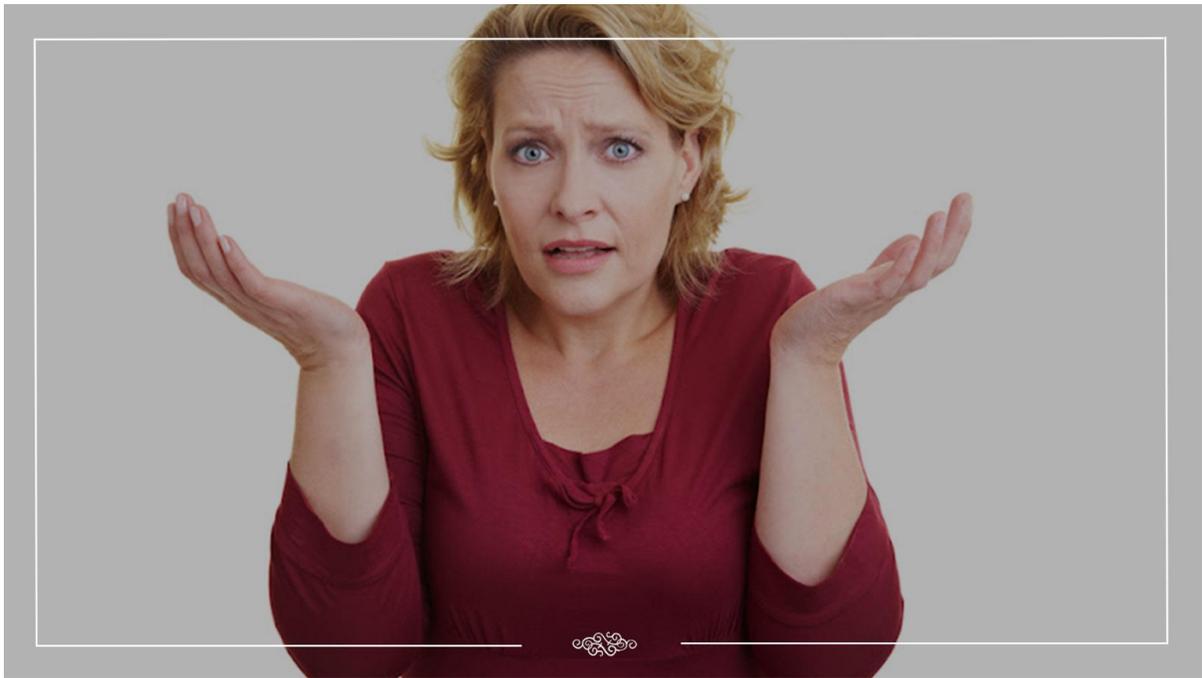


## 24. It's you.

There are some women who are genuinely anhedonic and malcontent that nothing makes them happy. These women rarely get their hormones balanced. I've seen a small percentage of women who are never happy with their HRT even though their hormones are in optimal ranges and have a low negative clinical indicator score.

There are also women who don't trust the protocol, or that there could be something more. They are constantly on the hunt for a better doctor or hormone therapy solution. These women tend to hang out in Facebook groups with groupthink mentalities of being married to their conditions. Their identities are so strongly associated with depression, anxiety, PCOS, endometriosis, PMDD, etc., that they cannot conceptualize an identity outside of that thinking.

*Are you sabotaging your HRT?*



## 25. It's not you.

There are some women who will never get their hormones balanced no matter what kind of hormone therapy they take or how good they are with complying to the dietary and lifestyle requirements.

There are about 7- 10% of women that no matter what they do, they will never reach their personal [Hormone Sweet Spot™](#). I've seen this happen with a few patients in the clinic over the years where their hormone lab levels look good on paper, but they do not get the benefits they should experience with those levels.

Chances are this won't happen to you especially if you're going to a trained and experienced hormone doctor who knows how to properly balance hormones, and you eat the right foods and live the right lifestyle.



## 26. You drink alcohol.

It is not unusual for perimenopausal and menopausal women to become alcoholics. In fact, many women are ashamed at the fact they feel the need to drink nearly every day just to cope with everyday life.

When hormones are not balanced, a woman's ability to cope goes out the window and she looks for ways to survive and manage on a daily basis. It's easy to pop open a bottle to help relax but many perimenopausal and menopausal women find they do it more than they'd like.

Drinking alcohol in excess when taking HRT is counterproductive. It impinges on the clinical efficacy of your hormone therapy, and you will not get the same results as a woman who does not drink on a regular basis.

*Are you drinking in excess?*



## 27. You're going to the wrong hormone doctor.

Going to the wrong hormone doctor is one of the biggest reasons women cannot get their hormones balanced. Medical school curriculum does not cover female hormone replacement therapy, and 90% of doctors in the United States do not have formal education, clinical application training, or clinical success in balancing hormones for women.

Doctors typically get their dosing instructions from one of three sources; hormone sample package inserts, WebMD, or they call a compounding pharmacist and let them direct your care. Though there is some HRT training available, the approach is to prescribe hormones in low and static doses which never address the deficiency issues.

The mindset, training, and experience of your doctor will make or break your hormone balancing journey.



Whether a specialist or general practice, if your doctor thinks estrogen is bad and causes cancer, and they have no formal training in adequate dosing HRT, they will keep your hormones too low and keep you deprived of estrogen. They will then reach for the prescription pad or sell you supplements to manage the symptoms that otherwise wouldn't exist if your hormones were in restorative ranges. Therefore, you will never reach an optimal balance or hormone homeostasis.



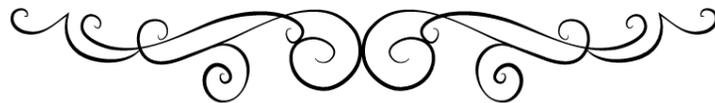
Make sure you go to a doctor who has formal female HRT education, clinical application training, and a record of clinical success of balancing hormones for women. This person has your mind and body in the palm of your hands. If they're good and properly trained to restore hormones to optimal levels, then you will no longer live in a state of estrogen deficiency.



The best thing you can do for yourself and those who love you is to find a doctor who understands the difference between managing the symptoms of hormone deficiencies and restoring deficient hormones to healthy levels again with the right HRT system for you.

Balancing hormones the right way is not easy and it's not quick fix. Once you get your hormones balanced for real with the right HRT prescribed the right way, you will never want to get off of them. A hormonally balanced woman is a happy woman.

*Are you going to the wrong HRT doctor?*



As you can see, there are many factors that influence the clinical efficacy of the hormone replacement therapy you take, including the kind, type and route of administration. The good news is, a lot of these influencers are within your control.

**What happens if any of these things may be true for you?**

It's supercritical you understand what your brain and body require to not only function, but thrive. It includes eating the right foods, living the right lifestyle, and taking the right hormone replacement therapy dosed in the right amounts. To get a clear picture on what that looks like, consider one of our [hormone balancing programs](#). Good luck on your hormone balancing journey and I hope you find your [Hormone Sweet Spot™](#).



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## About The Author



Marie Hoäg, MBA is a clinical hormone coach, speaker, and HRT practice consultant who has worked in the female hormone medicine industry for nearly two decades in a hormone specialty clinic with 30,000+ patients. She has personal and clinical experience with all forms of female hormone replacement therapies, and over 15 years of formal education in anti-aging and female hormone medicine. In addition to her clinical hormone coaching experience, Marie has a comprehensive background in research in female hormone medicine, estrogen, and estrogen deficiency diseases. Her current areas of professional focus include:

- Advanced Female Hormone Medicine
- The Estrobolome
- Estrogen & Hypoestrogenism
- Menses Establishment & Maintenance
- Menstrual Cycle Preservation
- Perimenopause & Menopause Prevention & Reversal
- Advanced Female HRT Clinical Educator
- Clinical Application HRT Coach For Prescribers
- Clinical Hormone Coach Training

She is also the founder of [MeNoPause Moxie](#) and [Panacea Sciences](#).

Connect with Marie on social media.

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