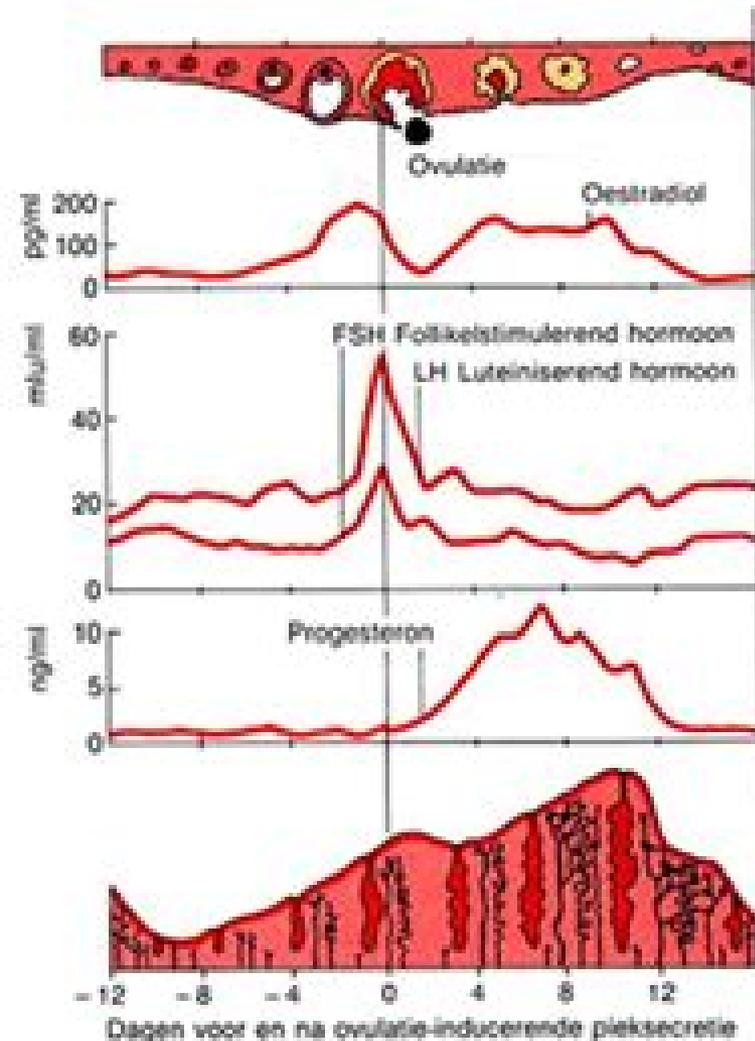


4 De menstruele cyclus



Eerste dag menstruatie = begin menstruatiecycclus

Eerste 12 dagen produceert hypofyse FSH en LH

FSH stimuleert rijping follikels in eierstokken.

FSH en LH stimuleren productie van oestrogene hormonen.

Eerste dag menstruatiecycclus → rijping van follikels

Groeiende follikels produceren oestrogenen → baarmoederslijmvlies dikker opdat bevruchte eicel kan innestelen.

Eén rijpende follikel groeit sneller dan de andere die afsterven

Productie oestrogene hormonen door rijpende follikel stijgt.

Stimuleert hypofyse tot afgifte veel LH.

Hoge [LH] in bloed zorgt voor opname van vocht door rijpe follikel → barst open → ovulatie

Restant follikel → geel lichaam → productie progesteron

Progesteron maakt baarmoederslijmvlies dikker & remt afgifte FSH + LH door hypofyse

- bevruchting
- geen bevruchting

Hormonen En Evolutie

CL Gary



Hormonen En Evolutie:

Het evolutie-vraagstuk Johannes Paulus Lotsy, 1921 *Verslag van de gewone vergaderingen der Wis- en Natuurkundige Afdeling Koninklijke Nederlandse Akademie van Wetenschappen. Afdeling Natuurkunde, 1925*

Hormonen? Hoofdzaken! Eric Fliers, 2006-12-11 *Verslagen van de gewone vergaderingen der Wis- en Natuurkundige Afdeling, 1925* Larousse Gezondheidsencyclopedie, 2004 **Het hormonenhandboek voor 40+ vrouwen** Vivian Reijs, 2024-07-17 In Het hormonenhandboek voor 40 vrouwen bereidt Vivian Reijs je voor op de perimenopauze om zo de menopauze beter en milder te laten verlopen Heftige klachten tijdens de overgang voorkomen In Het hormonenhandboek voor 40 vrouwen geeft Vivian Reijs je handvatten om al tijdens de perimenopauze de fase voorafgaand aan de menopauze je hormoonbalans te verbeteren om je zo soepel mogelijk door deze periode te helpen Vivian helpt vrouwen als jaren in hun zoektocht naar een vitale lifestyle en happy mind en ze schreef al meerdere boeken over hormonen In aanloop naar de menopauze ervaren vrouwen klachten als opvliegers of mood swings slaapproblemen en vermoeidheid en veranderingen in libido In Vivs nieuwe hormonenhandboek leert ze je meer hoe behoud je beauty en energie hoe werk je aan een gezond brein en gewicht meer informatie over anti aging en libido met bijdragen en persoonlijke verhalen van vele deskundigen Doe jezelf of een ander een plezier met dit boek en krijg toegang tot online extras 8 favoriete hormoonproof recepten voor 40 vrouwen Een digitale symptomenchecklist om te ontdekken wat er precies bij jou speelt Een gratis meditatie t w v 29 95 Lezers over de boeken van Vivian Na jaren van frustratie voel ik me beter dan ooit Ik dans weer door het leven Ik begrijp nu hoe mijn lichaam werkt **Hormonen en evolutie** Ernest James William Barrington, A. E. Groeneveld, 1968 **Hormonen, lichaam en geest** F. van Baarle, 1948 **Vitamines en hormonen** Wilfried Merlevede, 1989 Lektuurgids, *Hack je hormonen* Davinia Taylor, 2024-02-20 De 1 Sunday Times bestseller die je leert om je hormoonhuishouding gunstig te beïnvloeden Als we over hormonen praten denken we maar al te vaak dat dat een typische vrouwenkwestie is Maar hormonen regelen heel veel in ons lichaam van onze slaap tot ons eetgedrag van onze reactie op stress tot onze stemmingen Bestsellerauteur Davinia Taylor laat zien hoe we onze hormonen in balans krijgen Aan de hand van vragen als Waarom kan ik niet slapen Waarom kan ik niet stoppen met eten en Waarom ben ik zo somber behandelt ze de belangrijkste hormonen en wat ze voor ons lichaam en welzijn betekenen Hormonen zoals melatonine en serotonine die van invloed zijn op onze slaap insuline en leptine eetgedrag cortisol het stresshormoon oxytocine en testosteron humeur oestrogeen en progesteron van invloed op menstruatie pms en menopauze Met aanpassingen in leefstijl de juiste vitamines en dingen die je gewoon in je keukenkastje vindt kurkuma appelazijn kun je onder meer cortisol adrenaline dopamine en vitamine D ja dat is een hormoon en daarmee je complete hormoonhuishouding gunstig beïnvloeden Hack je hormonen leert je middels baanbrekende maar eenvoudige hacks hoe Slaap bijvoorbeeld beter dankzij kersen verjaag je hersenmist met goede vetten of verbeter je spijsvertering met paranoten Met medewerking van een arts Neem je gezondheid in eigen hand Belangrijk voor iedereen v m

x Honderden van mijn patiënten hebben ontdekt hoe het onder controle krijgen van hun gezondheid heeft bijgedragen aan het verbeteren van hun humeur energie slaap spijsvertering immuniteit libido en meer Dit boek zal je helpen een beter bewustzijn over je eigen hormoonhuishouding hormonale balans of disbalans te ontwikkelen Dr Mohammed Enayat arts en specialist in Functional Medicine in het voorwoord **Vakblad voor biologen** ,1970 **Drug Design** Everhardus Jacobus Ariëns,1971 *Woman on fire* Sheila de Liz,2025-08-21 Hoe je gezond en vrolijk blijft tijdens de menopauze Opvliegers gewichtstoename stemmingswisselingen de meeste vrouwen verheugen zich niet op de overgang Nog steeds zien we de menopauze als een sombere periode en dat beeld moeten we hoognodig bijstellen Vrouwenarts Sheila de Liz weet dat het anders kan je hoeft niet te lijden of maar even door te bijten Als je de klachten duidelijk in kaart brengt kun je veel doen voor je gezondheid en je algehele welzijn Ja ook in de tweede helft van je leven kun je vrolijk zijn en je sterk en aantrekkelijk voelen De megaseller uit Duitsland 500 000 exemplaren verkocht em **Brinkman's catalogus van boeken en tijdschriften** ,2001 With 1901 1910 1956 1960 Repertorium is bound Brinkman s Titel catalogus van de gedurende 1901 1910 1956 1960 Title varies slightly De evolutie van den mens Hendricus Johannes Tobias Bijlmer,1946 *Netherlands journal of veterinary science* ,1980 **Biologische evolutiemechanismen** ,2003 Nederlandsch tijdschrift voor geneeskunde ,1916 **Wat voor man wil jij zijn** Jens van Tricht,2023-05-05 Een hoopvol perspectief op mannen en mannelijkheid Jens van Tricht laat zien hoe mannen kunnen bijdragen aan een betere wereld en wat ze daarbij zelf winnen In Waarom feminisme goed is voor mannen pleit Jens van Tricht voor de emancipatie van vrouwen n mannen In de afgelopen honderd jaar hebben vrouwen toegang ge ist tot domeinen die voorheen aan mannen waren voorbehouden maar op het gebied van de mannenemancipatie bleef het opvallend stil Toch worden ook mannen door genderongelijkheid in hun vrijheid beperkt Want echte mannen moeten nog altijd stoer zijn zelfverzekerd sterk en onafhankelijk Ze moeten hard werken mogen niet huilen en geen kwetsbaarheid tonen Het belemmert veel mannen om ten volle zichzelf te zijn en dat heeft ook op maatschappelijk niveau destructieve gevolgen Waarom feminisme goed is voor mannen biedt een nieuw hoopvol perspectief op mannen en mannelijkheid Het laat zien hoe mannen kunnen bijdragen aan een betere wereld en wat ze daarbij zelf te winnen hebben Van Tricht bepleit in dit prikkelende boek de vrijheid voor ieder mens om los te breken uit beperkende verwachtingen en al zijn of haar talenten te benutten

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