



## MODULE 12 – SOLUTIONS HANDOUT

### All About Male And Female Hormones

#### **WEBINAR SUMMARY:**

If we help you identify issues which seem to be related to hormones and if you have not sought out a qualified doctor who specializes in hormone replacement therapy, this might be the right time.

We will go through item by item and, to make it easier, you can see what you might find to be a solution for you along the way. So we'll start with the basics and work up from there.

All Solutions are found in the e-Store: Click on Prevention in the NAV bar, then see the "Hormonal and Libido support" pod.

- A. **Vitamin D** is technically a hormone, so we should mention it first just in case you forgot about getting yourself measured and/or get on some supplementation.

We are starting here because this applies to people of all ages.

<b><i>Vitamin D Plus:</i></b> <b>» A Must for Everyone.</b>	
<b>Precautions Warnings</b>	<p><b>This product contains some vitamin K.</b></p> <p><b>Make sure to consult your Doctor if you are on Coumadin, more than a baby Aspirin daily, or antibiotics.</b></p> <p><b>It is rare, but possible for Vitamin K to interfere with antibiotic actions.</b></p>
<b>Benefits</b>	<p>Immune boosting.</p>
<b>Additional Benefits</b>	<p>Research about vitamin D deficiency and it's relationship to disease is rolling out each month.</p> <p>We see a link between metabolic issues, such as diabetes, and a link with certain cancers, coronary heart disease.</p> <p>Recent studies show that neurodegenerative diseases such as Multiple Sclerosis and Alzheimer's disease are linked to deficiency in Vitamin D.</p>
<b>Dosage</b>	<ul style="list-style-type: none"> <li>- If you have not had a Vitamin D level measured and get little to no sun then (3) 2000 mg caps daily.</li> <li>- If you get a good deal of sun meaning you work daily outdoors or spend all day playing tennis, golfing or lounging on the beach just two (perhaps three) caps daily to be on the safe side until you get a level checked.</li> </ul>
<b>Additional Remarks</b>	<p>In her 30 years of medical practice, Dr. Crawford has never seen anyone who is not on supplemental Vitamin D and who has a normal level. She typically sees Vitamin D levels of about 20 ng/ml (normal levels are quoted below).</p> <p>Since an overdose of any of the fat soluble vitamins is not "a good thing", unless you have a Serum Vitamin D measured so you can get the dose "perfect", we don't advise more than 6000 IU's per day.</p> <p>If you DO get your level measured, the <b>American College of Anti-aging and Regenerative Medicine</b> sets the "ideal" level at 75 ng/ml. So if your Doctor is monitoring you, you can increase your dose and aim for that number.</p>

- B. **Thyroid function:** This is another issue we talked about way back in Module 2 on "How To Regain the Energy of your Youth".

If your energy isn't great, did you go and get that thyroid checked? Intolerance to cold is associated with being hypothyroid while heat intolerance corresponds to being hyperthyroid.

Check the Handout on Module 2 to make sure to get the right tests done.

Now we are going to go from one decade to the next, which corresponds to the order in which your questionnaire was devised and seems a sensible way to understand our hormonal system:

1. **Age 30-40:** We start to lose melatonin so this is when sleep issues begin. If the Solutions in Module 7 for "Perfect Sleep" have not worked for you, and you DON'T have depression, the two hormones likely to be the culprits are:

**IN WOMEN:**

**Progesterone deficiency.** If so, you will usually also have PMS, some minor memory issues such as name recall, and some concentration issues.

Peri-menopause may start as early as 25-30. Mood swings and PMS may be another symptom. However typically this starts around 40.

Drops in testosterone in women are often responsible for a decreased sex drive and tend to occur after we see a drop in progesterone-usually when you are in your 40's but possibly prior.

If you feel you have a **progesterone** deficiency, then the hormone **pregnenolone**, with its breakdown product of progesterone, will help you sleep better and have improved cognition and mood.

## ***Pregnenolone Controlled Release: 30 mg Tablets***

<b>Precautions Warnings</b>	<b>None.</b>
<b>Benefits</b>	Increases progesterone levels to help with PMS, brain fog as well as other low-progesterone issues.
<b>Additional Benefits</b>	Helps sleep maintenance.
<b>Dosage</b>	- Most helpful if taken at bedtime. Effective dose is usually 3-4 tablets nightly.
<b>Additional Remarks</b>	Sometimes does not "convert" enough to progesterone so relief is not as dramatic. This is a stop-gap measure before getting progesterone via a qualified doctor.

### **IN MEN:**

**Testosterone deficiency.** There can be many causes if you are in a younger age group than men going through "andropause", which typically is a drop in testosterone occurring usually in men in their 50's.

It can be anything from rough sports with knocks to the head or groin, previous use of testosterone for body-building purposes amongst other causes, but this should nevertheless be evaluated by a Specialist.

Testosterone deficiency can also cause memory issues, mood issues, and sleep issues, usually resulting in unrefreshed sleep.

Energy is also impacted as well, with an all-day feeling of sluggishness, which includes lack of drive, inability to "get going" on an exercise regimen, and loss of muscle mass. Sometimes there is a decrease in testicle size also.

**IMPORTANT NOTE:**

If you are experiencing the symptoms described above, there is the remote possibility of a testicular nodule that may or may not be serious. If you feel one, seek medical help immediately.

In our mid 30's, we see a drop in **Human Growth Hormone** (HGH). This is often not dramatic, but sometimes, we can start to see those changes in our mid to late 30's:

- Increase in body fat
- Increase in wrinkles and the beginning of sagging, thinning skin
- Less of a feeling of well being
- Sagging of muscles and breasts usually doesn't start until the late 40's

Now, remember we talked about how to increase these levels in Module 3: "How to Look Younger"? This is achieved with the following supplement:

## ***L-Glutamine: 850 mg caps***

<b>Precautions Warnings</b>	<b>Do not take if you have MSG allergy.</b>
<b>Benefits</b>	Recall that this ups your <b>Human Growth Hormone</b> levels so this will increase both muscle mass and "volume" as a nice side effect!  AND this increase will reflect in the appearance of your skin; you might recall from Module 3 that elastin, collagen and hyaluronic acid in the skin will increase!
<b>Additional Benefits</b>	Also will help with anxiety-based snacking, therefore weight control as well as general anxiety (and for THAT dosage refer to Module 11)
<b>Dosage</b>	- 4 caps each evening prior to bedtime.
<b>Additional Remarks</b>	It will also help with body fat/muscle ratios, well-being, and sagging of muscles and breasts.

2. **Age 40-50:** By our mid 40's, we are seeing the need for **progesterone** in women, sometimes early menopause which we'll discuss more in a moment, and, with time, we see gradually more of the effect of **HGH loss**: have you noticed how injuries heal more slowly than in years past?
  
3. **Age 50-60:** In our 50's, women will be experiencing irregular periods, hot flushes, a definite drop in libido, and vaginal dryness. All of these symptoms, other than the libido drop (due to a loss of good testosterone levels), are due to **estrogen** loss.

One quick word about hot flushes/flushes or whatever you'd like to call them:

- Adrenal fatigue, with its high cortisol levels, is sometimes associated with hot flushes. So if you DO have energy issues still undiagnosed, you definitely need to see a Functional Medicine doctor and have salivary cortisol levels done.
- If your adrenal fatigue is severe enough to cause hot flushes, you might actually need some **bioidentical cortisol** to get you better.

Now back to the "usual" cause of hot flushes: **estrogen deficiency**.

Please do not even consider taking a **synthetic** estrogen pill prescribed by your regular doctor:

**Synthetic estrogen** is associated with breast and uterine cancer as well as Alzheimer's, yes, Alzheimer's! Why is this still on the market? Your guess is as good as mine. As an added "ugh"- these products are made from the urine of pregnant mares (female horses) who are roped, standing in their stalls; not permitted to move around at will.

Treatment is with a combination of **Estradiol** and **Estriol** creams or pellets (bioidentical hormones). And even if you have had a hysterectomy, you need **bioidentical progesterone** to protect breast tissue, as well as for sleep and immune function.

During the period of time before menstruation stops fully, women's adrenal glands try to "pick up the slack" by producing **estrone**, which functions like **estradiol** (neutral) and **estriol** (healthy).

Many studies on breast and uterine cancer make a correlation between **estrone** (the "bad estrogen") and cancers. The problem is the metabolites of **estrone**, BUT these can be modified to transform into the good metabolites which come from the breakdown of **estradiol** and **estriol**.

## ***EmulsiDIM™: 100mg Softgels***

<b>Precautions Warnings</b>	<b>None.</b>
<b>Benefits</b>	These softgels improve the <b>2/15 OH-estrone</b> metabolite ratios, hence reducing the risks of breast and probably uterine cancer as well.
<b>Additional Benefits</b>	May help with menopausal symptoms.
<b>Dosage</b>	- Take 2 softgel capsules each morning.
<b>Additional Remarks</b>	Can be helpful to men who form unhealthy metabolites from testosterone injections.

## ***FemSupport & Balance Capsules***

<b>Precautions Warnings</b>	<b>None.</b>
<b>Benefits</b>	These capsules contain a blend of estrogen-withdrawal symptom relieving herbals.
<b>Additional Benefits</b>	Some support for mood, bones and more.
<b>Dosage</b>	- Since symptoms are all day and night, the best results are achieved with 4 capsules daily, taken with breakfast, lunch, dinner and at bedtime.
<b>Additional Remarks</b>	This is useful while you await your appointment with your hormone specialist

**In our 50's**, most men go through "andropause", much the same as women go through menopause.

**Testosterone** levels drop causing a drop in energy, motivation, mood, libido, sometimes erectile dysfunction, as well as unrefreshed sleep.

The optimal treatment is an easy, self-administered once weekly injection of **bioidentical testosterone**.

The vast majority of the prescription testosterone topical preparations are not strong enough and, at some point, probably related to hair follicles, men stop absorbing topical testosterone.

**IMPORTANT NOTE OF CAUTION:**

If you are a man getting **testosterone** from your general doctor, he/she is most likely unaware that testosterone converts to **estrogen**, and therefore, most men require an "**estrogen-blocker**".

So, please, have **testosterone**, **free testosterone**, and **estradiol** measured. And DO switch to a specialist!

1. **Age 60-70:** In In our early 60's, **cortisol** levels start creeping up. So this is where you should just go back to Module 2: "How to Regain the Energy of your Youth", and get yourself on "adrenal support", if you are not already taking it.

If you have been lucky enough NOT to have energy issues, they will start any day now!  
**AdrenoThrive™** is the product to look for.

During this age period, some men start to develop "prostate issues", meaning some enlargement. This typically causes night time "pee breaks", and some difficulty starting your urine stream.

If you have the beginning of these symptoms, please get checked out by a Urologist to ensure that this is merely prostatic enlargement. If he/she prescribes a drug but you would prefer to try something "more natural", we suggest the following as a possible solution:

<b><i>ProstaThrive™ Capsules</i></b>	
<b>Precautions Warnings</b>	<b>None.</b>
<b>Benefits</b>	These capsules contain saw palmetto and other ingredients for prostate health.
<b>Additional Benefits</b>	Some lowering of <b>DHT</b> , a byproduct of <b>testosterone</b> which causes hair loss.
<b>Dosage</b>	- Take 2 capsules daily.
<b>Additional Remarks</b>	Women with acne often have a <b>DHT</b> issue so this can help them too!

2. **In our 70's:** **Calcitonin** (produced by the thyroid but never checked by "regular Doctors") often decreases, and **Parathyroid** hormone may increase or decrease.

They both will accelerate osteoporosis (thinning of the bones), and affect calcium and phosphorus balance. These should be tested for, and adjusted as needed by a Functional Medicine Doctor.

3. **In our 80's:** Many people experience hypothyroidism of "hypothalamic origin" which means that when your doctor obtains a TSH test and sees it is normal, he/she may not treat you correctly.

This can masquerade as dementia, and punctuates why we feel that everyone should eventually have some bioidentical hormone replacement therapy as a part of their anti-aging "routine".

### **A FINAL FOOTNOTE:**

We did cover **DHEA**, an intermediary and very useful hormone, in Module 8 on "Perfect Cognition for Life," BUT in case you missed it, and since the information is very useful (in addition to the fact that this hormone starts dwindling by the time we hit 40 or so), let's revisit!

## DHEA: 5 mg Tabs & 25 mg Tabs

» *Recommended to all, except those affected by the "Cautions" below.*

<b>Precautions Warnings</b>	<p><b><u>CAUTION 1:</u></b></p> <p>If you are taking the keto form of DHEA (7-Keto®) to up your metabolism (as introduced to you in Module 4: "Mid-Life Weight Gain-How To Reverse It And Stop It Once And For All!"), you do not need to add "regular" DHEA to your regimen, as it will be too high of a level and the keto form will do everything we are about to list.</p> <p><b><u>CAUTION 2:</u></b></p> <p>If you are a female with polycystic ovary syndrome, Keto-DHEA is fine (7-Keto®: no testosterone or estrogen conversion), BUT DHEA will convert to these other hormones which you MUST not take. The same caution applies to women with a history of breast or uterine cancer</p> <p><b><u>CAUTION 3:</u></b></p> <p>If you are a male with a history of prostate or testicular cancer, switch to the non-testosterone producing keto form (7-Keto®) in order to avoid getting any testosterone by-products.</p> <p><i>As a reminder to all who have to abide by these cautions, the Keto-DHEA (7-Keto®), in the correct and safe dose for men and women, can be also be found in this e-store pod.</i></p>
<b>Benefits</b>	DHEA, like melatonin, aids in neural stem cell stimulation.
<b>Additional Benefits</b>	It also: <ul style="list-style-type: none"><li>• Enhances bone remodeling, helping to avoid osteoporosis in men and women.</li><li>• Amps up your immune system.</li><li>• Is anti-inflammatory.</li></ul>
<b>Dosage</b>	<p><b><u>For women:</u></b></p> <p>- 10 mg daily (2 x 5 mg tabs), or 25 mg daily (1 x 25 mg tab), but use the Keto-DHEA (7-Keto®) instead if the higher dose causes acne, if acne-prone.</p> <p><b><u>For men:</u></b></p> <p>- 50-75 mg daily (2-3 x 25 mg tabs)</p>
<b>Additional Remarks</b>	NOTE about dosages: The higher recommended doses are better due to enhanced immune stimulation as well as neural stem cell stimulation.

Although we only touched on loss of libido, as it related to loss of testosterone in both men and women, we have two products which have been shown to contain ingredients which stimulate libido; one for men, and one for women. Both of these products are found in this same e-store pod.

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**We hope you have enjoyed this final module. As always, e-mail Dr.Kim any questions you might have.**

*Best Wishes for your Life and Health,*

*Kim Crawford, M.D,* and the [drkimsagewellsolutions.com](http://drkimsagewellsolutions.com) team.