



MENOPAUSE

ANDROPAUSE
(Men)

PREMENSTRUAL SYMPTOMS
(PMS)

POSTNATAL DEPRESSION

FERTILITY

WEIGHT LOSS PROGRAM

NUTRITIONAL MEDICINE

Myofascial Medicine –
Natural Hormone Clinic

The MyoMed Natural Hormone Clinic

The MyoMed Natural Hormone Clinic comprises a group of medical practitioners and nurse consultants.

As we get older our production of hormones decreases. This leads to an increased rate of tissue degeneration. Our body begins to physically break down, our immune system becomes weaker, and our chances of cardiovascular disease and cancer increase. By restoring hormones to youthful levels the rate of ageing is slowed.

Types of Hormone Replacement Therapy

Plant Products

A number of different preparations are sold over the counter in health food stores and chemists labeled as natural hormone therapy. These are plant products that contain steroids similar to human hormones. These are "safe" in that they are part of the food chain, but they tend to be weak and are useful for women with mild symptoms.

Pharmaceutical Drugs

Most of the current "hormone replacement therapy" is with hormones that are not bio-identical. They are compounds that do not normally exist in our bodies. Generally these artificial compounds may be obtained from other animals (eg. Horses), or chemically altered to make them different to our own natural forms. This allows them to be patented and marketed as new drugs. As they are not a perfect match to our own hormones and are often associated with side effects.

Hormones that naturally exist in our bodies cannot be patented and therefore there are limited financial incentives for the drug companies to make or promote them.

Natural Hormone Replacement Therapy

Natural HRT as practiced by MyoMed uses hormones exactly the same as those produced by your own body. These more correctly are called bio-identical hormones. They do not have the same side effects as the drugs.

Bio-identical hormones are synthesized in the laboratory from plant products, mainly soy or wild yam.

Bio-identical hormones are used to supplement deficient levels in the body. By restoring the hormone levels, the body is brought back into balance. This will optimize the immune system, maintain the cellular repair mechanisms and slow down other destructive processes. The body is then more able to deal with daily stresses and physical challenges that can otherwise lead to premature ageing.

Specific Hormones

Hormones commonly replaced are estradiol, progesterone, testosterone, DHEA, melatonin and thyroid.

Estrogens

These are secreted by the ovary, help regulate the menstrual cycle in the reproductive years, and affect many different body tissues. There are three naturally occurring human estrogens, estrone, estradiol, and estriol

Estrone (E1)

There is evidence that this estrogen may cause breast cancer. This hormone is not included in the hormone replacement therapy regimes at the MyoMed Natural Hormone Clinic.

Estradiol (E2)

This is the most potent natural estrogen. This is the hormone that helps prevent osteoporosis.

Estriol (E3)

This is the estrogen most beneficial to the vagina and cervical tissue. Scientific evidence suggests that this hormone may decrease the risk of breast cancer:

Symptoms of Estrogen Deficiency

- hot flushes
- night sweats
- sleep disorder
- vaginal dryness
- dry skin
- anxiety/shortness of breath/
heart palpitations
- mood swings/depression
- poor memory.

Progesterone

This is the “feel good” hormone. It is a natural antidepressant. It protects against breast and uterine cancer. It is a natural diuretic. It balances estrogen.

Symptoms of Progesterone Deficiency

- irregular or heavy periods
- postnatal depression
- infertility / early miscarriage
- difficulty losing weight
- pre-menstrual syndrome
- painful or lumpy breasts
- anxiety
- sleep disturbance
- fluid retention

Thyroid hormones

These hormones direct the synthesis of more mitochondria in the cells. Mitochondria are the energy factories of the cell. They convert oxygen to chemical energy, just like the energy in a torch battery. Returning thyroid hormones to this high normal range maintains fresh batteries in all your cells.

Specific Hormones

Testosterone

Women make a small amount of testosterone. It is required for strength, confidence, balance and co-ordination, and interest in sex.

Symptoms of Testosterone Deficiency

- decreased muscle tone
- decreased arm pit, pubic and body hair
- decreased energy and stamina
- loss of balance
- feelings of insecurity
- decreased interest in sex

DHEA

DHEA stands for dehydroepiandrosterone. It is made by the adrenal glands. It is sometimes called the youth hormone. It is similar to testosterone and affects many different tissues in the body.

Symptoms of DHEA Deficiency

- difficulty handling stress
- fatigue
- mood disturbance
- decreased immunity
- dry skin and eyes
- poor memory
- thinning of pubic hair
- weak abdominal muscles
- decreased interest in sex

DHEA is similar to testosterone in its action and in some cases replacement with DHEA alone is sufficient to remove the testosterone deficiency symptoms.

Melatonin

This hormone is secreted by the pineal gland in the brain. It controls the sleep/wake cycle. Production begins when the lights go out and ceases when the light returns.

As we get older the production of melatonin decreases. Our sleep is shorter and lighter. The capacity of teenagers to sleep “all day” after prolonged bursts of activity is a result of their high levels of melatonin. As we get older we tend to wake in the early hours of the morning and sleep restlessly from that point on.

Taking melatonin replacement therapy improves the quality of the first four hours of sleep. This is the deep sleep component where the body physically repairs itself. It also allows for a more complete and longer period of sleep allowing the second half of the sleep cycle to be more restful.

Melatonin is a powerful antioxidant and may offer protection against cancer. Other properties of melatonin are listed below.

- decreases anxiety
- improves bone metabolism
- reduces tendency to blood clotting
- improves immunity
- improves thyroid production
- slows down greying of the hair

The consultants at the MyoMed Natural Hormone Clinic are trained to design a specific hormone package to suit your individual situation.

How Do I Take Hormones?

Troche

At the MyoMed Natural Hormone Clinic we recommend the use of troches for replacement of estrogen, progesterone, DHEA and testosterone. These are small lozenges that are placed between the cheek and the gum in the back of the mouth and are allowed to dissolve. This takes approximately 30 minutes. They are small and therefore not noticed by others when they have been placed in the mouth.

The hormones in the troche are directly absorbed into the bloodstream across the lining of the mouth. They do not have to go through the digestive tract or the liver. When the hormones are seen by the cells of the body they are identical in all respects to your own hormones. They are bio-identical. Your body's cells believe that you have made them. ***This is truly natural hormone replacement therapy.***

Safety of Natural Hormone Replacement Therapy

This is a confusing topic and it is important for you to understand the facts.

There have been several large trials from the United States and United Kingdom on conventional HRT. For example, Premarin (a combination of estrogens collected from urine of horses) and Provera (a synthetic drug mimic of progesterone) have been shown to increase the risk of breast cancer and heart disease, by factor of 1.26 and 1.29 respectively. This means that for every 10,000 women using this combination per year; there were an extra 8 cases of breast cancer and 7 cases of heart attacks. There were, however, 5 less hip fractures and 6 cases less of colon cancer.

There are no large population studies on natural hormone due to the lack of interest by the conventional drug companies and lack of appropriate research funding by the relevant government bodies.

It is therefore not possible to say that it is safe to use natural hormone replacement therapy for long periods of time. We do know that it was safe for you to use your own natural hormones from the time you went through puberty until your own production of those hormones decreased as you began to grow old. By restoring your hormones to the levels you experienced when you were young you will be better protected against cancer and degenerative illness. If this approach is accompanied by correct eating habits, high dose anti-oxidants, nutritional supplements, and a healthy lifestyle it is our belief that the ageing process is slowed and good health promoted.

Medico-legally there is no guarantee. For each of you it is a personal life decision. You are presented with the following alternatives.

1. Continue to age "naturally" without hormone replacement therapy. Your risk factors for disease and your probability of death will depend on your genetic predisposition and your overall lifestyle. If you have symptoms of hormone deficiency these may continue.
2. You can take "**natural**" **plant based products** sold over the counter from health food stores and pharmacists. These are generally considered to have no long term side affects but are weak. They are also plant hormones so they are **not bio-identical**.

Some people find it more comfortable to use these products because they are from the food chain and if they remove the symptoms of hormone deficiency that is a reasonable approach.

4. You can use man made drugs to treat the symptoms of hormone deficiency. Being artificial substances they have been rigorously analysed and have many known and documented clinical side affects.
5. You can use hormones that are exactly the same as your own. It is as safe or unsafe as your own hormones were when you were young. This is the program offered at MyoMed.

Scientific Evidence

Provera, the commonly prescribed **artificial progestogen**, is reported in the product literature as having the following warning.

Warnings

- *The doctor should be alerted to the earliest manifestations of thrombotic disorders. Discontinue medication pending examination if there is sudden partial or complete loss of vision.*
- *Increased risk of birth defects such as heart and limb defects if taken during the first four months of pregnancy. (Note: Natural progesterone in normal pregnancy is secreted in large amounts by the mother and placenta to nourish the pregnancy. Does this tell us something?)*

This confirms the difference between natural progesterone and synthetic progestogens.

- *Beagle dogs given this drug developed malignant mammary nodules.*

Precautions

...may cause some degree of fluid retention... a decrease in glucose tolerance has been observed in some patients... diabetic patients should be carefully observed... patients who have a history of mental depression should be carefully observed... weight gain may be associated with the use of Provera...

... effective prolonged use of this drug on pituitary, ovarian, adrenal, hepatic, or uterine function is unknown.

Adverse Reactions

Anaphylaxis (an allergic reaction that can be fatal), thrombo phlebitis, pulmonary embolism, nervousness, insomnia, fatigue, depression, dizziness, headache, tremor, skin reactions, acne, nausea, elevation in blood pressure.

Scientific Evidence

The table below illustrates the positive effects of natural progesterone and compares them against the negative effects of the artificial hormones called progestens. Progesten is the general term for the group of artificial progesterones of which Provera is one.

Conditions	Natural Progesterone	Progestin
sodium and water into body cells		✓
loss of mineral electrolytes from cells		✓
depression		✓
birth defect risks		✓
more body hair; thinner scalp hair		✓
thrombophlebitis (<i>blood clots in legs</i>)		✓
pulmonary embolism (<i>blood clots in lungs</i>)		✓
increased risk of diabetes		✓
allergic reactions		✓
gallbladder disease		✓
acne, skin rashes		✓
protects against endometrial cancer	✓	✓
protects against breast cancer	✓	
improves interest in sex	✓	
less body hair; regrowth of scalp hair	✓	
lower cholesterol	✓	
improves in vitro fertilization	✓	
improves new bone formation	✓	modestly
improves sleep patterns	✓	

The artificial progesterone is dangerous.
 Bioidentical progesterone nourishes the body.

Natural Hormone Replacement for Men

The male equivalent of the menopause is the andropause. From approximately 40 years of age the production of testosterone and DHEA decreases and from that point on, but normally in the 50's, men begin to suffer symptoms of ageing. The following are the most common.

- sleep disturbance, early morning waking, night sweats
- daytime fatigue
- decreased physical strength / loss of muscle mass and tone
- less able to recover the next day following physical exercise
- joint and muscle pain
- irritability
- decreased interest in sex or decreased performance
- less aggressive at setting and achieving goals
- poor balance and coordination

Natural hormone replacement therapy is by way of troches.

With men the only absolute contra-indication to testosterone replacement therapy is active prostate cancer. Once this is screened and checked on a regular basis, replacement therapy is safe, and has been shown to be protective against heart disease and other illnesses in some scientific studies.

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