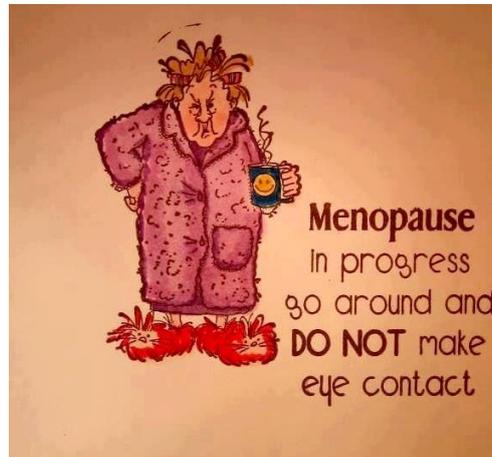




## Center for Natural Alternative Solutions



### Menopause and Andropause Hormonal Changes in Women & Men



#### **Hormonal Imbalance is Not a Laughing Matter**

There are many causes for hormone imbalance. As we age we go through different stages. When we are growing up and our hormones start to increase (estrogen for women and testosterone for men) it is called puberty. As we go into our 40's and our hormones start to decrease we are said to be going through menopause (or peri-menopause) for women and andropause for men. There are many symptoms of hormonal imbalance. This report will explain the causes and some possible solutions.

#### **Male Menopause or "Andropause"**

At about ages 40-50, starting even as early as their 30's, men go through a change. Their body changes are accompanied by changes in attitudes and moods. The entire pattern of these changes has led to the belief of the mid-life crisis. Another term that is often used to describe menopause in a man is ANDROPAUSE, so named because these changes happen in a male at the same time declining levels of androgens are occurring.

During puberty, the androgens cause the masculine characteristics to develop - widening of the shoulders, deepening of the voice and facial hair growth. And as the male ages - beginning in the early 40's - the levels of the androgens begin declining, particularly testosterone levels, resulting in low testosterone.

Low testosterone is related to men going through Andropause. Androgens are the class of hormones that have masculinizing effects in the human body and correct levels are crucial for good health in men. Testosterone is the most active of the androgens.

Health research results show that a mid-life crisis is physical. It is a gradual and subtle shift in hormone production in the male body. Unlike a woman's body, there is no medically defined marker, like a woman's cessation of menstruation, which says a man is in male menopause - andropause. Science has known about andropause since the 1940's, but only recently have there been accessible and easy to administer hormone tests. Researchers are learning that letting this male hormone imbalance go untested and untreated can lead to some serious physical health risks. Emotional issues also occur with this imbalance that can add stress to a man's health and well-being.



# Hormones

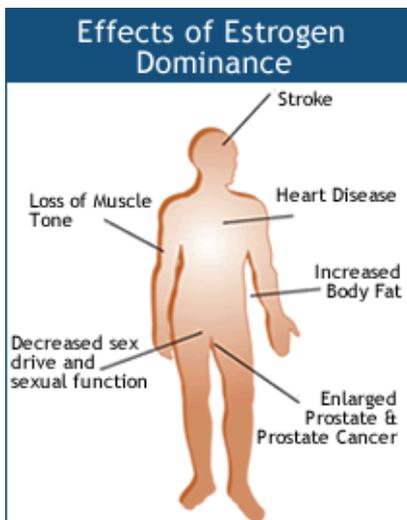
## TESTOSTERONE

Blood serum testosterone levels of a 30 to 40 year old man range from 300 to 1200 ng/dl. For men and symptoms of male menopause, the testosterone level that is good for one man can be different than the necessary level for another man. If a man knows what his normal testosterone levels were in his 30's, that information can be used in determining the appropriate testosterone treatment for low testosterone. If normal testosterone levels are not known for a man, treating low testosterone symptoms will likely begin at the lower end of the range, and male menopause symptom improvements will be monitored.

## PROGESTERONE

This important hormone is made in a male in the testes and adrenal glands. Progesterone in the body balances the effects of excess estrogen. Too much estrogen can suppress the male's production of testosterone that leads to low testosterone levels and male menopause symptoms. Men can actually have "Estrogen Dominance" from the estrogen they are exposed to in their food and in the environment. Progesterone supplementation can reduce the size of an enlarged prostate in men with this condition. An increased sexual desire has been reported in men and women with natural progesterone supplementation. Progesterone also counteracts "Estrogen Dominance" in men and women.

### Estrogen Dominance in Men



## DHEA

DHEA (dehydroepiandrosterone) is a steroid hormone mostly produced in the adrenal glands. DHEA and its metabolite DHEA-sulfate (DHEA-S) are precursors (needed for production of) of testosterone and estrogen in the body of both men and women. DHEA also plays an active role in other critical functions - it is important for the immune system, it has a crucial role in the central nervous system and mood, and it is related to circulatory system health.

## PREGNENOLONE

This hormone is a precursor of DHEA production in the body. Many studies have shown its effects on the body and brain. It boosts energy and supports memory, mental performance and mood. Pregnenolone supports one's ability to deal with stress. Pregnenolone helps strengthen the immune system, it supports skin health and quality of sleep.

## CHRYSIN

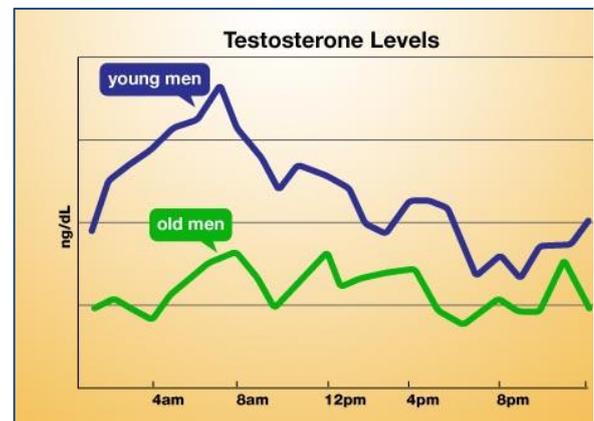
Chrysin is not a hormone. Chrysin is a naturally occurring isoflavone. It is extracted by chemical means from the plant *Passiflora coerulea*. You can also find small amounts of Chrysin in honeycombs. Studies have shown that flavones, in particular Chrysin, have the ability to exert a large variety of beneficial and powerful effects upon the body. Specifically, European studies shown that after consuming Chrysin, levels of testosterone and blood serum increased by as much as 30%.

To understand how this happens, consider the following: There are two major hormones in men and women – these are testosterone and estrogen. Testosterone is the hormone dominant in males, with estrogen being dominant in females. Estrogen is the primary signal to the pituitary gland in the brain. Depending on your estrogen levels, the pituitary gland will dictate the levels of testosterone produced in the body. The higher the estrogen levels, the lower the amounts of testosterone that is produced. This is how Chrysin benefits you: By cutting down the conversion of testosterone to estrogen, Chrysin reduces the levels of estrogen in your body and increases the levels of testosterone.

### What does it mean?

Men have a form of "menopause" similar to women. They don't have a menstrual cycle to pinpoint the exact time that it starts but they definitely have a change in their hormone levels that can cause many health problems.

This chart shows how the testosterone levels change as men age:



## Estrogen & Progesterone

Dr. John Lee was a world-renowned authority on natural hormonal balance and author of many books. (Dr. Lee died in October 2003). He treated thousands of menopausal women in the 1980s and 1990s with a program that was contrary to popular medical thinking at that time. Instead of prescribing estrogen alone (the standard of medical practice then), Dr. Lee prescribed natural progesterone alone for treatment of menopausal symptoms. In addition to relieving the menopausal symptoms, the treatment was able to reverse osteoporosis and prevent cancer. Studies have confirmed that Dr. Lee's approach of using progesterone alone had very helpful effects.

As Dr. Lee states in his book "What Your Doctor May Not Tell You About Menopause": "The prevailing myth in mainstream medicine is that menopause is an estrogen deficiency disease, but estrogen levels drop only 40 to 60 percent at menopause, while progesterone levels can drop to nearly zero." According to Dr. Lee, what is commonly perceived as an absolute estrogen level deficiency during the menopausal years is in effect estrogen dominance caused by extremely low progesterone level. Since the progesterone's role is to balance estrogen, the extremely low level of progesterone experienced after menopause leads to a relative **dominance of estrogen**.



### Some of the symptoms of hormonal changes in men:

- Declining sex drive (libido)
- Forgetfulness and declining ability to concentrate
- Feelings of anger, anxiety, irritability and depression
- Weight Gain
- Sleep Problems
- Fatigue – not as much energy
- Osteoporosis
- Confusion, declining self-confidence and indecisiveness
- Enlarged Prostate

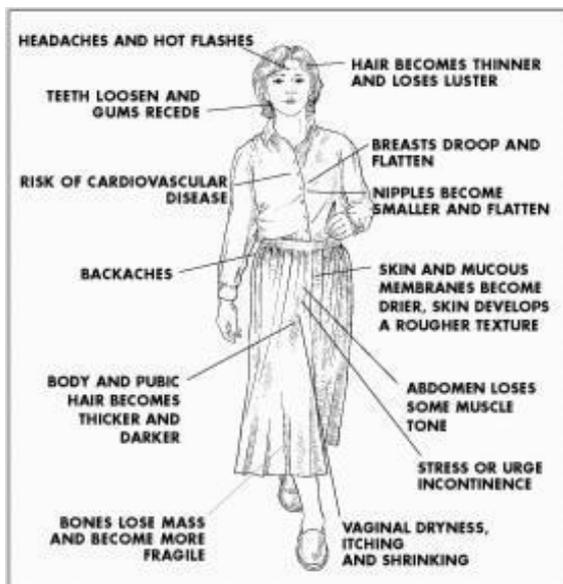
Before beginning testosterone replacement therapy (TRT), it is important to have a complete physical examination, medical history and appropriate blood testing including a PSA test to be sure prostate cancer cells are not present. Testosterone replacement therapy for male menopause symptoms requires that a physician be involved.

## Menopause

**Menopause** is the cessation of menses; the end of the menstrual cycle. However, the pattern of a woman's monthly hormone secretions actually starts to change years earlier, usually at some point in her 40's.

Most women reach menopause at about age 51 to 55. Skipping 12 periods in a row "officially" confirms menopause. In addition there is a significant decline in ovarian functioning. Ovarian function continues to subside as certain landmark events take place. Ovulation ceases and with it the production and secretion of progesterone. Post Menopause occurs when a women has not had a menstrual period for 12 months.

### Menopause Symptoms:



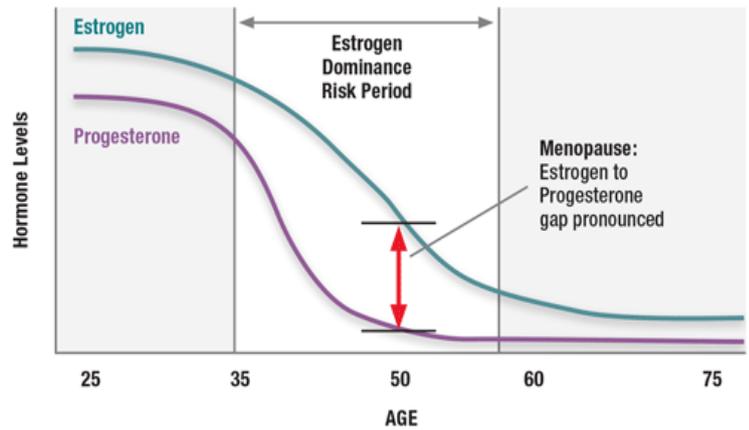
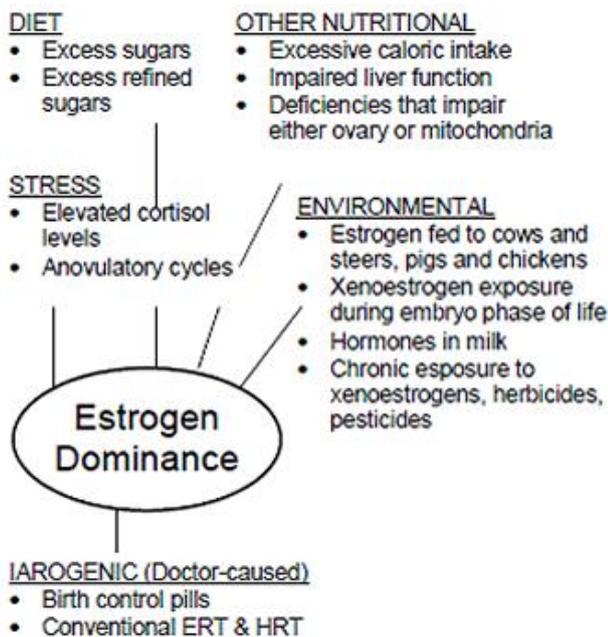
### Hot Flashes

The main "symptom" that a lot of women experience early and often is hot flashes or night sweats. The reason is related to the drop in estrogen. This confuses the hypothalamus—which is sometimes referred to as the body's thermostat - and makes it read "overheated!" The brain responds to this report by sending out a wide spread alert to the heart, blood vessels, and nervous system: "Turn the heat down!" The message is transmitted by the nervous system's chemical messenger, epinephrine, and related compounds: serotonin, nor-epinephrine and prostaglandin. The message is delivered in record time. Your heart pumps faster, the blood vessels in your skin dilate to circulate more blood to radiate off the heat, and your sweat glands release sweat to cool you off even more.

## Estrogen Dominance in Women

The key to Dr. Lee's approach was to understand the balance between estrogen and progesterone. In pre-menopausal women, estrogen is always in balance with progesterone. When these two important hormones are out of balance, hormone related illnesses can emerge. Symptoms include weight gain, fatigue, auto-immune disorders, fibrocystic diseases, loss of libido, depression, headaches, joint pain and mood swings. These are just some of the common symptoms experienced during menopause, peri-menopause and the pre-menstrual period. Progesterone has an opposing, or balancing effect on estrogen. When progesterone levels drop to near zero, we have Estrogen Dominance, which causes a long list of symptoms.

### Causes of Estrogen Dominance:



Estrogen Dominance does not necessarily mean a woman has too much estrogen; it simply means that estrogen levels are relatively higher than progesterone, creating hormonal imbalance with its estrogenic side effects.

Estrogen "deficiency" is quite often used as an explanation of menopausal symptoms or health problems. However, it is not supported by sound research. When a woman's menstrual cycle is functioning normally, estrogen is the dominant hormone for the first two weeks and is balanced by progesterone, which is the dominant hormone for the latter two weeks. After menopause, estrogen is still present and continues to be manufactured in fat cells. Most menopausal women have too little estrogen to support pregnancy, but sufficient amounts for other normal body functions. Few women are truly deficient in estrogen; most become progesterone deficient. If estrogen becomes the dominant hormone and progesterone is deficient, excess estrogen becomes toxic to the body. Progesterone has a balancing effect on estrogen.

Dr. Lee treated menopause as an estrogen dominance syndrome. His treatment is simple - reduce estrogen to progesterone ratio by increasing progesterone. When the opposing force of progesterone is increased, the toxic effect of estrogen is decreased. Fortunately for many women who follow Dr. Lee's advice, their menopausal symptoms remarkably reduced.

### Types of Estrogen:

There are three forms of estrogen made by the body: estrone, estradiol and estriol. The form used in past hormone replacement therapies is estradiol, often in the form of concentrated pregnant mare's urine (Premarin). It is a proliferative (causes growth) hormone that grows the lining of the uterus.

It is also a known cancer-causing hormone: breast and endometrial (uterine) in women and prostate gland in men. With the bio-identical formulas estriol is matched with estradiol (*Biest*) to provide protective effects and additional estrogenic benefits. The other major protector in keeping estradiol from running amok is **progesterone**.

## Bioidentical Hormones

Bioidentical hormones have the same molecular structure as the hormones (progesterone, estrogen, DHEA) that your own body creates. Bio-Identical means that the hormones are an exact match to the hormones produced by the human body. These hormones get their start in nature. Found in soy beans and wild yams, they can then be easily converted into the exact hormones that the body makes.

The body can recognize these bio-identical hormones and use them just as it would if they were being produced by the ovaries, testes, or adrenal glands. Bioidentical hormones are not patentable, but are much safer for your body. Because most physicians are not given much education on bioidentical hormones and natural bioidentical hormone replacement therapies, most physicians prescribe what drug companies recommend.

The great appeal of bio-identical hormones is that they are natural, and our bodies can metabolize them as it was designed to do, minimizing side effects. Synthetic hormones are quite strong and often produce intolerable side effects. Most side effects seen with bio-identical hormones are associated with incorrect dosing. By making slight variations in the dose the side effects often disappear.



It would seem reasonable that the easiest way to take hormones is by swallowing a pill. Unfortunately, once the hormones are absorbed by the blood it goes directly to the liver where some of the hormones are inactivated. Topically applied hormones are absorbed directly from the skin right into the blood where they immediately start working. Eventually, all chemicals end up in the liver being inactivated and/or converted to other products. One of the benefits of topical creams is that they can be easily adjusted by increasing or decreasing the number of application used per day.

**Our bodies are always changing. We are born, grow up and go through puberty, adulthood, and then as we near middle age we experience the changes of menopause or andropause. These are normal and natural changes. However, if we are aware of why these changes are happening, we are empowered to take control of our bodies and take steps to feel good and healthy as long as possible.**

*\*The information in this report is not intended to diagnose, treat, cure or prevent any medical condition. These statements have not been evaluated by the Food and Drug Administration. Before starting any new regimen you should always consult with -your doctor.*

Thank you for your interest in the Center for Natural Alternative Solutions. We have been using natural progesterone cream and other natural health products for many years. It is not only our business but our mission to get the word out to individuals experiencing hormonal imbalances due to the varying stages leading to menopause and andropause. We offer natural balancing creams, supplements, DVDs, books and saliva testing kits. Visit our [website](#) to read our blog and visit us on [Facebook](#).

Please feel free to contact us with any questions or comments:

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