

IHHS Health & Wellness Center

1607 South H Street, Bakersfield, CA 93304
Hormonal, Homeopathic, & Nutritional Services
Office (661)-837-0453 FAX (661)-837-0560
Website: YourHomeopath.org

HRT Patient Information

Adrenal Insufficiency Replacement Therapy (Cortisol-Cortisone-DHEA)

The medication prescribed for you is a normal adrenal hormone. In the dose that is prescribed, cortisol and/or cortisone will not cause harmful side-effects that can result from excessive, higher than normal replacement, or pharmacologic dosages. There are negative effects from using higher than normal physiologic levels. The instructions must be followed carefully. For this reason keep out of the reach of children or others who may use it by mistake. The medication is most effective when used in divided doses over the day as prescribed by your Health Care Professional. It is not harmful to double up on doses if occasionally forgotten, however it will be more effective if used properly. As a note, dosing late in the day with cortisol can interfere with sleep.

The adrenals are situated above each kidney. The hormones produced by these glands are important for a person's ability to respond to prolonged stress such as infection, injury, starvation, and strenuous or prolonged exertion. The adrenal hormones stimulate the formation of glucose, from proteins, which is the body's main form of energy. This mechanism also maintains normal blood sugar levels when food intake is irregular. Hormones secreted by the adrenals also maintain normal blood vessel tone and fluid balance, as well as growth and repair of damaged tissues, especially muscle. The adrenal glands also produce the hormone, estrogen. DHEA secretion mainly appears to be involved with providing an estrogen supply at menopause when ovarian production is temporarily or permanently interrupted. Estrogen may also be produced in the peripheral tissues from DHEA, the loss of which is also part of adrenal insufficiency. All these hormones are released in a cyclical pattern throughout the day. Each patient with deficiency may have an altered output of hormones at different times of the day. This is the reason it is important to test at various times of the day and follow your specific usage instructions.

This is a natural bio-identical hormone that is a component of your body's normal metabolic function. It will not interfere with your taking of any other medication. It is used for insufficiency of secretion. Cortisol and cortisone loss may cause weakness, fatigue, anorexia, susceptibility to collapse, shock following exposure to stress, and hyperpigmentation. A total physiologic replacement dose is 35 to 40 milligrams. A dose of 20 to 35 mg can be used to maintain adrenalectomized patients. Patients with deficiency may be maintained at 5 to 7.5 mg of cortisol at mealtimes, 3 times a day. For temporary deficiency states, treatment can be initiated at 6 to 9mg three times a day 6 days a week with the dose declining over time. Testing may show deficiency at specific times of the day and therapy may be correlated with these times. This is to mimic deficient times of secretion. Therapy is then decreased 1 day a week every 8 weeks until weaned off the hormone completely. Improvement in patients with ovarian dysfunction, allergies, fatigue, etc., appears via partial supplementation, ie less than 3 doses a day, can allow for normal secretion to be attained, without undesirable side effects of higher dosing.

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Dosage can vary with each patient and the levels of exposure to stress, infections, or other trauma to the body. For example, a more strenuous day may require 10mg extra cortisol, where a severe infection could require several hundred milligrams a day. Usually a sensation of fatigue is felt when additional doses are needed, and this will disappear soon after extra cortisol is administered. After the patient feels well, the dosage may be decreased in a tapering schedule, as defined by your Health Care Professional. A patient in an adrenal deficiency state and also under physiologic stress may require higher doses to maintain the body's normal balance. Due to the stress, doses may be higher than what could have been considered complete replacement therapy. When the stress is alleviated the dose needs to be decreased.

Your Health Care Professional may also prescribe Adrenal glandular tablets to give you energy for the first few weeks of your therapy. These are to be taken on waking and just before lunch on the days the hormones are given. In most cases they need to be taken before 2PM so that your sleep and rest patterns will not be affected as you get energy back.

Your Health Care Professional may instruct you to use a little extra cortisol if you begin to feel fatigued in response to stress or infection. For many patients doubling their dose to 10, 15, or 20mg four times a day is adequate. As soon as you feel well the dose should be reduced again. This should not exceed 4 to 6 days. Your Health Care Professional should always be informed of your actions.

The difference in action between physiologic and pharmacological doses is substantial. The higher pharmacological doses are related to the "horror" stories we have heard about using "steroids or cortisones". When replacing the hormone(s) that are missing or deficient, your medical practitioner only replaces or repletes them to normal levels in the body. This is done with the very same species-specific hormone that is missing, so that normalization/optimization without side-effects is the result. Side effects related to pharmacologic, higher than the normally used physiologic doses of cortisol may cause, fluid retention, potassium loss, muscle weakness, osteoporosis, impaired wound healing, dizziness, headaches, decreased glucose tolerance, weight gain, increased appetite, nausea, malaise, and development of cushingoid states.

DHEA is a normal bio-identical hormone that is produced in larger quantities under unstressed conditions than other adrenal hormones. It is a precursor for both testosterone and estrogen but is a relatively weak androgen. Levels of DHEA decline as we age so that by the time a person is 60 years old their levels are only 5 to 15% of what they were earlier in their life. In prolonged adrenal insufficiency not only cortisol but also DHEA will become deficient. If you are in this situation your Health Care Professional may have also prescribed DHEA for you as well. This is also a hormone involved with optimization of your health. Therapy for women will start at 5 to 15mg a day, and 50mg to 200mg for men; 6 days a week and decreasing 1 day/week every 8 weeks until weaned off. As the dose decreases the body should begin to normalize its own production. At the end of the weaning period your secretion should be normal. In high doses the side effects for this hormone in women are androgenic and have included

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facial hair growth and, for both men and women it may contribute to liver damage but studies confirming this and other effects have yet to be done.

Many oral dosage forms have fillers and excipients that appear to cause allergic reactions and significant gastrointestinal distress in some patients. Oral dosing may also imbalance other hormones in the body via "sex hormone binding globulin " or SHBG, creating other hormone issues. The preferred route is to perfuse hormones directly through the skin into the blood stream and lymph system for distribution to affected tissues. This approach allows for the body to place the hormone exactly where the body would have secreted it, if it were not deficient. This process allows the hormone to go directly to its receptors in the body and eliminates first pass through the liver for metabolism and breakdown.

Imperative to proper hormonal balancing is proper nutrition. Some basic suggestions follow that are supportive to therapy.

Suggestions for better nutrition try, Diet:

Restrict or avoid carbonated beverages or "soda", sugars, and grains with gluten. Limit grass fed red meat to 3 or fewer times per week. Choose organic vegetables for carbohydrate loads. Limit alcohol use as this causes estrone secretion to increase. Estrone levels can increase 300% for up to 5 hours after ingestion of alcohol. Dairy products are not necessary. Avoid sugar, refined carbohydrates, and refined fats, choosing instead plenty of fresh vegetables of all sorts particularly broad leafy greens. Consume up to 60% of daily calories in the form of good fats or essential fatty acids as from Chia or hemp seeds, coconut oil, flaxseed oil, fish oil, Borage oil, CLA (conjugated linoleic acid), or Black Currant oil.

Daily recommendations:

Vitamin D	5000-10,000 IU daily.
Vitamin C.	1 to 2 grams twice daily.
Vitamin E	400 IU twice daily
Selenium	150mcg twice daily
Betacarotene.	25,000 IU/day (and/or Vitamin A 20,000 IU/day).
Zinc	50 to 100 mg a day.
Calcium	Seek to obtain 800 to 1000mg/day by diet and supplements
Magnesium.	400 to 800mg/day supplement.
Essential Omega 3 and 6 Fatty Acids, Fish, Chia, Flax seed oil, CLA, Borage oil	2000mg 2 -3x daily
Friendly Force Probiotics, 25 billion cultures per capsule, use one to two capsules	2 times a day
Proanthocyanidins Grape seed extract or pycnogenol use one to two	100mg capsules a day

Pycnogenol and Grape Seed Extract are antioxidant's that potentiate vitamins A, E, and C. (It has been shown in some studies to shrink tumors, improve rheumatoid arthritis, asthma, multiple sclerosis, and other autoimmune disorders. Dosage should be increased in autoimmune cases to 50mg, four capsules 2 times a day.) Antioxidants can help prevent and/or slow the progression of Alzheimer's disease, arthritis, cancer, cataracts, diabetes, heart disease, all forms of hepatitis, immune weakness, inflammatory disorders, macular degeneration, and Parkinson's disease.

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Suggestions for better nutrition try:

Potency Guaranteed Supplements Beginning with;

1.) Multi-Vitamin, Mineral, and Trace Mineral Support Formulas

These are all high quality THERAPEUTIC multi-vitamins. They include B-vitamins which are used in the production of energy and essential trace minerals. It is in a specialized base that contains herbs, digestive enzymes, amino acids, and other compounds to assist in balancing for each specific problem area. The dose is 2 tablets twice daily, preferably with food.

Total doses of vitamins and minerals for daily dosing:

Vitamin C 500-4000mg

Should be taken daily for immune system enhancement, heart protection, and anti-aging. Vitamin C is a powerful antioxidant. If you smoke it is very important to take this vitamin to prevent depletion. Vitamin C is also necessary for the body to fight infection

Vitamin E 300-500 IU

Vitamin E is another powerful antioxidant. Studies have shown that Natural Vitamin E helps with heart protection, anti-aging, prevents breast tenderness, and is helpful in the prevention of a number of illnesses. Water soluble Vitamin E is processed by the body efficiently. Patients on blood thinners should consult their physician prior to starting high dose Vitamin E therapy.

Vitamin D3 5000-10,000IU

Needed for proper immune function via macrocytic activation factor pathways.

Selenium 200mcg

Selenium is an antioxidant mineral that complements vitamin E to boost the immune system. It is also one of the more important cancer inhibiting nutrients available to man. This source comes from kelp.

Elemental Magnesium 500mg to 800MG and Calcium 300mg to 500MG

Magnesium is deficient in most American diets. It is essential for bone health but must be in balance with Calcium to function properly. It also helps reduce spasms in the coronary artery and has a calming effect on nerves.

2.) Osseopapite Plus or CalApatite w/Magnesium

This form of calcium is the best absorbed and assimilated to bone. It has been shown to increase bone density in clinical practice. It is combined with other minerals and herbs essential for bone health. Take one or two tablets/capsules daily, with your individual Support formula multi-vitamin, peri and post-menopausally for a 500 to 750mg daily dose of calcium.

Men are usually more deficient in magnesium than calcium.

Magnesium Citrate a calming mineral useful in men, it tends to be deficient in the American diet. Take 500mg to 800mg every day for both men and women.

3.) Super EPA or Omega 3 Fish Oil or Krill oil, or Astaxanthin

This Omega 3 supplement is literally brain food. It improves thinking and memory. There is also heart protection and arthritis prevention in this product. It is an essential fatty acid or a

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'good' fat that can not be made into fat but is used for energy production in the body. It is highly recommended for balanced nutrition. Chia, Flax seed oil, CLA, Borage oil may also be used. Take one or two omega 3's 1000mg capsules 2 times a day or more, along with other healthy fats. Check with your physician if you have adrenal conditions..

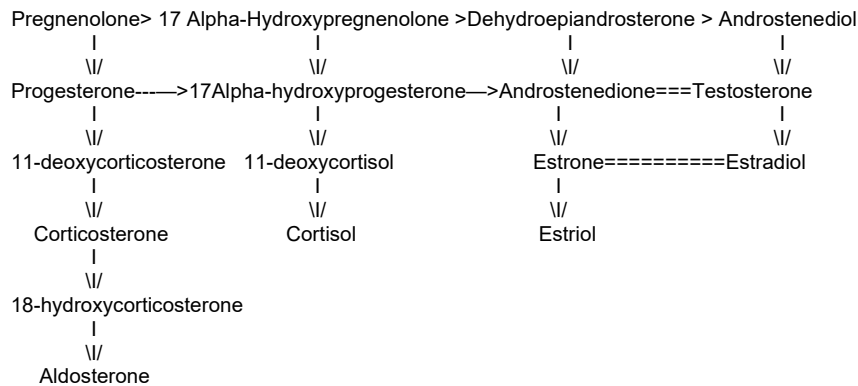
4.) Grape Seed Extract 100mg

This antioxidant is 20 times more powerful than vitamin C, 50 more times powerful than vitamin E, and has been shown to help with auto-immune disorders. It also strengthens the Multi-Vitamin Support Formulas and, Vitamins C and E. Take 1 or 2 capsules daily.

5.) Megasporebiotics

Use to promote healthy functioning of the gut which is necessary for appropriate excretion of endogenous excess estrogen. Spores are capable of regenerating intestinal flora, where probiotics do not. Probiotics work as they pass thru the gi tract only. Take 2 capsules daily with food.

Steroidogenesis Pathways



(Note: Dehydroepiandrosterone (DHEA) is an alternative pathway to androstenedione and the gonadal hormones.)

Summary

This presentation is a summary of many informational sources (primarily, J. Lee M.D., Deborah Maragopoulos, MN, RNC, FNP, Physicians in A4M, and ACAM) all of which agree, natural progesterone is a remarkably effective, safe, and relatively inexpensive therapy for a wide range of female disorders resulting from estrogen dominance, both by Rx and OTC.. However useful, it will be up to individual practitioners to develop their own patient specific criteria for progesterone use as treatment continues.

It is not uncommon to experience failures due to lack of knowledge. If you have questions please call IHHS Health & Wellness Center for a consultation.

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Use this information in in concert with advice given you by your health care professional