

# IHHS Health & Wellness Center

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

## HRT Patient Information

WBESITE: YourHomeopath.org

### Natural Hormones in synergy:

#### Estrogen

**Benefits:** Protects against coronary heart disease, lowers LDL and raises HDL, prevents bone loss after menopause, helps prevent tooth loss, plumps out skin adding moisture and collagen to prevent wrinkles, smoothes and firms the skin, maintains vaginal secretions, preventing and reversing dryness, and can reverse male pattern hair growth on the face and body, restores clarity of thinking and serenity.

**Dose:** 0.3mg E2 is as good as Biest 1.25mg to normalize blood lipids.

#### Progesterone

**Benefits:** Promotes lipolysis, increased energy from fat loss, protection from endometrial and breast cancer, improves mood and sexual function, normalizes blood sugar, zinc, and copper levels, increased bone density, etc.

**Dose:** not stated but will vary from patient to patient in balancing.

#### Testosterone

**Benefits:** Strong growth hormone stimulant, protects against atherosclerosis, decreased risk factors in heart attack, renews strength, improved balance, raised red blood cell count, increased libido, increased ability to maintain erection, improvement in impotence, lowers both LDL, and total cholesterol, saves bone and prevents osteoporosis, improved autoimmune functions, increased immune function, heightens mood and sense of well being, increases some mental functions i.e., visual spatial ability.

Too much testosterone may cause a males refractory period to exceed 10 minutes which will cause problems long term, and too high a dose can result in aggression.

**Dose:** Start with a 3 month trial, check PSA levels twice a year, and get an ultrasound three times a year in addition to digital rectal exam to protect from benign prostatic hyperplasia or undetected cancer promotion. Possible testicular atrophy, high red blood cell and hematocrit counts, depression, fluid retention, reduced sperm count and volume of semen, reduced HDL cholesterol. Best way to maintain normal testosterone levels is with vigorous exercise, treadmill and weight training.

#### DHEA

**Benefits:** Anti-obesity, anti-diabetes, anti-cancer, anti-autoimmune disease, anti-heart disease, anti-stress, anti-infectious disease, with life extending effects. Blocks the effects of G6PD by enzyme inhibition. G6PD is used by the body to store and produce fat. Balance with testosterone.

**Dose:** DHEA 5mg to 150mg every day intermittently, or every other day or 5 days on, 2 days off, w/ DHEA precursor on off days balanced with testosterone. Women only need 5mg to 10mg every day and should also be balanced with testosterone. There may be increased benefits in using divided dosing. DHEA should be used in combination with antioxidants.

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### **Melatonin**

**Benefits:** Tryptophan converts to serotonin which then converts to melatonin. Melatonin is a potent anti-oxidant, immune booster, cancer fighter, heart helper, mood elevator, sleep promoter w/reduced time to fall asleep, increased actual sleep time, reduced number of awakenings, and increased quality of sleep reflected by deep or slow wave sleep, and improved jet lag symptoms by at least 50%. Melatonin is one of the strongest anti-oxidants in the human body. It is capable of anti-oxidizing inside and outside of cells so well it is used in 20mg doses to protect from radiation in fallout emergencies with iodine.

**Dose:** Supplementation should start after age 45. Start with 200mcg to 60mg of melatonin daily. Most people over 40 to 50 yr old need 0.5 to 1mg at bedtime. If groggy in morning decrease dose by 0.25mg to 0.5mg every day until symptoms resolve. Typically at 60 yr old one needs 2mg, and by 70 yr old 3mg to replace decreased melatonin secretion from aging. Take 30 to 90 minutes before sleep and if using lozenges use 20 min to 1 hour before bedtime. If trouble-sleeping increase dose 5 and use intermittently or decrease dose gradually so as to avoid rebound insomnia. Higher doses may cause mild headache, upset stomach, decreased sex drive, bad dreams, and depressed feelings.

**Caution:** Not for use in pregnant or nursing mothers, children, women trying to conceive (high doses act as a contraceptive), people on Rx steroids, or with mental illness, depression, severe allergies, autoimmune diseases (i.e. multiple sclerosis), or immune system cancers (i.e. leukemia, lymphoma).

### **Thyroid**

**Benefits:** Prevents symptoms of deficiency i.e., increased susceptibility to colds, viruses, and respiratory ailments, heavy labored breathing, muscle cramps, persistent low back pain, bruising easily, mental sluggishness, emotional instability with crying jags and mood swings, temper tantrums, getting cold easily, particularly in the hands and feet, dry coarse, leathery or pale skin, coarse hair or loss of hair, loss of appetite, stiff joints, and atherosclerosis. Potentially 15% of the over 60 population have sub clinical hypothyroidism. Do a Barnes basal temperature test if a.m. temp is below 97.8 to 98.2 degrees for 2 consecutive days you are likely hypothyroid.

**Before starting any hormone regime please consult your medical practitioner for recommendations.**