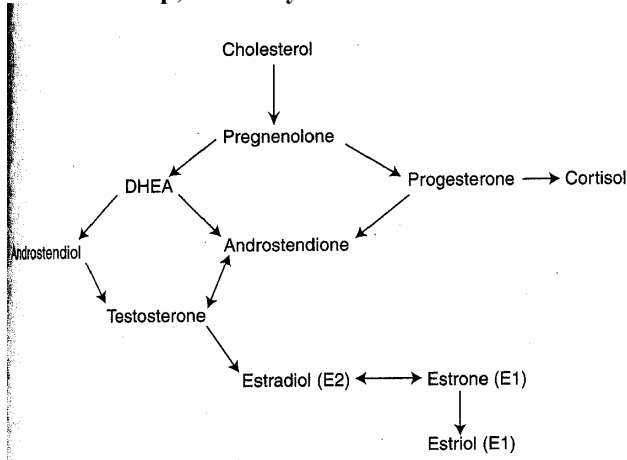


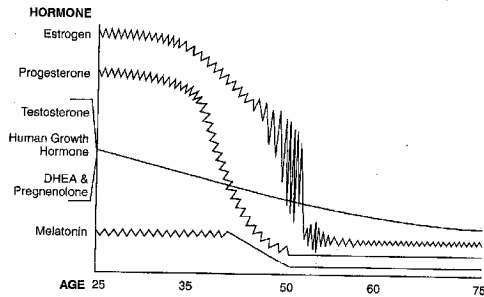
Bio-Identical Hormone Replacement Therapy

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Hormone Map; How they're all related:



SEQUENCE OF SELECTED HORMONE PRODUCTION IN THE BODY



AGE-RELATED DECLINE OF HORMONES

Estrogen: 30% drop by age 50, then sharp drop with fluctuations in menopause.

Progesterone: 75% loss from age 35 to 50, then continuing decline.

Human Growth Hormone, DHEA, Pregnenolone, Testosterone: } 50% loss from age 25 to 50, followed by an additional 50% loss by age 75.

Melatonin: Small decline from age 25 to 40, followed by sharp drop.

Testosterone Benefits

- Stamina
- Healthier stronger muscles
- Less body fat/more lean body mass
- Stronger bones
- Feeling of security, stability, optimism
- Increased Libido/orgasmic power
- Higher nitric oxide to improve blood flow/keep vessels more dilated
- Less plaque build up in blood vessels
- Improved balance and eye-hand coordination
- Aggression, Alopecia, Acne can all result from "Testosterone Toxicity"

Testosterone Deficiency Symptoms

1. Flabby weak muscles
2. Hair loss

3. Lack of energy & stamina
4. Loss of balance/coordination
5. Indecision
6. Poor libido/sex drive
7. Poor body image

**Too much Testosterone can cause a rapid increase in prostate growth and formation of prostate cancer

DHEA (DiHydroEpiAndosterone) Deficiency

1. Stress
2. Lack of stamina
3. Intolerance of loud noises
4. Constant Fatigue
5. Poor mood
6. Decreased immunity
7. Memory loss
8. Lack of pubic hair
9. Poor abdominal muscle support
10. Dry skin & eyes
11. Decreased sex drive
12. Impaired immunity
13. Hypo/Hyper glycemia
14. Start with 5 mg before breakfast and/or lunch, shoot for a blood level around 250 mcg/dl with dose increases every week or two

Melatonin Benefits

1. Improved sleep/less jet lag
2. Antioxidant effects
3. DNA Protection
4. Bone Protection
5. Reduces hypercoagulability
6. Increases Natural Killer Cell activity
7. Enhances peripheral conversion of T4 to T3
8. Promotes Zn utilization
9. Maintains hair color/slows the graying process
10. 5-60 mg at night is a good dose

Pregnenolone

1. Improves learning ability/alertness/memory/intelligence/sense of well-being
2. Anti-stress effects
3. Improved immunity
4. 50 mg 1-2 capsules at breakfast

Human Growth Hormone (HGH) Benefits;

1. Less fat/more muscle
2. Increased energy level
3. Increased Immune Function
4. Enhanced sexual desire and performance
5. Improved skin elasticity
6. Loss of skin wrinkles & cellulite
7. Improved vision, Memory, Sleep, Exercise performance, Cholesterol profiles, Bone mass
8. Faster wound healing
9. Lower BP

HGH Toxicity

1. Acromegally "Giantism"

2. Can cause Edema & Carpal Tunnel problems
3. Is associated with formation of certain cancers at higher doses, especially leukemia & lymphoma

Minimizing Toxic Effects

1. Take it in a cyclical manner as the body makes it, skip a few days/wk to keep your own Pituitary gland actively making it, I recommend skipping it on weekends.
2. Don't take too high a dose, keep it in the high-200's to low-300's where it is in 30-40 year old people.
3. Replace all of the other hormones in a cyclic manner as well, including Thyroid, Melatonin, DHEA etc.

HGH Stimulating Amino Acids (Precursors to HGH)

Arginine 8 gm
Ornithine 2.5 gm
Glutamine 2 gm
Lysine 1.2 gm
Glycine 10 gm

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