

Renaissance

Healing the Whole Person

BIO-IDENTICAL HORMONES

Conventional medicine has always held the belief that aging is inevitable and that the progressive deterioration that occurs in our adult years cannot be altered. This is simply not true. We have also been lead to believe that the diseases of aging, such as heart disease, stroke, cancer and senility, are all a part of the normal aging process.

Fortunately, there is an exciting revolution in science and medicine that indentifies hormone replacement as preventive medicine. Research has shown that maintaining our hormone levels in a youthful state can prevent the debility and illness that accompany the aging process. This in turn will lead to increased longevity by preventing illnesses. But more importantly the quality of life in our later years will be significantly enhanced

WHO NEEDS BIO-IDENTICAL HORMONES?

Many patients are typical, middle-aged, healthy people who experience gradual increased symptoms such as decreased energy levels, decreased sense of well-being, and lack of desire for common daily activities. They tend to lose muscle tone, gain fat around the mid section, and experience thinning hair and thinning of the skin.

Within six to twelve months of hormone replacement therapy, patients have noticed reshaped bodies, fat disappearing, increased muscle tone, and the energy of a younger person. Most feel an improved sense of well-being and an improved outlook on life.



BIO-IDENTICAL HORMONES

IS THIS REALLY MENOPAUSE?

The transition into menopause can begin from the early 40's to as late as the mid 50's. Regardless of which of the following symptoms you experience bio-identical hormones can restore balance to your life.

INSOMNIA ~ "I just don't seem to be able to get to sleep at night. When I do, I often wake up soaking wet and hot. So I throw off the blankets and then get chilled!"

FUZZY THINKING ~ "I keep losing my keys. I walk into a room and forget why I'm there. Sometimes my head feels like it's filled with cotton."

MOOD SWINGS ~ "I find myself crying during television commercials. Then I fly off the handle at my kids for no reason."

LOSS OF SEXUAL DESIRE ~ "There's nothing wrong with my marriage. I love my husband. But quite frankly, I don't even get turned on by Daniel Craig (007), let alone my husband."

WEIGHT GAIN ~ "Normally I can maintain my weight but now no matter what I do the fat around my abdomen keeps increasing."

HEART PALPITATIONS ~ "It is like all of a sudden I'm aware of my heartbeat, whereas before my heart just did its job without me noticing it."

NIGHT SWEATS ~ "I sweat so much at night, I have to get up and change my night clothes:

BREAST SWELLING AND TENDERNESS ~ "My breasts are sometimes so tender, it hurts to hug my children."

HEAVY MENSTRUAL PERIODS ~ "My periods have become so heavy that I soak through a couple of tampons and an overnight maxi pad in fifteen minutes."

IRREGULAR OR ERRATIC PERIODS ~ "I never know when I'm going to get a period. Sometimes I have a normal period. Then one week later I'll have some spotting. Then I'll go for three months before I have any bleeding again. I have to carry pads with me all the time, just in case."

FIBROIDS ~ "I was having irregular bleeding, and when I went in for my annual visit with my gynecologist, she told me that I had a growth in my uterus that was a fibroid. My doctor tells me that we just have to watch it."

VAGINAL DRYNESS AND/OR PAINFUL INTERCOURSE ~ "I just don't seem to be able to get lubricated during sex anymore. And when we do have intercourse, it hurts!"

URINARY SYMPTOMS ~ "I keep getting symptoms that feel as though I have a bladder infection. And I feel as though I have to pee all the time, but my urine tests don't show any infection."

SKIN ~ "Almost overnight it feels as though my skin has become dry and crepey, especially around my eyes and on my arms."

MIGRAINE HEADACHES ~ "Ever since I turned forty, I've gotten a pounding headache the day or two before my period is due. This has never happened before."



FUNCTIONS OF TESTOSTERONE IN WOMEN

SEXUAL ~

Testosterone's most obvious purpose is sexual, for both men and women. During puberty, it stimulates the physical development of the sexual areas of the body, such as the growth of pubic and underarm hair. Female testosterone receptors are found in the nipples, vagina, clitoris, and brain.

In the *Journal of Sex & Marital Therapy*, Dr. Helen Singer Kaplan and Trude Owett, CSW, state that testosterone levels dictate the desire (or lack thereof) for sexual activity. They report that our reproductive behaviors are stimulated in much the same way as our eating behaviors. Our sex hormones drive our "sexual appetite" similar to the way that blood sugar drives our appetite for food. Simply put, testosterone's effect on the brain is to make women more sexually receptive.

Many post-menopausal women lose interest in sexual activity, primarily due to diminished testosterone levels.

Researchers have consistently reported that women who receive testosterone replacement therapy after menopause have an increase in:

- Sexual drive and response
- Frequency of sexual intercourse
- Number of sexual fantasies
- Level of sexual arousal.

But, there's no reason to wait for menopause before investigating the issue. Many women may be able to regain a more joyful and satisfying sex life with testosterone replacement.

CARDIOVASCULAR ~

Medical research has yielded accumulating evidence that testosterone plays an important role in cardiovascular health, especially in protecting us against atherosclerosis and heart disease.

OSTEOPOROSIS ~

While we still don't know how it works, recent research suggests that testosterone increases the bone's ability to retain calcium. What we do know is that women who experience rapid bone loss are typically deficient in both estrogen and testosterone.

At Renaissance Health Centre we have seen women with osteoporosis who have taken a combination of estrogen, progesterone and testosterone increased their bone density

MUSCLE TONE (LEAKY BLADDER) ~

Testosterone contributes to our overall muscle tone. Well before menopause, some women begin to suffer from the embarrassment of a leaky bladder. This problem can be associated with diminished testosterone levels, because the pelvic muscles are particularly dependent on testosterone. Many women find that using a testosterone cream, coupled with acupuncture and the Kegel exercises, helps to strengthen and tone those muscles again.



BENEFITS OF TESTOSTERONE IN MEN

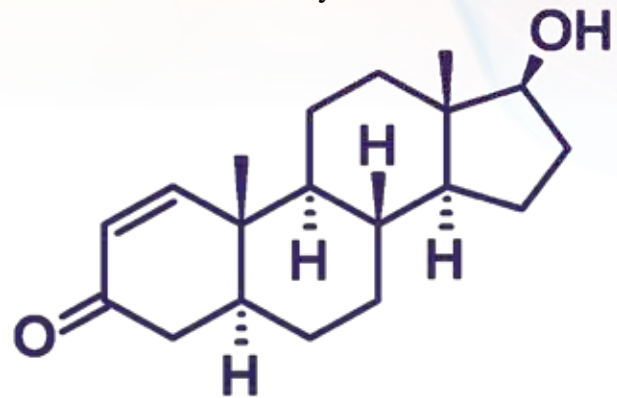
Testosterone is best known as the male sex hormone that stirs men's sex drive and improves their erectile function. But it also has many other beneficial effects.

A healthy body is a firm body with toned muscles partly due to the correct level of testosterone. The appearance of excess fat and loose muscles indicate that a man's health has declined, partly due to testosterone deficiency. Testosterone also builds up the heart which is predominantly made of muscles. Studies have shown that it maintains healthy coronary arteries. It also reduces the occurrence and severity of age-related disease, such as obesity, diabetes, osteoporosis, and Alzheimer's disease.

Mentally, testosterone improves memory by increasing the number of synaptic connections between neurons. Emotionally, testosterone improves

mood, restores drive and motivation and helps to reduce depressive states that are commonly experienced by men around age 40.

We have found that for many men, by putting them on bio-identical testosterone, their lives have been transformed back to what it was when they were in their 30's and early 40's.



DO BIO-IDENTIAL HORMONES CAUSE CANCER?

Absolutely not if given in a balanced physiological manner. Unfortunately, some gynecologists consider bioidentical hormones the same as the synthetic hormones like Premarin and Progestin. There are many studies showing that the synthetic hormones do increase one's risk for cancer, especially breast cancer. Yet just the opposite is true of natural hormones. Numerous studies have demonstrated that they can have a protective effect in preventing uterine and breast cancer.

HOW LONG WILL I NEED TO TAKE THESE HORMONES?

You will want to use bioidentical hormones as long as you want to have the beneficial effects of them. They can be stopped at anytime. But the minute they are stopped the benefits that they offer will gradually diminish and the aging process will increase.



OXYTOCIN

One Doctor's Personal Experience

Several years ago I received an e-mail from a fellow physician relating his personal experience with oxytocin.

He started taking it to check the known effects of the hormone on sexual activities and any possible side effects.

He writes, "Surprisingly, something completely different happened. The intake of oxytocin gradually changed my perception of life and other humans, in particular, the way I felt about my family and friends. Until then I perceived the world as a difficult place to live in, a battlefield where people had to fight for justice and struggle for a place in the sun. With oxytocin, I slowly started to perceive the same world as a better and warmer place. I became filled with a tender, pleasant feeling of just being there, close to others. When meeting other people, I felt –thrilled and excited. Taking oxytocin helped intensify my family ties. My wife was and is still very happy with the improvement of our love life."

OXYTOCIN EFFECTS IN WOMEN

- ↙ It facilitates orgasm: women have quicker and more intense orgasm when taking oxytocin. Oxytocin intensifies uterine and vaginal contractions that climax at orgasm, and heightens subjective pleasure. Oxytocin also makes the occurrence of new, multiple orgasms easier after a first one
- ↙ After orgasm, contrary to men, oxytocin awakens women and makes them remember positive sexual experiences, especially the most romantic ones.
- ↙ Can relax muscles and reduce pain, that may be of considerable help with fibromyalgia
- ↙ Increases vaginal lubrication
- ↙ Speeds up wound healing by increasing blood supply to the wound

OXYTOCIN EFFECTS IN MEN

- ↙ Increases the sensitivity of the penis to sexual contact
- ↙ Makes men achieve ejaculation
- ↙ Stimulates sperm release
- ↙ Stimulates yawning, sleepiness, and forgetfulness just after ejaculation
- ↙ May increase the healthy volume of the accessory sex glands, including the prostate. It inhibits the unwelcome proliferation of stromal cells of the prostate thus protecting against benign prostate hypertrophy.

D H E A

Dehydroepiandrosterone (DHEA) other than being difficult to enunciate is a lesser known bioidentical hormone. It is produced by the adrenal gland and is the building block that is necessary to make estrogen and testosterone.

Studies have shown that DHEA drops steadily as we age and this is used as a biomarker to measure the aging process itself. This drop in DHEA production can be quite significant. At age 40 we produce ½ the amount of this hormone than we did when we were 20.

DHEA has the following benefits:

- ⇒ Improves function of the immune system protecting against infection and autoimmunity.
- ⇒ Relieves stress.
- ⇒ Shown to be an anti-cancer supplement in certain cancers.
- ⇒ Increases energy.
- ⇒ Reduces body fat and cholesterol thereby preventing heart disease.
- ⇒ Increases insulin sensitivity thus helping with diabetes.
- ⇒ Is helpful with connective tissue disorders such as lupus.

IN~HOUSE COMPOUNDING PHARMACY



WHY A COMPOUNDING PHARMACY?

Compounding allows healthcare practitioners to prescribe medication specific to their patient's individual needs.

One of the primary benefits of working with an in-house compounding pharmacy is that a patient is not limited to the commercially available dosage, strengths, and forms. Instead, compounded prescriptions can be changed to different formulations that may be easier to administer.

Dr. David Brownstein, an advocate of compounded prescriptions, points out in a special report in *Integrative Medicine* that patients need individualized doses of hormones. "Pharmaceutical companies want us to believe that everybody needs the same dose of all medications," he writes, "In truth, everyone has a unique biochemical thumbprint; we don't all need the same doses of pharmaceuticals, vitamins or even the same amounts of nutrients in foods."

For optimal hormone treatment, a practitioner can fine-tune or modify the dose of a patient's compounded bio-identical hormone therapy as an individual's hormonal needs change, or accommodate an individual's preferences and absorption abilities.

IN-HOUSE COMPOUNDING PHARMACY

Our pharmacist Danny Gelber has taken great care in formulating bio-identical hormones sourced from plants. Because we compound on site we can provide fast convenient customized hormone replacement therapy. In addition, we offer anti-wrinkle cream, topical analgesic cream for pain, hair growth formula, low dose naltrexone and ivermectin.

DO YOU HAVE **LOW** THYROID?

DO YOU...

- have dry brittle hair or hair loss?
- have thick or brittle fingernails?
- have dry skin or dry eyes?
- have a hoarse voice?
- have thinning of the outer third of your eyebrows
- have excess fatigue?
- have irregular menses?

- have a low sex drive?
- have frequently swollen hands and feet?
- have high cholesterol?
- have trouble remembering or concentrating?
- have muscle fatigue or pain?
- have a family history of thyroid disease?
- have constipation?
- have cold hands and feet?