

## HORMONE INSURANCE



Hormone levels naturally decline as we age, and this decline is in part why we age. If hormone levels are declining too fast, then you may be aging too fast... and quite possibly feeling or looking it. Natural hormone replacement can help turn back the

clock by supporting an age-appropriate hormone level. This does not stop the aging process, but it does give you the best chance at enjoying a more full and active life at any age.

Your essential hormone levels can be precisely measured, and by prescribing natural, bio-identical hormones, we can treat deficiencies. The liver is the organ responsible for processing and maintaining a healthy hormonal balance in the blood. Certain lifestyle choices, foods and supplements can help the liver function at an optimal level which reduces the likelihood of problems of hormonal imbalance.

### Improve Energy

## PREGNENOLONE

by Douglas Labs

- **Stress fighter**
- **#1 Hormone in brain**



Pregnenolone, the number one hormone found in the brain, is important for memory and for keeping the brain sharp and awake.

Without sufficient stores of this important adrenal hormone, your body can't make enough of the other hormones (estrogen, testosterone, progesterone, DHEA, cortisol ) it needs to function optimally.

As we age, our adrenal glands make less and less pregnenolone. This loss can be accelerated in the face of unremitting physical or psychological stress (job, family, relationship, trauma) because pregnenolone helps our bodies handle stress.

PRODUCT #	SIZE
174	60 tab

### Increase Sexual Interest

## DHEA

by My Best Health

- **Flatten belly**
- **Healthier skin and hair**
- **Less cellulite**
- **Cope better with stress, anxiety**
- **Improve libido**

Like so many hormones, DHEA is as important to how we look as it is to how we feel. Without sufficient DHEA, men and women are more likely to have dry skin, poor body hair (under arms, on legs, on arms), more cellulite, more joint aches, and flabby belly fat.

On our psyche, low levels of DHEA are likely to mean

more anxiety, depression and fatigue as well as limited abilities to cope with stress, and low libido. In women, DHEA is more important than testosterone in restoring a woman's sexual interest and responsiveness.

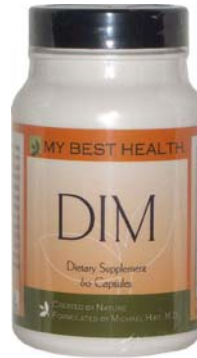


NAME	PRODUCT #	SIZE
DHEA 5 mg	136	100 caps
DHEA 25 mg	227	90 cap

### Powerhouse Supplement

## DIM

by My Best Health



This powerhouse supplement contains the perfect balance of DIM, I-3C, and calcium D-glucarate and is an important supplement for patients using hormone replacement therapy or for patients with a family history of cancers of the breast, uterus, cervix, or prostate.

PRODUCT #	SIZE
137	60 cap

## Fall Asleep Faster, Stay Asleep Longer MELATONIN

Melatonin is made by the tiny pineal gland located in the back of the brain. The pineal gland secretes melatonin at night to help us fall asleep and stay asleep. As we age, the pineal gland secretes less and less melatonin, making it more difficult for us to enjoy the benefits of a full night's rest.

**And nothing will make you feel your age (or older!) than a chronic lack of 7 ½ - 8 hours of restorative sleep.**

If you have trouble falling asleep, consider using the 'instant release' melatonin that dissolves under the tongue. If you cannot stay asleep, consider using the 'extended release' melatonin that allows the continual release of small doses of melatonin to keep you asleep.

Melatonin also helps to regulate our internal clocks that tell us when it is supposed to be day and when it is supposed to be night. If you fly across two or more time zones in a day, your body clock will be out of sync with the new time zone, leading to 'jet lag.' To synchronize your internal clock with the new time zone, you can take a melatonin supplement to correspond to your new bedtime and help reduce the length and degree of 'jet lag.'

## Recipe for Success

Every person is unique, and each person requires his or her own special diet. It is my long-held belief that two people cannot read the same diet book and get the same results. There are two main reasons for this.

First, people have different genetics. We are all designed to respond differently to foods. You probably already know of foods that make you feel unwell or cause skin rashes or breakouts. You probably know some people who can eat those same foods and feel just fine. Similarly, there are some foods that will cause elevated blood sugars or weight gain in one person but not the other. Genetics explain these differences.

The other reason people need personalized diets is that people like different foods. A Chinese person cannot read a Bulgarian weight loss book and be



At higher doses than would be used for sleep, clinical researchers have also reported that melatonin supplementation can improve survival in cancer patients (cancers of the breast, lung, kidney, liver, pancreas, stomach, prostate, and brain), reduce the side effects of chemotherapy (including low platelet levels and nerve problems of the hands and feet), reduce the symptoms of nicotine withdrawal in patients trying to quit smoking, as well as be used as a natural anti-anxiety treatment, especially for those undergoing surgery of any kind.

NAME	PRODUCT #	SIZE
<i>Sublingual Melatonin</i>	189	60 caps
<i>Sust. Release Melatonin</i>	191	60 tabs

successful. Bulgarian food may be fine for a one-time dinner at a restaurant or friend's home, but not as a permanent dietary change. Culture-sensitive nutrition programs are critical for long-term success. A diet should contain foods that are familiar and comfortable to you. Otherwise you will not stick with the diet.

The Chinese have a saying: If you go back to what you have always done, you will get what you have always gotten. Changing your diet for just a few months and then returning to your "old habits" is not a successful strategy. You must make dietary changes you can live with and work for you.

My specialties are Internal Medicine and Nutrition, and I have helped countless patients achieve and maintain healthy weights. **For assistance with weight management and blood sugar control, call my office so we can set up a personalized program at your next appointment.**

## The Science of Rejuvenation TRANS-D TROPIN

by *Balance Dermaceuticals*

### Hormones make your world go 'round

It is no exaggeration to say that without hormones we cannot live. It is also no exaggeration to say that without healthy hormone levels we cannot live well.

Hormones wake us in the morning and put us to sleep at night. They burn our fat and build our muscle. Hormones calm us when we are frightened, lift us when we are down, and strengthen us when we are stressed. They control our sex drive and fertility, as well as boost our immune systems and memory. Hormones help us fight infections, cancer, and fatigue. They control blood sugar, blood cholesterol, and the physical changes of age such as wrinkles, sagging skin, muscle loss, bone loss, and unwelcome fat deposits in unwelcome places.

### Growing Up

One of the key hormones for achieving and maintaining True Health is growth hormone. This hormone is secreted by the pituitary gland which sits in the front of your brain just behind the bridge of your nose.

As an adult, growth hormone helps the body in the following ways: tones and firms muscles, prevents osteoporosis, keeps the arteries clear and flexible, strengthens the heart and immune system, prevents fat deposits in the stomach, thighs and knees, tones the skin to prevent wrinkles and sagging, provides energy and endurance during the day, enhances sleep quality and prevents insomnia, helps people fight stress, and makes people more assertive, decisive and calm.

Consider the features of a person deficient in growth hormones according to the internationally recognized Endocrinologist, Thierry Hertoghe, M.D.: thin, limp hair; droopy eyelids and cheeks; thin lips; receding gums; deep wrinkles due to thin and dehydrated skin; loss of muscle in the shoulders, buttocks, inner thighs, and triceps; changes in body fat distribution to form a floppy belly, fatty cushions above the knees, and breast development in men; feelings of insecurity, depression, reduced self-esteem, and fatigue; a reduced resiliency when trying to bounce back from physical activity or stressful events.

### Going Mainstream

In 2002, the august, conservative FDA officially recognized Adult Human Growth Hormone Deficiency Syndrome (AHGHDS) as a legitimate condition, and put treating adults with inappropriately low growth hormone levels squarely in mainstream medicine. European physicians are way ahead of us and have been successfully treating AHGHDS for over 20 years.

There are only two proven ways to increase your growth hormone levels: injecting yourself daily with Human Growth Hormone (HGH) or stimulating your pituitary to secrete more of your own, natural growth hormone.



A European pharmaceutical company ([www.balancederm.com](http://www.balancederm.com)) has created a thin gel containing GrHRH that can be applied to the skin. It is called Trans-D Tropin. This topical GrHRH gets into the body and stimulates the pituitary to secrete growth hormone.

Trans-D Tropin is applied to the inner forearm two or three times daily. In clinical trials of Trans-D Tropin, HGH levels increase 462% after just one application, 816% after two weeks, and 1754% after five weeks. Patients reported an 81% increase in muscle strength, an endurance improvement of 60%, improved sleep quality of 92.6%, and an overall improvement in energy of 71%. Laboratory testing also revealed improvement in blood sugar, blood cholesterol, and kidney function. No significant side effects were noted.

### Are you a candidate?

An IGF-1 blood test is the screening lab test for patients with suspected adult growth hormone deficiency. IGF stands for Insulin-like Growth Factor. Think of IGF-1 as a long-acting version of HGH. By testing IGF-1 and not HGH directly, we can better gauge whether an HGH deficiency really exists in each patient because IGF-1 levels reflect the daily average HGH secretion.

Trans-D Tropin does not represent the elusive Fountain of Youth, but it is technological breakthrough of Modern Medicine's ability to maximize your own internal resources for a more vibrant and rejuvenated...you.

For more information, ask for the *Trans D Tropin* handout.

PRODUCT #	SIZE
200	30 cc