

# Natural Support for Hormone Replacement Therapies

## Armour Thyroid

**GTA** - contains 5 mg of whole porcine glandular extract. Addition of selenium (5 mcg) and rubidium (5 mcg) aids in the conversion of T4 – T3. Antioxidants reduce free radical inflammation and protect the tablet prolonging shelf life. Use 1-2 capsules tid of GTA when TSH is under 10 and **GTA forte II** when TSH is over 10. **GTA Forte II** has 20 mg of glandular extract with the appropriate co-factors. Each capsule of GTA Forte II is like 1/3 of a grain of thyroid. **Use of GTA and Meda-Stim balanced 23 /25 patients with abnormally high TSH.** Always give iodine and selenium when supporting with GTA or script thyroid medication, to protect breast, ovary, uterus, and prostate.

## Synthroid

**Meda-Stim** has all the conversion factors necessary to convert T4 to T3. Very effective for the patient who is already on Synthroid and cannot switch to Armour. This product is effective for the patient who is no longer experiencing optimal results from Synthroid. Start with 2 capsules tid and reduce as function returns. Both GTA and Meda-Stim work better with lower carbohydrate diets to stabilize insulin levels

## Testosterone

**B-Vital** provides naturally occurring precursors to naturally increase testosterone. Elk antler has been used in China for thousands of years to increase virility. Peruvian Maca is an adaptogenic substance that will aid in optimizing androgen levels consider 2 tid for one-month and adjust or retest as needed. **DHEA** is also needed for testosterone conversion. Biotics has a scored 10 mg product. Magnesium (500 mg) and Zinc (50 mg) should be present in a multiple or separately. **Bio-Ashwagandha** was shown to increase 4-fold over men doing resistance exercise in 8 weeks over controls who only exercised. 1-2 capsules bid. Always supplement magnesium and zinc when other physicians prescribe testosterone, as testosterone will further reduce both magnesium and zinc.

## Growth Hormone

**Gammanol Forte** - 8 out of 10 women were shown to have their growth hormone significantly increased in an 8-week period. 2-4 tablets tid. Further pituitary support is found with **Cyto-Zyme PT/HPT**. **Consider using Gamminol Forte with any hormone replacement therapy.**

## DHEA

**DHEA** comes in a scored 10 mg dose. Always repeat testing when using DHEA to titrate levels.

## Pregnenolone

**Pregnenolone** is the mother of all hormones. Each capsule of **Pregnenolone 25** supplies 25 mg of **Pregnenolone**.

## Progesterone

**Detoxify** liver (**MCS II- Metabolic Clearing Support**), assure adequate gall bladder function using **Beta TCP** and provide appropriate essential fatty acids (i.e. **Optimal EFAs**). Optimal thyroid function is necessary for healthy progesterone. **Natragest** is a natural progesterone product that contains ionized water that is applied topically. Because of the ionized water, clinicians report that Natragest works when other professional creams have failed.

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<b>Estrogen</b>	<b>Bio-FCTS, Bio-Drive, E-mulsion-200, ADHS, Cyto-Zyme AD</b> are all products which will stabilize estrogen levels phytochemically via the adrenals.
<b>Estrogen Reduction</b>	<b>Detoxify</b> the liver to denature and breakdown excess estrogen. <b>ADHS</b> (stage 1) and <b>MCS II</b> (stage 2) will assist in liver detoxification pathways. Always evaluate gall bladder to assure adequate toxic removal systems are function. Consider <b>Beta TCP</b> if in question. <b>Calcium D-Glucarate</b> can also be used 2 tid.
<b>Aromatase Inhibitors</b>	As the enzyme aromatase is increased so is estrogen. Shiuan Chen, Ph.D., the Director of the Department of Surgical Research at the City of Hope in Duarte, California, found grapes, mushrooms, and red wine contains phytochemicals that can suppress aromatase activity. The most exciting however is a grape seed extract - procyanidin B, which according to Dr. Chens' research, reduces up to 80% of aromatase. Biotics Research makes a product called <b>Bio-Cyanidins</b> which is a source of Proanthocyanadins. It contains 15 mg of Pycnogenol® as well as 35 mg of a 95% pure concentrated form of OPCs (grape seed extract). 1-2 bid. <b>Iodizyme HP Plus</b> 12 mg of iodine as iodine/iodide. Dr. Berkson, in her seminars, shared that iodine is a major aromatase inhibitor. 3 mg are contained in the products she developed <b>Receptor Detox</b> and <b>Hormone Balance and Protect</b> .
<b>Cortisol (Hypo)</b>	<b>ADB5 Plus</b> 2-3 tablets bid contains porcine adrenal, vitamins, minerals, and adaptogens including Rhodiola necessary for healthy adrenal function. B vitamins and vitamin C are important. Another option to consider is <b>Cytozyme AD</b> which now contains both neonatal adrenal from bovine sources and porcine adrenal tissue.
<b>Cortisol (Hyper)</b>	<b>ADHS</b> stands for adrenal hyper secretor and is the most cost-efficient way to balance cortisol. It contains adaptogenic botanicals, low dose B vitamins, and other calming nutrients. 3 bid. <b>Bio-Ashwagandha</b> - Ashwagandha is an adaptogenic herb, very popular in Ayurvedic medicine. It has been shown to be effective with anxiety, depression, stress, dysglycemic, to increase stamina, and to be especially effective in the adjunctive support of both hypo and hyper thyroid and hypo and hyper adrenal conditions (as an adaptogen it will support both hypo and hyper endocrine problems). General dose is 1 capsule twice a day. <b>PhosphatidylSerine</b> - Each capsule is standardized to contain 100 mg of Phosphatidylserine and also typically provides a 300 mg blend of phosphatidyl-inositol, soy phospholipids, phosphatidylcholine, phosphatidylethanolamine and glycerides. Consider this product with short-term memory loss, mood improvement, myelin sheath repair and for reducing cortisol production. With adrenal cortical hyper function, the product should be considered with <b>ADHS, Glucobalance</b> and <b>Optimal EFAs</b> . With short-term memory loss it should be used with <b>Rb-Zyme</b> and <b>Nuclezyme Forte</b> . 4-6 capsules twice a day.

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**De-Stress** - Each capsule supplies 150 mg of a bioactive peptide derived from milk, having anxiolytic activity. **De-Stress** can be used in any case where psychological stress, insomnia, or anxiety are present. 1-2 capsules at bedtime and 1-2 capsules during the day if needed for periods of high stress. Human studies indicate **De-Stress** has no known side effects and will generally work within 24-48 hours after the initial dose.

## Receptor Detox

**Receptor Detox** developed by Dr. Devaki Berkson to keep receptors clean and functioning at optimal levels. It is also designed to keep hormones in their docking sites to make sure adequate signaling occurs. Start at 2 bid for 1 bottle then reduce to 1 bid. This is a new product and feedback has been very supportive, dosage levels may change as we get more feedback from clinicians. Use with all hormone replacement strategies to optimize existing, exogenous or hormone precursors.

## Hormone Balance and Protect

**Hormone Balance and Protect** developed by Dr. Devaki Berkson to feed the Estrogen Receptor Beta cells called ER-beta. ER-Beta receptors site signal for controlled growth which is anticancer by nature. The nutrients involved also slow the breakdown of natural hormones and allow them to function at peak performance for the maximum period before the liver and other tissues break them down. Also, supports TH1 immune function. Use 2 capsules bid.

## TolerAid

**TolerAid** was designed to gently detoxify chemicals by feeding pathways that are genetically compromised. Designed and clinically tested by Dr. Mark Force, Diplomate in the ICAK. Two capsules contain 50 IU of vitamin E, 1 mg of cocarboxylase, 2 mg of riboflavin-5-phosphate, 10 mcg of niacinamide, 6 mg of P-5-P, 100 mcg of methylfolate, 50 mcg of selenium, 150 mcg of molybdenum, 50 mg of quercetin, and a proprietary blend of organic juices and sprouts. Product has been shown to be effective with sulfite sensitivity and sensitivity to out-gassing and odors and assisting with methylation, chronic fatigue and fibromyalgia, tyramine, and chronic and undifferentiated headaches, histamine, inflammation, and generalized pain. 2 capsules twice a day for 2-3 months then reduce to 1 capsule twice a day.