

# Grow Young and Slim

Article 102a - Mens Health

***Part 1 - Men - Hair Loss, ED-erectile dysfunction, Obesity, Prostate Enlargement.***

***Part 2 - Strength and Romance, Sensual Energy with youthful levels of: Thyroid, DHEA, Cortisol, Melatonin, Growth Hormone.***

**T**here was shocking finding of the Massachusetts Male Aging Study on 1,290 men that over 50% of them ages 39 to 70 were found to be seriously deficient in androgen hormones, especially the active free testosterone. Over 52% of the men were experiencing problems with impotency or the ability to maintain an erection.

A majority of men past the age of 80 continue to express an interest in sexual intimacy with their spouse, unfortunately, over 85% of senior men are unable to achieve erection and engage in intercourse <sup>(16b, 16c)</sup>.

The first obvious sign of aging and hormonal imbalance in the male is the inability to enjoy sex. It is estimated that over 30

million men in the US suffer from male erectile disorder or "ED" at one time or another.

We have become the "Viagra generation", avoiding the cause of aging and treating the symptom (erectile disorder-ED) with a pill. Viagra is the number one selling prescribed drug of all time. When men use Viagra to get an erection it is without improved satisfaction. The passions and natural desire for sexual pleasure are not enhanced with Viagra in a hormone deficient man.

Other symptoms of low androgens include sexual dysfunction, lack of desire, poor memory, prostate cancer, hair loss, flabby, weak muscles, constant fatigue, depression and irritability, lacking self-assurance, premature aged skin and fragile bones <sup>(1,22,23)</sup>.



- **Virility**
- **Youthful Skin**
- **Increase Muscle Density**
- **Firm**
- **Energy**
- **Intensify Orgasm**
- **Increase Sperm Production**
- **Fat Reduction**
- **Assist Prostate Health**

By the age of 50, three out of four men already have enlarged prostates and one in three men have cancer cells in his

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***What if I told you, you could increase your energy, lean muscle mass, sexual energy and reduce body fat within 8 weeks?***

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prostate. By the age of 75, three out of four men have outright prostate cancer.

Men with prostate disease have higher estrogen levels than women. American and European men over the age of 50 have higher estrogen levels in their blood than their wives do at the age of 50. Eating excess fat raises your estrogen levels as does being overweight.

**How you can stay young, restore Energy, Strength and Sensuality**

What if I told you, you could increase your energy, lean muscle mass, sexual energy and reduce body fat within 8 weeks? This is a highly researched approach combining proven combinations of the right form of hormones and two new performance creams. These dermal liposomal creams are concentrated with powerful herbs and enzyme activators. The quality of life for men and woman can be improved by

daily use of Strength and Romance and Sensual Energy.

In the book, "Grow Young and Slim" I explained how the balance between each hormone can be reached by supplementing with herbs, hormones and pro-hormones <sup>(1)</sup>. In this article we will explain how to avoid the purported risk of cancer and use hormones sensibly to slow and reverse aging.

Over 50% of men in the US are considered clinically obese-beyond 25% body fat and over 85% consider themselves overweight. Fatty tissue in obese or overweight men creates an enzyme called aromatase that converts more and more testosterone to estradiol <sup>(61)</sup>. This potent form of estrogen signals the pituitary in the brain and then the male testes to secrete less Luteinizing hormone (LH). This severely slows down testosterone production.

Worse yet, the presence of estrogen increases the production of a protein called "sex hormone binding globulin" or SHBG which competes with testosterone at the actual receptor sites, rendering testosterone literally impotent. It is as if you gradually castrated all adult males past the age of 39.

In addition, other types of bad estrogens known as 16-alpha hydroxyestrone or 16aOHE join Estradiol and Estrone, accumulating in the body and further neutralize testosterone <sup>(33b)</sup>! This resulting imbalance of the ratio of testosterone to estrogen

accelerates premature aging.

**There is a Bad and Good Estrogen (Metabolite)**

Aging, lack of exercise and a high fat diet can cause a high level of estrogen and low levels of testosterone and DHT. When the balance of estrogen gets too high and testosterone gets too low a danger occurs in men who are at major risk to develop

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***Over half of all men past the age of 50 have enlarged prostates.***

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prostate enlargement, prostate cancer, hair loss, depression, catabolic muscle decline and loss of sex drive or performance.

Some men despite having "normal" lab levels of testosterone (lab tests obtained from an overweight, premature aging population), may have too much estrogen in relationship to testosterone, causing a loss of strength and sexual function <sup>(24, 31)</sup>.

**Estrogen-the real culprit in prostate disease and impotence**

Over half of all men past the age of 50 have enlarged prostates. Symptoms include hesitancy at starting urination, increased frequency and decreased force and flow of urination. In a

study to determine the cause of impotency in men done at UCLA it was found that the most significant association was high estrogen levels <sup>(16)</sup>.

Men with severely enlarged prostate that had been surgically treated had higher estrogen levels and lower testosterone levels than men with normal prostate glands according to an American study on 320 New England <sup>(22)</sup>.

Dr. Suzuki, reported in a Japanese study that men with the least prostate enlargement had higher testosterone levels! And the men whose prostate were most enlarged had a higher level of estrogen. The scientists concluded that estrogen levels (bad type-unmetabolized) are highly correlated with prostate size and volume <sup>(14, 15, 22)</sup>.

### **The need for hormone balance in Men and the Benefits**

As men age we can reverse signs of aging, decrease the size of the prostate, have a zest for life, become lean and fit and look years younger by correcting the hormonal imbalance <sup>(32, 33, 34)</sup>.

Men need estrogen located at sites in the brain for proper mental function, to have sexual desire and allow the body to relax. Estrogen serves as an on/off switch in relationship to testosterone. However as unmetabolized estrogen increases with age, this bad estrogen increases sex hormone



binding globulin which blocks the receptor sites where testosterone normally resides. This interference with the normal function will cause men to lose all interest in sex and age rapidly <sup>(22)</sup>.

Some studies suggest even baldness, may be associated to high fat diets that stimulate the overproduction testosterone which converts to estrogen. Men genetically predisposed to baldness, as well as obese men, have more aromatase enzymes stored in their fat cells that convert more testosterone to the bad estrogens <sup>(55, 56)</sup>.

### **How to test if you are at risk from dangerous, bad estrogens**

Most men have undesirable levels of excess estrogen metabolites. Nearly 55% of sex hormone metabolism from DHEA, testosterone, estrogen and pregnenolone eventually ends up as either a good type of estrogen metabolite called 2-hydroxyestrone (2OHE) or a bad type of estrogen metabolite called 16-alpha hydroxyestrone

(16aOHE). As we explained, there are over 40 estrogen metabolites, yet because they end up in directed pathways and hydroxyestradiol eventually converts to hydroxyestrone, it is sufficient to just measure the hydroxyestrone <sup>(2)</sup>.

Men can have their levels monitored for all of these hormones (especially estradiol and 16aOHE) if they want to avoid prostate cancer and obesity associated with high estrogens <sup>(4, 6)</sup>.

This good and bad estrogen can be measured in the serum and in the urine as well. This urine or serum test to detect the presence of the bad compared to the good estrogen is done for around \$80 as part of a panel (performed with a small urine sample collected into a tube -4 ml or blood draw) first thing in the morning.

A more comprehensive evaluation of the various estrogen metabolites is most accurately determined from a 24-hour urine collection and testing as part of an extensive panel on eight of the hormones (go to the website to order a kit, instructions and fees).

### **How to naturally restore proper Testosterone to Estrogen ratio**

Herbs, a diet high in certain vegetables and fruit, exercise and added testosterone can make you look and feel youthful again. Certain herbs and plant extracts such as

Diindolylmethane (3,3') (DIM), Carboxy indole-3-Carbinol (I3C) and ascorbigen (converts to Vitamin C). These special phytochemicals are all found naturally in raw Brassica cruciferous vegetables (broccoli, Kale, cabbage, brussels sprouts, cauliflower, bok choy, turnips, rutabaga, mustard, kohlrabi).

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***This rather incredible discovery has led me to encourage physicians and my clients to add these important substances from herbs to the daily supplement and hormone regime.***

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This cream with cruciferous derived ingredients can be rubbed into the skin to reduce the build up of too much estrogen in men <sup>(3, 4, 5, 6, 7, 9)</sup>.

Most people do not consume the necessary two pounds of raw cruciferous vegetables a day to get benefit. So we have devised a cream assisted by liposome for better absorption to be rubbed on the skin in the morning and evening, after showering.

It has been reported in the medical literature that by adding a dermal cream or supplement that supplies ingredi-

ents from cruciferous vegetables, you can improve the ratio of good 2-OHE to bad 16aOHE estrogen. This may dramatically reduce the risk of prostate cancer by up to 41% in men and the risk of breast cancer and cervical cancer in women <sup>(3, 4, 5, 6, 7, 8)</sup>.

This rather incredible discovery has led me to encourage physicians and my clients to add these important substances from herbs to the daily supplement and hormone regime. Men and women must take indoles (DIM, I3C) about 100 to 400 mg of active ingredients to enhance the activity of the good estrogen and the beneficial effects of testosterone <sup>(2)</sup>.

Indole-3-Carbinol in capsule form works best if there is sufficient hydrochloric acid in the stomach to convert to the active form of Diindolmethane in the body. However, as you age it may be best to take the combined "Indoles" in the new dermal cream form for insurance and added protection.

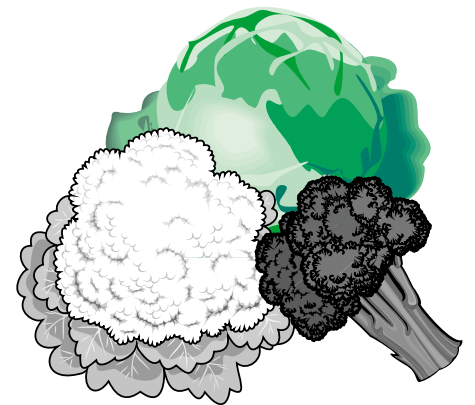
### **Desirable Food and Herbs to balance hormones**

I encourage men to use soy phytoestrogen supplements and foods rich in soy (tofu, soy milk) to help cover up or block the receptor sites for estradiol. This can further reduce the build up of too much of the dominant form of estrogen/estradiol and bad metabolites.

Soy phytoestrogens have a pos-

itive weak estrogen effect because it also promotes the production of (2-hydroxyestrone) the good estrogen <sup>(10)</sup>. This can also help men to reduce problems from having too much bad estrogen.

Now you may ask, why can't I just eat more soy products and cruciferous vegetables and not bother with natural herbs and hormones to stop premature aging? Of course you can get some good results by eating more raw vegetables, however to get protective and dramatic results, people had to eat one to two pounds of broccoli, bok choy, cabbage or brussel sprouts a day <sup>(6)</sup>! I consume close to two to three pounds of vegetables a day when including my blended vegetable smoothie (64 ounces / 2 liters) every morning along with salads and soups.



The good news is that by taking about 100 to 400 mg of active indoles in the new cream rubbed on the skin in the morning and night you are getting the equivalent of over two pounds of broccoli, cabbage or kale a day <sup>(2, 6)</sup>. If I were you, I

would eat more vegetables; take herbs found in Strength and Romance and Sensual Energy along with natural hormones to guarantee the best results.

When you consume foods and supplements from the Brassica-cruciferous vegetables, be sure to get a source of iodine from seaweed (kelp) that is in our Sensual Energy product. Also you may need the added thyroid stimulating extract we call BMR-basal metabolic rate. Thyroid T<sub>3</sub> material combined with iodine can support thyroid function to avoid goiter or thyroid deficiency. Cruciferous vegetables extracts require raw material of thyroid to offset the increased thyroid production. It is always important to support the thyroid needs whenever we are balancing hormones.

### **Chrysin herbs help estrogen balance**

The goal of obtaining proper estrogen balance must also take into account the amount of testosterone that is converted into estrogen. If you have too much testosterone or DHEA according to biochemical pathways there is a direct pathway back to excess estrogen (estradiol).

To prevent this conversion, men and women can use another supplement called Chrysin. Chrysin is extracted from the passionflower and it is an effective inhibitor of an enzyme called aromatase that actually converts Testosterone or DHEA into estrogen.

Chrysin (passion flower) in cream form has a longer sustained action in bloodstream and can be effective in reducing

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***We suggest daily use of herbs and supplements to reduce bad estrogen and increase free testosterone with diindolylmethane, chrysin, avena sativa, and testosterone in cream form.***

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estrogen dominance. Zinc, Saw Palmetto and avena sativa all increase the free testosterone that is the active beneficial type needed for youthful function <sup>(17, 18, 19, 22)</sup>.

Men and women should take chrysin along with indoles everyday for the rest of their life if they want to reduce the ill effects of aging (sex organ related cancers, obesity, thinning hair)<sup>(19)</sup>. Topical cream forms of Chrysin show even better absorption than the capsules, according to Dr. Gottfried Kellermann, a research biochemist. If you use capsules of chrysin, remember they have a shorter half-life and disappear quicker than the cream form. The cream form of chrysin is much more potent and long acting in preventing the conver-

sion from testosterone to estrogen.

The presence of the bad estrogens in most Americans over the age of 30 can be detected in the urine and serum as performed by independent laboratories as confirmed by Gottfried Kellermann PhD, Alan Broughton MD and Jonathan Wright MD.

Reports of participants in the Grow Young and Slim Plan have demonstrated incredible improvements in hormone levels or ratios in men and women. We suggest daily use of herbs and supplements to reduce bad estrogen and increase free testosterone with diindolylmethane, indole-3-carbinol, chrysin, avena sativa, and testosterone in cream form.

### **Estrogen hormone balance and Herbs**

In a study on chrysin and 10 other natural plant flavonoids (genistein, rutin, tea) as compared to powerful aromatase-inhibiting drugs (aminoglutethimide), chrysin was the most effective and potent inhibitor in human fat cell cultures <sup>(57)</sup>.

Other studies have compared drugs like Arimidex to natural methods of using plant extracts and a low fat diet centered around more vegetables. We find additional benefits such as reduced body inflammation and less free radical damage along with a reduction in estradiol and Estrone <sup>(17, 18, 19, 20)</sup>. The

DIM in Strength & Romance is able to reduce the “bad” 16 aOHE by converting it to a good type of estrogen (2-OHE). Arimidex doesn’t show evidence of being able to transform or metabolize bad estrogens. Yet this is a necessary part to healthy metabolism.

### **What are the benefits of having more good estrogen?**

The Grow Young and Slim plan of diet, exercise, natural hormones and herbs restores good estrogens and testosterone to youthful levels by 70% within two weeks. There actually is an important need for a good type of metabolized estrogen called 2-hydroxyestrone. The good estrogen has been shown to reduce PSA levels and bring prostate to normal.

According to Michael Zeligs MD, and Scott Connelly MD, the bad estrogen is converted or metabolized into a good estrogen that actually helps us to burn body fat. This good estrogen (2OHE) has a powerful affinity or ability to attach to protein binding globulins. Protein binding globulins normally render most (over 98%) of our circulating testosterone inactive. This good type of estrogen grabs this binding protein from the circulation and actually releases more active testosterone back into our system, thus allowing for all the positive benefits of testosterone such as improved immune system, powerful sex drive and function, muscular

strength and improved mental focus <sup>(1, 22, 23, 31, 33)</sup>.

These good estrogen metabolites increase the number of catecholamine (epinephrine & norepinephrine) receptor proteins on cells that provides an even greater release of fats in response to catecholamine. This can help you to reduce body fat by adding the herbs we have recommended.

### **Testosterone enhancing herbs and natural hormones**

It is also important to enhance testosterone levels while you manage estrogen levels. We successfully use combinations of herbs such as avena sativa, nettles, Muira Puama, macaperuvian ginseng, horny goat weed, tribulus terrestris, and the mineral zinc <sup>(1, 19)</sup>. We also use creams with natural testosterone (prescription) <sup>(24)</sup>.

Men and women benefit tremendously and feel and look years younger on our program.



It is important to emphasize that

most of our participants have agreed to have urine, saliva or blood tested at least every three to six months and have their levels monitored to maintain ideal levels, not too high or too low. Also we check an initial PSA level for prostate health. If high, first we suggest the proper diet and hormone correction including estrogen management to restore healthful levels <sup>(1, 22, 23)</sup>.

We are finding that these herbs such as nettles and avena sativa can bind to sex hormone binding globulin SHBG and allow the release of the good unbound free testosterone. This can stop another cause of aging allowing men to restore the libido they once had in their youth and for women to also look years younger and feel sexy <sup>(20, 21)</sup>.

The dermal cream with testosterone enhancing herbs and estrogen lowering components help men to achieve firmer erections and an increase in libido or interest in sex. Some notice increased volume of sperm along with more intense orgasms.

### **TESTOSTERONE**

Transdermal patch with testosterone is available for men in low dosages (10 to 15 mg). This low dosage may work for men with hypogonadism (low levels of sex hormones and impotency), however aging men with wasting disease (due to immune deficiency disease) will need to use higher dosage

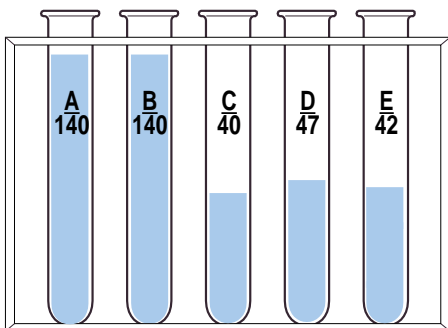
gels or creams to be able to regain lost lean muscle mass <sup>(24, 26, 31)</sup>.

The "new" patches can be applied to different body areas free of body hair where fatty tissue exists to get an even absorption that obtains better ratios of testosterone to dihydrotestosterone or DHT. It is at the hairy areas of the body where hair follicles have the most 5 alpha reduction sites that create DHT. The "old patch" was applied to the scrotum where an enzyme exists that tends to increase the level of dihydrotestosterone (DHT) too much <sup>(24)</sup>.

### HORMONE LEVELS

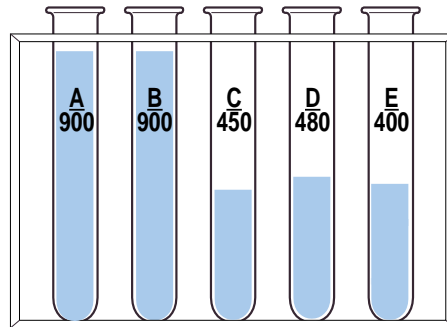
- A. Average healthy young men
- B. Healthy elderly men treated with herbs in Strength & Romance plus Sensual Energy and DHT and Testosterone gel
- C. Average elderly men
- D. Elderly men with bph-enlarged prostate
- E. Elderly men with prostate cancer

### DHT (dihydrotestosterone)



Men and women can use gel, cream or patch rotated to different body areas with the least hair such as the base of the neck, top of the chest and shoulders, crease of the arm, underside of the wrist, sides of the ribs just above the waist, sides of the hips, inside of

### Testosterone



thighs each day. This will get safe and natural increases in testosterone with modest increases in DHT.

Thierry Hertoghe MD., an anti-aging professor from Belgium, Ron Rothenberg MD, Professor from UC San Diego and I believe the best form of testosterone replacement is a gel for men and women. The dosage can be low enough for women (3 to 6 mg per gram) yet high enough (50 to 200 mg per gram) to benefit the male patient and allow for a natural and gradual restoration of youthful hormonal levels.

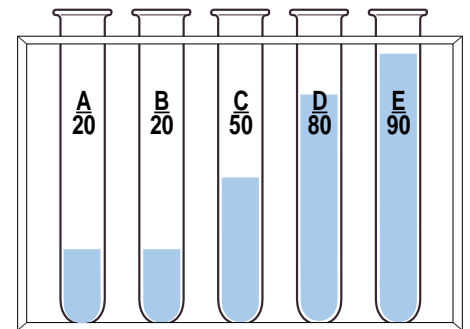
Your anti aging doctor can prescribe "natural" testosterone from a compounding pharmacy <sup>(22)</sup>. The application of hormones can be each morning and before bedtime to get an ongoing and even release, as the body needs it.

Men can apply some testosterone gel on occasion to the scrotum, however this should be done only two or three times a week to avoid too high an increase in DHT. DHT needs to be in balance with Testosterone according to Dr Thierry Hertoghe. Some DHT is necessary for good health, strength, muscle density and sexual function.

Edmond De Vroey, MD, founder of Longevity Institute and colleague of Eugene Hertoghe MD, Thierry's father, has been using DHT gel applied to his skin for over 20 years. Dr. Vroey found he can maintain healthy prostate and low PSA levels by using DHT directly without conversion to estrogen.

In the clinical study by Dr Wang and colleagues reported in JCEM 83: 2749, 1998 it was shown that DHT improved total androgen while significantly decreasing the estradiol levels in every man within 14 days. DHT cannot be aromatized into

### Estrogen



Estradiol. Therefore it can provide beneficial androgen replacement for testosterone deficient, hypogonadal men

while avoiding the side effect of gynecomastia.

If you use any androgen replacement be careful to watch for signs of excessive DHT levels such as oily skin, acne, being too aggressive or overly sexed. It is expected to have about a three or four testosterone to one ratio of DHT.

Ideal blood serum levels of total testosterone of 700 to 1000 ng/dl, and free testosterone of 120 to 210 pg/ml would have a dihydrotestosterone (DHT) of under 350 and estradiol under 30 pg/ml. Some believe the DHT should be under 75 however this opinion is now being challenged by several other



studies. A study using DHT gel reported in Germany by Schaison in 1990, in patients with hypogonadism, resulted in appropriate virilization, increased muscle mass and improved sexual function, without an increase in prostate size. In the *Annals of Internal Medicine*, 25:235, 1993, De Lignieres found that older men age 55 to 70, gained improved sexual function and a 15% decrease in prostate size over the course of

two years by using DHT gel.

Also be sensible about your dosages of testosterone or DHT and if excess levels develop upon blood or urine tests then reduce your dosages to match the patient's needs. Some bodybuilders and athletes have abused testosterone by injecting high dosage synthetics and have been tested with levels over 2,500 ng/dl total testosterone and over 800 dihydrotestosterone.

Dr. Eugene Shippen, author of *Testosterone Syndrome* has cited studies that prove testosterone and its more powerful derivative, dihydrotestosterone (DHT) can actually protect the prostate <sup>(11, 12, 13, 22, 27)</sup>. The use of testosterone cream, gel or a patch (rotate to different hairless areas of the body) along with saw palmetto avoids the problem of excessive increase of DHT.

Studies have shown the protective effect of saw palmetto to be more effective and safer than the drug finasteride or "Proscar". The use of the drug Proscar lowers the DHT too much and can cause impotency whereas the Beta Sistrosterol in saw palmetto was twice as effective in restoring urine flow in men with enlarged prostate without causing impotency <sup>(22)</sup>.

It is an advantage to maintain prostate health with the addition of Beta Sistrosterol. Beta Sistrosterol is the active ingredient found in saw palmetto. Beta Sistrosterol works better

than finasteride because it inhibits androgen receptor binding, while finasteride - "Proscar" only reduces 5 alpha reductase. Even though Proscar reduces DHT concentration in the prostate by 80%, it only decreases the prostate size by 18%. Over 63% of men experience no improvement in symptoms using Proscar while on the drug for a year. Over 5% of Proscar users suffer decreased libido, impotence and ejaculatory disorders.

A study conducted by a USC team found 8 out of 27 high risk men taking Proscar developed tumors within one year despite having 67% lower DHT levels while on drug treatment. The real problem is not DHT, I would propose, the problem is high estrogen levels in the prostate. We need testosterone and DHT for healthy prostate function. We must use Beta Sistrosterol to enhance prostate function and use DIM to reduce estrogen levels in the prostate. The product Strength and Romance and Sensual Energy have the perfect combination to assist prostate health.

Men also have a drop in progesterone after the age of 60 and progesterone protects both men and women from estrogen dominance. According to Dr Lee, studies done in Santa Barbara, California on prostate cancer showed that estrogen (bad type) increased the cancerous cell growth, whereas progesterone stopped the growth of cancer and testosterone actually killed the cancer

cells.

This amazing property of testosterone to protect against cancer is finally being recognized by European and American Doctors. Furthermore, the need to reduce "bad estrogen" is the opposite of what most physicians have been taught! Most Urologists are wrongly treating patients with prostate disease by suppressing testosterone and increasing estrogen.

A nonprescription source of testosterone is the preferred prohormones 4-androstendiol. The androstendiol is preferred over androstendione because its carbon ring location prevents it from converting into estrogen. The 4-Diol form goes directly to testosterone, not estrogen. The Androstendione and the 5-androstendiol both have a problem of estrogen conversion.

When seven men at Eastern Michigan University were given placebo compared to 100 mg of oral androstenedione compared to 100 mg of 4-androstendiol, those given the 4-androstendiol produced 256% more free testosterone and 310% more total testosterone in the serum within 90 minutes and virtually no conversion to estrogen.

However, we have found the dermal delivery (cream) of 4-androstendiol combined with chrysin and DIM is best because the cream applied to the skin will give a longer sus-

tained level of testosterone with less chance of converting to estrogen than oral tablets.

Testosterone, DHT, Androstendiol, pregnenolone and DHEA can be used at the same time in low dosage cream to further balance the hormone needs for men.

Many older men may not have the proper enzymes necessary to convert to testosterone and they will benefit by combining the above herbs hormones with a prescription for testosterone gel to reach youthful levels <sup>(32, 33, 34)</sup>.

We suggest you avoid pills for synthetic testosterone and oral steroids because they can cause acne, excessive hair growth, elevated liver enzymes and liver toxicity. This happens because the pill must be a strong alkylid to get past the liver, which has damaging long-term effects. The amount of testosterone absorbed orally is so low that it requires multiple daily doses, which adds to the toxicity problem <sup>(36)</sup>.

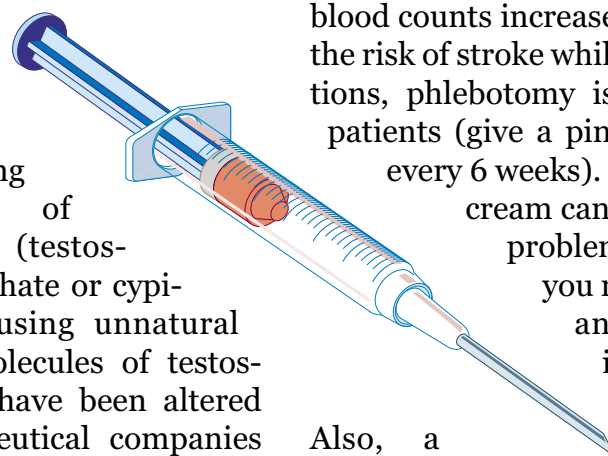
Patients using injections of testosterone (testosterone enanthate or cypionate) are using unnatural synthetic molecules of testosterone that have been altered by Pharmaceutical companies so they could patent them. These unnatural steroids can leave metabolites that have never been found in nature and

most likely will lead to long-term side effects (cancer risk) if used for many years. These synthetic testosterone find initial benefit in restoring male function, libido and muscle density <sup>(28)</sup>.

However, when injectable testosterone is given, in certain men it may convert over into excess estrogen. Problems include hair loss, acne, liver damage, high blood pressure and water retention. Overuse of "synthetic" testosterone and excess estrogen conversion can cause gynecomastia or enlarged fatty breast tissue in men. Some men use drugs like Arimidex to reduce or block estrogen. Arimidex can have side-effects if used long term. The herbs and phytochemicals in indoles contained in Strength and Romance are designed to replace the need of Arimidex for most men.

High dosage testosterone (synthetic steroids) can increase the thickness of the blood because hematocrit and hemoglobin blood counts increase. To avoid the risk of stroke while on injections, phlebotomy is done on patients (give a pint of blood every 6 weeks). The gel or cream can avoid this problem because you rarely have an increase in blood counts.

Also, a low fat diet with exercise thins the blood effectively.



People build a tolerance to high dosage testosterone injections so they must cycle off the injections every 6 to 12 months by going completely off testosterone for 4 to 8 weeks. This can return the person's sensitivity to the benefits of testosterone.

Cycling becomes almost unnecessary with gels or creams combined with the use of natural herbs to lower estrogen and release free testosterone. This is because you are mimicking the body's needs at proper low dosages. The herb combinations found in Sensual Energy and Strength and Romance intensify the results achieved without needing injections.

The anabolic steroid called "Nandrolone" (Nandrolone Decanoate or Deca Durabolin) is designed to avoid most of the estrogen build up. Nandrolone

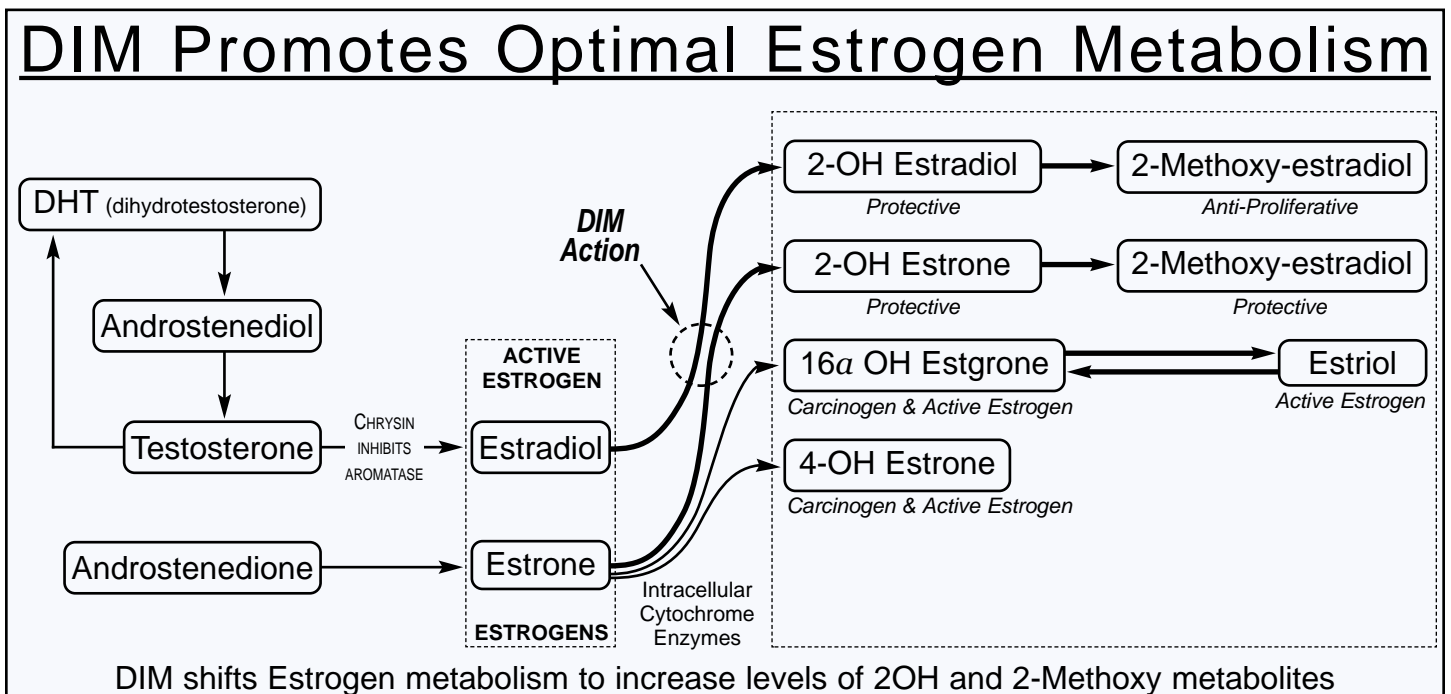
is considered a nor-testosterone that means there is no carbon molecule at the 19 position so the enzyme aromatase cannot attach to the testosterone and convert it into estrogen. However, about 20% conversion of estrogen still takes place when compared to pure testosterone at the same therapeutic dosage. The alkalines (organic acids) in the body act on the remaining metabolite (1-beta hydroxylated) to convert to some estrogen<sup>(25)</sup>.

The problem with nandrolone is it does not produce the enhancement on libido, quality-of-life and muscular strength that "natural" testosterone does. Only testosterone can do this, which is why doctors have patients with wasting disease combine both 50 to 100 mg of testosterone gel and 50 to 100 mg of nandrolone. This combination is used to obtain better

overall lean tissue retention and energy with less chance of hair loss, prostate enlargement or other side effects<sup>(27)</sup>.

The major problem with injection testosterone is it is like being on a roller coaster. One or two days after the injection you are on a high, energy wise and responding sexually, then as the level drops near the end of the week the feeling of strength and power begins to drop drastically. Also, the use of an anabolic steroid such as nandrolone can leave metabolic excesses causing the body to become accustomed to high dosages and it no longer responds. Injections or even surgical pellets imbedded into the abdomen make it hard to maintain ideal levels over a lifetime<sup>(22, 31)</sup>.

*Chrysin prevents aromatase conversion of testosterone to estrogen*



# Strength and Romance, Sensual Energy with youthful levels of: Thyroid, DHEA, Cortisol, Melatonin, Growth Hormone.

**S**TRENGTH AND ROMANCE™ is a deep, dark color because it has a superior concentration of herbs as compared to white fluffy cream products. It provides an array of proven ingredients for men and women's optimum health and hormonal balance.

The first two key ingredients in this amazing dermal cream with liposome delivery technol-



Strength



Romance™



ogy are DIM-Diindolylmenthane and Chrysin 5, 7, dihydroxyflavone. DIM and Chrysin are considered unstable and generally not absorbed well by tablet. Yet with Liposomes microencapsulating the DIM and Chrysin,

they can easily absorb into the skin and circulation. This has become the most important breakthrough in helping to metabolize hormones. It assists weight loss and eliminating damaged and mutated cells as a primary cancer defense at sex target organs. DIM and Chrysin also enhance the ratio of testosterone to estrogen for additional youthful benefits and sexual enjoyment.

The next key ingredient is Tribulus Terrestris which enhances LH (lutening hormone) the main stimulus to produce your own testosterone. This increases seminal fluid, sperm count, increases desire, arousal and performance while assisting in orgasm in men and women.

This dermal cream also contains Mucuna Pruriens with a powerful amino acid called L-dopa, with an impressive record of improving sexual function and romance for both men and women. L-dopa is an effective inhibitor of pituitary prolactin release. Prolactin is a substance blamed for an increase in breast cancer rates and erection failures in men. Mucuna Pruriens reduces the a "bad" prolactin levels.

Other key herbs in Strength and Romance include Epimedium Sagittum, or Horny Goat weed. This is an ancient Chinese herb known to restore vitality and sexual function. Coleus Foscogli, L-Lysine and L-Arginine work together to enhance the nitric oxide cycle for strength and energy.

Ashwagandha is known for its calming effect on the body. In 101 healthy men, aged 50 to 59 years, each took 3 grams of Ashwagandha every day compared to placebo for one year. Over 71% of the men reported improvements in sexual performance. They also had a significant increase in hemoglobin, red blood cell count, and had less grey hair.

4-Androstendiol is the prohormone selected to be in this product because it converts directly into testosterone without going to estrogen. The liposome allows a slow release giving you sustained benefits including improved lean body mass, added strength and power. Other products using oral tablet prohormones have failed because they neglected to handle the problem of first pass by the liver and the rapid conversion from testosterone to estrogen. We offer dermal

delivery and the slow release of liposome to allow Androstendiol to slowly increase testosterone to ideal levels. As additional protection we have added estrogen management herbs to insure proper conversion.

### SENSUAL ENERGY™

This product has a proprietary blend of herbs such as Avena Sativa, Maca, Damiana (aphrodisiac, good mood) with the



ability to attach to binding globulins. This allows the release of free hormones such as testosterone and DHEA. This will increase the biologically active unbound testosterone, the free portion. This is the only type of testosterone that gives the body sensual energy and function.

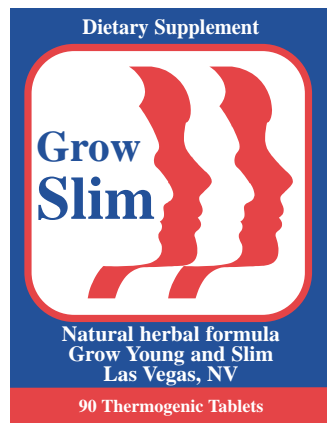
The next ingredients are Calcium D-Glucurate, Quercetin (the potent antioxidant), Zinc and DIM all know to help regain youthful testosterone and estrogen metabolism. We added Beta Sitosterol which is much more potent and

effective than Saw Palmetto in regulating DHT and testosterone metabolism for prostate health. This allows proper urine flow while shrinking the prostate according to the British Journal of Urology, V. 80, 1997, p 427. Most products contain insignificant amounts of the active portion found in Saw Palmetto.

In Sensual Energy we use Guarana (mental alertness), iodine from Norwegian Kelp and Laminaria Digitata to increase energy for passion and vitality. We suggest you rub both creams Sensual Energy with Strength and Romance deeply into the skin every morning and night.

### GROW SLIM

Here is the best thermogenic product with the right combination of energy releasing herbs. This is the one that



allows you to feel good without the nervous jitters caused by most thermogenics. This has no artificial ingredients and it is produced under GMP standards. We have found it reduces appetite and allows

your body to burn more calories. This can result in substantial fat loss while following a healthy diet and exercise plan.

### DR'S DAILY

Is a liposome assisted liquid spray with 67 ionic trace minerals, 8 major minerals, 11 vitamins and three herbs. Spray it



in your mouth every morning and night for 50 to 100% of your daily vitamin needs. Children and senior citizens like the naturally sweet taste (stevia-herb) of this product and so will you. The convenient one ounce bottle can be put in your pocket or purse. Hard tablets containing vitamin and minerals don't absorb very well and you would have to swallow over 20 pills a day to equal this product.

### Natural vs. Synthetic hormones

I've been asked, why some doctors didn't know about the natural compound version of these same hormones? Doctors have been prescribing synthetic drugs because the pharmaceutical companies only publish

studies on drugs. The drug companies could not patent natural products and herbs. There is a major difference between how synthetic chemically altered pharmaceutical hormones react in the body compared to bio-identical hormones. Drug companies can't compete with safer natural hormones. In the past, European doctors were educated about natural hormones and herbs. American doctors are finally being educated at anti-aging conferences about natural hormones and herbs to help their patients get even better results (23, 47).

In the new anti-aging academy's, doctors are being informed of these desirable natural alternative medicines. These natural compounds of testosterone with other hormones have been used safely for over 100 years, according to Dr Thierry Hertoghe.

## THYROID

Those people who maintain an ideal thyroid level have the lowest rate of breast cancer and cardiovascular diseases according to several studies. Thyroid levels decline with age. A proper assessment of thyroid can start with our questionnaire, a physical exam and lab tests for thyroid with free T3.

European hormone therapist, Thierry Hertoghe and four generations of doctors in his family have been giving "natural thyroid" with T3 and T4 (Armour) to their patients with amazing

results.

Thierry was deficient in thyroid as a child and his father, Jacques Hertoghe MD, the famous thyroid researcher,



*Dr. Thierry Hertoghe with Dr. Delgado*

gave his son thyroid as a child and encouraged him to stay on replacement for the rest of his life. This early use of thyroid in Thierry and other children may have prevented years of suffering and fatigue.

Children who are deficient in thyroid free T3 may experience years of accidental bed-wetting as a child and young adult. Bedwetting is usually a physical rather than a psychological problem based on a low thyroid and underdeveloped urinary system. A child deficient in thyroid may not grow very well with the appearance of short arms and short legs. These children tend to have a characteristic flat nose bridge and they have a higher rate of learning disorders.

Traditional American endocrinologists specializing in hormone imbalances have overlooked a critical fact when treating thyroid with just T4

replacement available in the prescription for Synthroid. T4 levels do not restore the active Free T3 portion and the therapy will usually fail.

Many doctors in the US have wrongly treated thyroid with Synthroid because the blood tests will show increased levels of T4 with no improvement in the Free T3 or the active part of the hormone. The need to restore the active part of thyroid called "Free T3" can easily be overlooked because the human body only has small amounts of free T3 (it is converted to T4 at a rapid rate as it is needed).

This is why a thyroid deficient patient may have been taking Synthroid for several years with almost no benefit or change in symptoms. Patients taking Synthroid switched by their doctor to the natural thyroid called Armour (T3, T4) showed almost immediate improvement. We have also seen good results with Cytelmit-T3, although long-term use may be better with Armour.

We have used a product called BMR, Basal Metabolic Rate with a complete combination of thyroid extract, iodine, L-Tyrosine and kelp with excellent results. Upon rechecking the Thyroid for "Free T3", T4, and TSH all tests improved to the top level of the scale leaning toward the high side or optimum level. If you have symptoms like cold hands and feet, hair loss, low sex drive, low-

body temperatures in the morning (less than 98.6) your



symptoms may be resolved within weeks after years of deficiency <sup>(60)</sup>.

In a reported study of nearly 600 people every person tested normal on the typical thyroid panel test. Yet when they rechecked the free T3, over 200 people (30%) had abnormally low thyroid function and even had the symptoms to match: cold hands or feet, loss of libido, hair thinning, premature aging skin and organs. After these people took whole thyroid complex providing both T3 and T4 they felt well and the "symptoms of aging" went away.

Your doctor may have tested you with a thyroid panel and you were told your thyroid levels were normal. Most doctors never test for Free T3. They usually measure TSH-thyroid stimulating hormone, T4, and possibly Total T3. Get a copy of your last test results from your doctor and notice if they omit-

ted the most important test that is "Free T3" (saliva or serum). It is a test that can be measured and we include this in our complete panel tests.

Your symptoms of deficient thyroid can be established based on the questionnaire on our website. The Free T3 test as measured in saliva, serum or urine is considered by anti-aging physicians to be the only accurate test to determine your need for thyroid, besides symptoms such as cold hands and feet, waking up tired in the morning, slow reaction time, headaches and other symptoms.

Thyroid also naturally spikes at night in a young healthy individual. You may take thyroid in the morning and night. If you take BMR thyroid complex or a natural prescription (Armour) at night; be careful to watch for insomnia. You may have to switch to taking your thyroid support supplements only in the morning. Hormones that improve thyroid function include melatonin, growth hormone, testosterone and progesterone.

### **Cortisol treatment for obesity and low energy-hypoglycemia**

Over eating, eating too fast, cravings for sugar, salt and spicy foods are all signs of cortisol deficiency. Most doctors are afraid to give obese patients cortisol because of the experience with synthetic cortisol called Prednisone. The syn-

thetic Prednisone can cause fluid retention and fat gains. This fat and fluid tends to accumulate in the face area giving a rounded "moon like face". Years of excess cortisol abuse can also lead to a buffalo appearance of fat on the back of the neck, abdomen, legs and arms.

Dr Hertoghe has successfully treated cortisone deficient patients with Medrol (4 mg taken in the morning), a type of cortisol that doesn't cause much fluid retention. He shared with me the example of a female patient who successful lost over 100 pounds during the course of a year as her food cravings became under control.

If the patient agrees to improve his or her diet and cut out sugars and fatty foods, the Medrol will work better at helping an obese patient to overcome bulimia or excessive overeating. As the person loses weight and comes within 10 or 20 pounds of their ideal weight, they can then switch over to the natural cortisol called hydrocortisone or cortisone acetate.

Hydrocortisone tends to give you a lot of energy because it helps put the necessary sugar from the blood into the brain and muscles as it is needed. This can prevent hypoglycemia or low blood sugar. In low dosages that mimic the body's needs it preserves nitrogen and protein.

On occasions when you feel extra stress, if you take extra

hydrocortisone, you will handle the stress better. This is why Cortisol is called the “fight or flight hormone”. Cortisone helps give you the energy to deal with the pressure of daily life. If you experience stress, you may need and use up more cortisone. On those days your doctor may instruct you to take more cortisone. Otherwise without enough cortisone your body will have to compensate by releasing too much adrenaline. Excess adrenaline is very hard on the body and eventually this can weaken the whole adrenal feedback system. People who are cortisone deficient feel tired and fatigued all the time.

Doctors have mistakenly felt that cortisone is a bad hormone that causes you to age prematurely. This poor reputation for cortisol treatments came from using synthetic cortisones at excessive dosages. Yet the proper use of cortisone as described in the book “The Safe uses of Cortisol” by William Jeffries can help you to feel energetic all day long and prevent those terrible sugar and food cravings.

## **CORTISOL & DHEA**

Cortisol needs to be in balance with testosterone and DHEA. If you have too much cortisol you probably need more sleep, eat frequent small meals, and need to reduce stress. If cortisol is too low, you may be experiencing early stages of adrenal failure and you tire easily. Also, cortisol is necessary to main-

tain sufficient growth hormone levels. You can restore cortisol with licorice root. If this doesn't work you may need a prescription for natural hydrocortisone of 10 to 20 mg taken one to four times throughout the day <sup>(48, 49, 50, 50b)</sup>.

## **DHEA**

Some doctors have mistakenly prescribed DHEA for decline in libido in men. However, Dr. Yen's often quoted study on the benefits of DHEA for enhanced feelings of well being found no change what so ever in libido in men (thirteen) and women (seventeen). The study participants were age 40 to 70 years old and they were given DHEA (50 mg) for 6 months (in a double blind placebo crossover controlled trial) <sup>(39)</sup>.

The research team lead by Arlt in Germany reported that just using 50 mg of DHEA in elderly men significantly increased estrogen levels during a six-month period with almost no improvement in androgens and testosterone. The use of 100 mg of DHEA drastically increased estrogen levels in the men <sup>(40)</sup>. Studies reported by Morales had missed the increase in estradiol (E2) and Estrone (E1) because he had waited 12 to 16 hours to draw the blood each time after giving DHEA (50 mg) in 13 men treated for 3 months <sup>(41)</sup>.

Women given DHEA had almost no improvement in estrogen yet they had a significant increase in androstene-

dione and androgens <sup>(42)</sup>.

To prevent conversion of excess estrogen in men or androgens in women I suggested that it is best to take a small amount of DHEA in a highly absorbable form (cream). Most people should take less than 25 mg of DHEA a day in tablet form; or in cream form use of 5 mg to 25 mg a day as reported in recent studies <sup>(37, 38, 39, 40)</sup>. Labrie administered a small daily dose of 10 ml in 20% DHEA cream for 14 days in eight elderly men and eight elderly women and found a gradual increase in DHEA without increasing serum estrogen levels in either gender <sup>(37)</sup>. Other researchers have given transvaginal DHEA or percutaneous (skin) without negative effects of estrogen build up <sup>(38)</sup>.

Some men report a decline in sexual function with high dosage of DHEA (over 50 mg/day) oral pills. Men maintain normal sexual function with low dosage cream of DHEA (2-25 mg/day). DHEA not only converts to excess estrogens it also competes with an enzyme (17-beta hydroxysteroid dehydrogenase) that converts androstenedione to testosterone. DHEA in excess may also convert to 5-androstenediol that is more likely to increase estrogen levels <sup>(31)</sup>.

This increase in estrogen in men using capsules of DHEA can be avoided by using low dosage DHEA in cream. We believe DHEA in dermal cream

with liposomes is the best form. When researchers gave elderly people DHEA in cream form it did not convert to other metabolites nor excess estrogen metabolites. The use of DHEA cream was considered the best for men and women <sup>(40)</sup>.

## Melatonin

It is best to take indoleamine hormones such as melatonin at night. Melatonin also enhances thyroid because it converts T4 to T3 to give you more energy and heat. Melatonin also helps the body to release more growth hormone during deep sleep (stage 4 REM).

Melatonin is to be supplemented only at night in an oral form with quick absorption. Melatonin should drop in the morning and increase at night. Upon review of absorption studies, one journal showed that many popular tablet forms of melatonin took over 12 hours to get complete absorption! The problem with tablets is if taken just before bed as the label suggests these inferior products may exert their effect of the need for deep sleep the next morning when you need to wake up. If melatonin is found to be too high during the day it can cause a person to feel tired, groggy and sleepy.

Consider using melatonin in spray or sublingual tablet form and stop taking the tablet form you swallow. We have had many people tell us that they had tried melatonin and it didn't work. When asked what

form of melatonin they had tried, patients told me they had used the tablets.

I encouraged them to try our liquid product and they got amazing results. For the first time in years they slept well after using oral melatonin (especially when combine with Growth Hormone) and got that deep rejuvenation sleep they remembered from their youth.

When we rechecked their melatonin with saliva tests their melatonin went from average low levels under 15, to optimum levels of 100 to 300 and above from midnight to 3 am. When they woke in the morning the level quickly dropped down to near zero as it should. Stepping outside in daylight will help lower melatonin if it is still high (usually from improper use of tablets or too many drops of melatonin. I only take one or two sprays or drops of melatonin just before bed.

If melatonin is still too high the person who works indoors needs florescent light that includes the full spectrum including green light. The best is natural unfiltered daylight from outdoors, to quickly reduce melatonin in the morning for the rest of the day.

In the evening, if you need a night light use red light to avoid suppressing melatonin so you can sleep. Even a small amount of light, such as a night-light can drastically suppress melatonin production. I often suggest that my clients wear black

night blinders worn over their eyes (purchase from an airline travel shops).

Exercise helps lower melatonin and this may be another reason to exercise in the morning to enhance energy and alertness. Exercise late at night might keep you awake because it lowers melatonin <sup>(58)</sup>. If you do exercise at night, it may be necessary to take a spray sublingual supplement of melatonin (1 mg). One milligram (mg) is what the body would natural produce each night if you were in optimum health. I usually do my exercise (high intensity, short workouts) in the morning, yet on those times I exercise at night I take some extra melatonin along with oral growth hormone just before bed and it works perfect for me to get deep rejuvenating sleep.

Certain foods that contain melatonin such as rice, ginger, tomatoes, and corn may help you to sleep better if eaten at night. The gut is the site of more melatonin production than even the pineal gland.

As we get older, some of the enzymes that convert to different hormones are no longer able to do there job. We must pay attention to testing each of the 11 key hormones that balance over 150 other biochemical levels in the body (35).

## Growth Hormone

The power of growth factors to restore the body has been well described in other articles and

books I have written. When you take growth hormone or growth factors (GHRH) it is important to augment this with melatonin, testosterone for men and Estradiol for women. The use of Cortisol in deficient patients is necessary to augment growth hormone. The synthetic Premarin interferes with the absorption of Growth Hormone. Consider the more natural use of Estradiol with the use of Strength and Romance combined with Sensual Energy to properly metabolize the estrogens.

Growth Hormone has many wonderful benefits. HGH was designed for use as an injection. However, there is new biotech breakthroughs that allow a complex polymer to encase the hGH and deliver it transdermally and orally or by injection. The advantage of the polymer MMC is it will deliver the hGH over a sustained release and preserve the integrity of the hGH for use when you travel. Ask about the Grow Young product containing hGH, GHRH with the advanced MMC delivery. The correct anti-aging protocol can be designed for each person.

The ideal situation is to contact us to receive services that include a health professional trained in anti aging and undergo hormone tests.

You can benefit from the magical power of hormones and reduce the hit and miss approach of self-supplementation. Your goal with hormones

should be to achieve a balanced youthful level, not too high or too low, to grow young and slim<sup>(1)</sup>.

In summary, we have in the last year made some amazing discoveries regarding how to monitor both male and female hormone fluctuations and how to restore youthful levels. It is up to you, if you are ready to put yourself to the test and have your levels checked. From this you can gain new insight into the actual causes of aging and how to reverse the crippling effects of neglect and ignorance of the facts<sup>(43)</sup>. We are on the vanguard of a new type of preventative care and anti-aging. Until recently, people took vitamins not knowing if they did any good, yet they hoped they were getting long term benefit. That has all changed with the advent of hormonal intervention and discoveries about diet, high intensity exercise and the power of the mind connection to the body. This Grow Young and Slim plan delivers the promise and you will feel the difference and look years younger after a very short period on the plan.

The overall diet and fluid intake must be correct to derive the maximum benefit from the "Grow Young and Slim" plan. Testing for food allergies and chemical sensitivities that cause cravings for sweets and fats is also important to get the best results and peak performance. As you lose weight, reduce fat in your diet, exercise and reduce your body fat, your

levels of bad estrogen will decline<sup>(5)</sup>.

Be sure to go to our website and take the questionnaires to further establish your hormone needs.

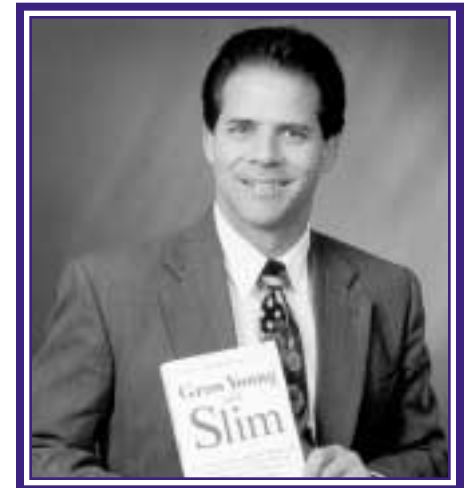
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Tony Robbins, Mastery University for seven years, 1992-98, is currently the President of the International Academy of Anti-Aging Sciences. He is a member of the American Academy of Anti-Aging Medicine and he is a Certified Master Hypnotherapist, Time Line

Therapist and NLP Practitioner. Nick is doing seminars with Bob Wieland and the Commando Warriors for corporate America. Nick has presented over 3,500 seminars and has appeared as a frequent guest on radio and TV talk shows. Dr. Nick Delgado is currently working on his next book with Dr Ronald Klatz on Hormones and Sex and Dr Thierry Hertoghe on Hormones and Obesity. Dr. Nick Delgado has authored eight books, including the current release *Grow Young and Slim*. \$21.95 Plus \$4 shipping.

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