

HEALTH RESTORATION

Andropause

You might be thinking, what the heck is *andropause*? Good question. Andropause is the male counterpart to menopause in women. Yes, we men have hormonal issues just like our female counterparts. The average age for men is about forty five to fifty years of age when they start noticing several changes in function. However, this can occur at an earlier age. Men's testosterone levels drop about fifteen percent every decade after age twenty. Therefore, by age fifty, the hormonal levels of testosterone have dropped by approximately fifty percent. What are the symptoms of andropause? The following are the most common symptoms: *erectile dysfunction, night sweats, muscle loss, low libido or sex drive, depression, weight gain around the middle, urinary problems, hot flashes, development of breasts, body hair loss, sleep apnea, fatigue, and excess irritability.*

There are several hormonal imbalances that can create these symptoms, but the most common is a general drop in testosterone levels and an increased conversion of testosterone to estrogen either in the form of (E2)-Estradiol or (E1)-Estrone through the intermediary androstenedione via a process called *aromatization*. These hormonal changes and imbalances can be *life-threatening*! A man that has lost fifty percent of his testosterone levels coupled with significant increased weight around the middle is twice as likely to have a heart attack.

We now know that there are testosterone hormone receptor sites in the brain, the bone, the heart, the lungs, the digestive tract and the blood vessels, as well as the muscles. Significant changes in hormone levels have a direct adverse effect on these organs. Significant changes affect men's confidence, clarity of thought, muscle strength, cardiovascular health and libido or sex drive. We also now know that men have estrogen receptor sites in the prostate. Excess conversion of testosterone to estrogen causes overstimulation of these prostate receptor sites which lead to chronic inflammation and even cancer.

Synthetic prescriptions for testosterone are not the answer. This synthetic form of testosterone is an *extraterrestrial* compound that will create adverse side effects over time. It will not be long before there will be several published studies on increased heart attacks, strokes, and blood clots of these users of synthetic testosterone. Be forewarned. Also, many of the doctors prescribing synthetic testosterone are not properly monitoring the potential over conversion of testosterone to estrogen through the aromatase enzyme.

What is the solution? The absolute best way to evaluate your hormones is through saliva testing. Five samples of saliva are gathered throughout the day to ensure optimum test results. Once this data is obtained, a specific plan can be implemented using non-prescriptive bio-identical plant extracts that will correct the imbalance/deficiency and restore hormone levels to a more youthful, healthful state.

Not only will this help correct the negative symptoms of erectile dysfunction, night sweats, muscle loss, low libido or sex drive, depression, weight gain, urinary problems, hot flashes, breast development, fatigue, and excess irritability, it will have a positive effect on concentration, confidence, skin, cardiovascular, digestive, and bone health.

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