

Natural Analogs to 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 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 is like 1/3 of a grain of thyroid. **Use of GTA and Meda-Stim balanced 23 /25 patients with abnormally high TSH.**

Synthroid

Meda-Stim has all the conversion factors necessary to convert T4-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 low 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. 2 tid for one-month and repeat the hormone levels and adjust as needed. DHEA is also needed for testosterone conversion Biotics has a 2, 5 and 10 mg product. Magnesium (500 mg) and Zinc (50 mg) should be present in a multiple or separately.**

Growth Hormone

Gammanol Forte - 8 out of 10 women were shown to have their growth hormone increased in an 8-week period. 2-4 tablets tid.

DHEA

DHEA comes in 2 mg, 5 mg, and 10 mg doses. 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** - metabolic clearing support) assure adequate gallbladder function using Beta-TCP and provide appropriate essential fatty acids (**Mixed EFAs**). Optimal thyroid function is necessary for healthy progesterone.

Estrogen

Bio-FCTS, Bio-Soy Flavones, BioDrive, E-Mulsion-200, ADHS, Cytozyme-AD are all products which will stabilize estrogen levels phytochemically or via the adrenals.

Estrogen Reduction

Detoxify the liver to denature and breakdown excess estrogen. **ADHS** (stage 1) and **MCS** (stage 2) will assist in liver detoxification pathways. Always evaluate gallbladder to assure adequate toxic removal systems are function. Consider **Beta-TCP** if in question.

Cortisol

ADB5-Plus 2-3 tablets bid contains porcine adrenal, vitamins, minerals and adaptogens including Rhodiola necessary for healthy adrenal function.