



Holistic Medical Centre

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Hormones

The anti-aging practitioners love hormones and although we do not do cosmetic medicine here we certainly like hormones for their health giving properties. This newsletter is mostly concerned with DHEA, melatonin, (Dehydroepiandrosterone), testosterone, pregnenolone progesterone and oestrogen. As many of you are aware, we do use bio identical hormones from time to time as the need arises. These hormones are made from a soy or wild yam molecule and have the same chemical structure as the hormones we make in our own body and therefore cannot be patented. (unlike HRT and the contraceptive pill). Used appropriately and in the correct doses, they are very safe. We prefer to get you making your own hormones where possible but these supplements can be truly invaluable at times. **DHEA** is considered by some to be THE anti-aging hormone and it is made in the adrenal glands. Information on this hormone can easily be found on the internet. This amazing hormone has proven health benefits in the cardiovascular system, many aspects of the immune system, digestive system, emotional wellbeing, muscle and bone health, skin, energy, libido and blood sugar

control to name just a few. It can be measured on a blood test, is available on prescription and can be very useful as part of a preventative healthcare plan. DHEA flows down to testosterone and the three types of estrogen and is available on prescription. **Melatonin** is a hormone that is most noted for its importance in establishing healthy sleeping patterns. Although some people find that it helps them get off to sleep, it is most indicated for those who wake easily or frequently, especially if there is difficulty going back to sleep. Some find that it does have a mild mood elevating effect as well. The dosing is variable depending on the person; anything from 1-12 mg/night. It is usually only needed short term to establish healthy sleep cycles but has also shown its importance for healthy immune function. **Pregnenolone** is a hormone that is made inside cells (in the mitochondria) in different parts of the body. It is also known as the grandmother hormone as it is synthesised from cholesterol and is converted into DHEA as well as flowing down to make progesterone and cortisol. It is not a hor-

mone we often use but we do think about its use with people in their 40's and older where the predominant complaint is lack of mental clarity (mental fog) and it has proved to be very useful. **Progesterone** is the hormone that falls before a period in a woman's cycle and its lack is generally responsible for PMS symptoms such as moodiness, tearfulness, headaches and other aggravations before the period and sort cycles (i.e. frequent periods). It also helps period pain to some degree (although certain nutrients are also indicated) We do not always use progesterone cream but we consider it to be entirely indispensable. There are 3 types of **Oestrogen** and we seldom use this except during menopause and later. It is very useful for dry skin (inside and out) and bladder irritations. Low estrogen can also be related to headaches with the period and very low mood. **Testosterone** is generally associated with libido but has many other wonderful health effects particularly in men.

Our favourite quote

Not what we have but what we enjoy, constitutes our abundance. Epicurus 341BC—271BC

Health tips

We had an enquiry about dry skin and dry hair so here are a few tips. 1) Fish oil is fantastic especially if you have dry eyes as well. For adults the dose would be 4 capsules a day of the average fish oil or 1 teaspoon a day of 'Nordic Naturals' fish oil. 2) The next thing would be hormones; namely the adrenal hormone DHEA (Dehydroepiandrosterone) which can be measured in a blood test (ideally over 4) as well as progesterone and oestrogen in some women. This is more the situation for women in their late 30's to early 40's and later. We use natural hormone supplementation in some circumstances

Happy Patient File

One of our patients tried Manuka honey on her baby's nappy rash after reading the last newsletter. After 7 weeks of unrelenting nappy rash despite all manner of creams and lotions, Mum noticed a definite improvement in 24 hours and it was almost completely gone in 4 days. It is great to hear that our advice actually gets used and helps you all. That is, after all, the whole purpose of this newsletter. We have had remarkable results ourselves with using Manuka honey when we dress wounds. This may not be suitable for those with severe bee allergies.

Your advice, our advice

Please let us know if you can recommend any independent midwives or any positive experiences you can share about birth places/centres. It is great to be able to share any positive information with other expectant mothers.

Dr Glenn Twentyman is now here on Mondays, Tuesdays and Thursdays for our male

patients who prefer a male doctor to discuss their issues with. We have noticed that correcting vitamin D levels has resulted in great improvements in those who bleed easily or heavily. It turns out that Calcium (along with vitamin K) is necessary in normal clotting in the body. Vitamin D enhances calcium absorption so there is another

reason to maintain healthy vitamin D levels. Vitamin K is made in the bowel with beneficial bacteria and is also high in the vegetable Kale. We are a big fan of this vegetable which can be found in the produce section of health food shops. Boil for 5 minutes first then chop and add to all man-

ner of soups stews and casseroles for a good amounts of amino acids, carotenes, vitamins (especially K) and minerals (especially potassium). As it gets cooler think about cod or halibut liver oil for your vitamin D. (Winter sun exposure or a tropical holiday are other options of course).