

# Dance With Your Hormones

April  
2015

## Male Hormones Change:

Hormone changes are a natural part of aging. Unlike the more dramatic reproductive hormone plunge that occurs in women during menopause, however, sex hormone changes in men occur gradually. Testosterone levels vary greatly among men. In general, however, older men tend to have lower testosterone levels than do younger men. Testosterone levels gradually decline throughout adulthood — about 1 percent a year after age 30 on average. A test is the only way to diagnose a low testosterone level or a reduction in the bioavailability of testosterone. Some men have a lower than normal testosterone level without signs or symptoms.

## Symptoms and Conditions Associated with Testosterone Deficiency in Aging Males (ADAM)

- |                        |  |   |
|------------------------|--|---|
| 1. Alzheimer's disease | 7. Depression and other mood disorders | 13. Fibromyalgia  |
| 2. Thinning Skin       | 8. Loss of body hair                   | 14. Poor memory   |
| 3. Hypogonadism        | 9. Dementia                            | 15. Heart palpitations                                  |
| 4. Hypopituitarism     | 10. Myofascial pain                    | 16. Low muscle tone & muscle                            |
| 5. Bone loss           | 11. Fatigue                            | 17. Erectile dysfunction                                |
| 6. Low libido          | 12. Obesity                            | 18. General aches & pains Diminished sense of wellbeing |



## Female Hormones Change:

There have been a number of threads on the main board in relation to PMS, Estrogen Dominance and Progesterone Replacement. We have found some of the best information on estrogen and progesterone. Here are some excerpts :

### **Common Signs of Estrogen Deficiency:**

1. Mental Fogginess
2. Forgetfulness
3. Depression
4. Minor Anxiety
5. Difficulty Falling Asleep
6. Hot Flashes & Temperature Swings
7. Day-long Fatigue
8. Sagging Breasts and loss of fullness
9. Episodes of rapid heartbeat
10. Headaches & Migraines



### **Common Signs of Progesterone Deficiency:**

1. Primary Amenorrhea - no period at all or Secondary Amenorrhea period with no ovulation
2. Oligomenorrhea - period comes infrequently
3. Heavy and frequent periods.
4. Spotting a few days before the period
5. PMS symptoms
6. Cystic & lumpy breasts
7. Most cases of endometriosis, adenomyosis and fibroids.
8. Anxiety, irritability and nervousness. Difficulty sleeping and relaxing.

### **Common Signs of Estrogen Dominance:**

- |  |   |
|--|---|
| 1. Breast Tenderness or Pain and increase in Breast Size | 4. Pelvic cramps with or without uterine bleeding |
| 2. Water Retention                                       | 5. Nausea   |
| 3. Impatient, snappy behaviour but with a clear mind     |   |

Normal menstruation cycles and fewer pregnancies contribute to an accumulation of "aggressive" estrogens in the body.

1. Women produce "aggressive" estrogen every day of the month
2. They do not produce enough protective estriol
3. Progesterone, which protects the body and balances estrogen, is produced only during the 2 weeks of the month following ovulation.
4. The level of progesterone declines significantly after a woman reaches 35.
5. During perimenopause, progesterone is usually gone from the body.
6. The birth control pill raises the level of aggressive estrogen in women's bodies without estriol or bioidentical progesterone for protection.
7. Unlike any time before in history we are exposed to huge amounts of xenoestrogens found in plastics, chemical compounds.

One can use natural agents to eliminate excess estrogen. Once estrogen has performed its cellular mission, it is carried to the liver and deactivated and then transported to the gastrointestinal tract for evacuation. However, an enzyme in the intestines called beta-glucuronidase reactivated some of the estrogen, allowing it to be reabsorbed into the bloodstream. The recycling process produces about 30% of the available estrogen in the body. It's recommended to eat a fibre rich diet and taking **Calcium d-glucarate** to prevent the recycling of the outward bound estrogen.

There are a wide range of health issues that are unique to men. When addressing men's health, Dr. Peter D'Adamo likes to begin with the basic building blocks of proper nutrition to specifically optimize a masculine body. Women have unique nutritional needs throughout every stage of life. For those times when additional nutritional support is required, Dr. Peter J. D'Adamo designed a series of custom designed supplements to help women deal with menopausal or premenopausal symptoms, and assists in maintaining proper metabolic function. And following your specific Blood Type Diet, GenoType Diet or SWAMI protocol provides the essential nutrients that are right for your unique biochemical needs.

## Promotion:

### Man's Health Pack

- Aromastat \$78
- Nitricycle \$55
- Genoma EQ \$55

**Now**  
**\$141 only**  
(per Pack)  
RP: \$188

### Premenopause / Menopause Pack

- ClearCal \$55
- FEM Balance \$55
- Detoxical D \$78

**Save**  
**25%**  
**Now**  
**\$141 only**  
(per Pack)  
RP: \$188

### NO Stearates & Fillers:

We do not use artificial fillers, animal stearates or synthetic lubricants in our products.

**• Buy any 2 bottles and above @ 20% off**

### Man's Health Pack



#### **AROMASTAT: Enhances healthy testosterone & estrogen levels**

✓ In men, aromatase activity increases with age, converting what little testosterone that is left into estrogen. It is perhaps this event that is most responsible for the many symptoms of male menopause and possibly even an enlarged prostate and prostate cancer.

#### **NITRICYCLE: Increase Nitric Oxide**

✓ Nitric Oxide is also known to enhance the flow of blood to the muscles, bringing with it much needed nutrients, oxygen and hormones.

✓ Nitricycle blends synergistic botanicals with the amino acid *L-Arginine* known to sustain levels of Nitric Oxide in plasma, prolonging its enhancing effect on muscles and nerves, thus making the nutrient popular for performance nutrition.

#### **GENOMA EQ: Support hormone balance**

*Proper hormone balance:* Nettle root that has been used to treat prostate. Some chemical agents of nettle root are able to block the enzyme 5a-reductase, which is responsible for the formation of DHT from testosterone - the main villain involved in the development of male-pattern hair loss in men and stress-induced hair loss in women.

### Woman's Health Pack

#### **ClearCal:**

✓ Nature's purest calcium source, this formula features Maerl seaweed, with a wide variety of essential trace nutrients and offering a phenomenal rate of bioavailability.

✓ Suitable for all blood type

#### **FEM BALANCE: Maintain healthy hormone levels**

✓ Powerful formula that soothes the uncomfortable and disruptive symptoms that accompany menopause.

✓ Nutrient support for pre & post menopausal women and women who experience reproductive system imbalance



#### **DETOXICAL D: Removing environmental pollutants**

✓ Calcium D-glucarate is a form of glucaric acid

✓ Calcium D- glucarate can provide protection throughout the body, especially to tissues influenced by hormones like estrogen and testosterone.

✓ Detoxical-D is enhanced with the botanical Phyllanthus, known for supporting liver function.

#### Terms & Conditions

- 1). This promotion is for members only. The promotion item is while stock last and prices are subject to change at management's discretion
- 2) The Company reserves the right to amend, add or delete these terms and conditions without prior notice.
- 3). The Company's decision is final and no correspondence will be entertained

## More Supplements for Healthy Hormone Balance

•Buy any 2 bottles and above @ 20% off

**D'ADAMO**  
NUTRITIONAL SYSTEMS

"Our nutritional supplements have been consistently trusted and recommended by thousands of health care practitioners and millions of consumers for more than 16 years and can be relied upon to meet the highest industry standards for quality, purity, and potency."



### Exakta

#### Complete Multi Vitamin Mineral

- ✓At different life stages, we can experience a higher biological need for more precise nutrient supplementation and support.
- ✓Exakta, a precise proprietary blend of nutrients including vitamins, minerals, essential fatty acids, and botanical concentrates and extracts, which is suitable for all blood types and GenoTypes.
- ✓Dr. D'Adamo carefully designed Exakta for ease of assimilation, utilizing only highly bio-available vitamin and mineral sources



### Zinc with Enzymes

#### Powerful Hormone Balancing

- ✓Zinc is involved in hundreds of chemical reactions in the body. This mineral also plays a crucial role in reproductive health.
- ✓Zinc increases the conversion of GLA fatty acid into prostaglandin E1.
- ✓Zinc's powerful hormone balancing properties can help improve prostate health and prevent male pattern baldness.



### Lignan Flaxseed Oil & Capsules

#### Freshest, Best-Tasting & Most Nutritious – Naturally High in Vital Omega-3, 6 & 9 fatty acids

- ✓The hormone-balancing lignans and plant estrogens (phytoestrogens) in flaxseed help stabilise a woman's estrogen-progesterone ratio, they can have beneficial effects on the menstrual cycle, and relieve the hot flashes of perimenopause and menopause.
- ✓The EFAs in flaxseed oil may help to prevent swelling and inflammation of the prostate and keeping sperm healthy.

**MOROCCAN NATURAL**  
LONDON MARRAKESH



**10% off**  
for any 1 item  
**20% off**  
for any 2 items &  
above



**Terms & Conditions**

- 1). The above promotion s are for members only. The promotion items are while stock last and prices are subject to change at management's discretion.
- 2) The Company reserves the right to amend, add or delete these terms and conditions without prior notice.
- 3). The Company's decision is final and no correspondence will be entertained

Copyright 2015 My Type Pte Ltd . Material presented for information purposes only and are not offered for the diagnosis, cure, mitigation, treatment, or prevention of any disease or disorder and should not be construed to replace the services of a physician

## Hormonal Salivary Testing for Woman & Man:

While laboratories measure hormones in several ways, research indicates that the most accurate way to do so is through saliva. Knowing your saliva hormone levels is an important first step in assessing where your hormones may be out of balance and determining whether your current natural hormone regimen is working for you.

Saliva testing is an easy and noninvasive way of assessing your hormone balancing needs, and is proving to be the most reliable medium for measuring hormone levels. Unlike serum tests, saliva testing represents only hormones actively delivered to receptors in the body. Clinically, it is far more relevant to test these bioavailable hormones and provide an accurate reflection of the body's active hormone levels.

### Who Should Be Tested?

Both men and women experience changes in hormone levels with age. Sometimes those changes result in unpleasant symptoms that demand attention. Often, the changes are more subtle - yet there is still an impact on overall health. Hormone testing is applicable for:

- ✓ *Men and women concerned with changing hormone levels as a result of age.*
- ✓ *Cycling women experiencing PMS symptoms, perhaps related to a hormonal imbalance.*
- ✓ *Peri- and post-menopausal women concerned with their estradiol and progesterone levels for replacement considerations.*
- ✓ *Those wishing to monitor their hormone levels following replacement therapy (oral, sublingual or topical), and subsequently regulate their supplement levels.*
- ✓ *Anyone with symptoms involving fatigue, insomnia, stress, immunity problems, blood sugar problems, and an overweight body should be tested for cortisol levels as well as "sex" hormones.*

### Female Hormone Test Profile – Basic: \$195

**Analytes: Estrone (E1), Estradiol (E2), Estriol (E3), Progesterone, Testosterone, DHEAs, ratios.**

### Male Hormone Test Profile – Basic: \$165

**Analytes: DHEAs, E1, E2 Testosterone**

## Hair Mineral Analysis – Level 1 or 2 – Hair

Hair can contain minerals and metals and can accumulate over long periods of time. A wide range of metals and minerals can be measured in one sample to provide status of cellular activity and nutrient metabolism. Every physiological function in the body is catalysed by minerals.

Since the structure of hair remains unchanged, the minerals are fixed in the hair and levels in hair do not significantly change once that portion of hair has grown. **The analysis accurately provides concentrations of minerals that have accumulated in the hair tissue over the hair growth period, approximately one to three months.** **Heavy metals toxicity** can be caused by exposure to pollution, chemicals and poisons. It is a growing threat to the population as metals deposit in body tissues leading significant developmental and neurological damage.

Heavy metal toxicities can also lead to numerous health conditions including those affecting the cardiovascular, endocrine, immune, muscle, skeletal, skin and nervous systems.

### **Analytes:**

**Level 1(\$215) - 8 Minerals:** Ca, Cr, Cu, Fe, Mg, Mn, Se, Zn ; **8 Toxic Metals:** Al, As, Cd, Hg, Ni, Pb, Ag, Sn

**Level 2 -17 Minerals:** Bo, Ca, Co, Cr, Cu, Fe, Ge, I, Li, Mg, Mn, Mo, Se, Sr, V, Tu, Zn

**(\$315) 18 Toxic Metals:** Al, An, As, Ba, Be, Bis, Cd, Hg, Ni, Pb, Pd, Pt, Ag, Thal, Sn, Ti, Ur, Zc

### **•Specification:**

- Do not use hair that has been perm, bleached or colored within the last 2 months, as this treatment may interfere with the test results.
- One week prior to testing, use Johnson's Baby Shampoo. Many other shampoos, especially the anti-dandruff variety, interfere with the test results.

**\* For more detailed information, please call 6338 5570.**