

MODULE I

HORMONAL HARMONY: SECRETS OF BALANCED HORMONES

I. INTRODUCTION

By Learning and understanding the “secrets” of how to balance your hormones, you will experience:

- A. The Joy of Menopause. How you can turn this “passage of life” from a negative to a positive. How you can become the CEO of your own health!
- B. Ageless Beauty and Health. Yes, the rich and famous have been doing this at a cost of thousands of dollars, but you can learn to do this with a fraction of the cost and achieve the same result! You do not need to suffer silently anymore.
- C. Life after Menopause. This is the most productive period of your life – to become who you want to be. You will have a more joyful, exciting, vital stress-free life. You can keep up with your younger friends.
- D. The long Term Physiological Benefit (preventing the onset of chronic diseases) of Balancing Hormones instead of treating the symptoms only. You will be able to count yourself among the lucky few who can figure this out.

II. GOALS OF THE COURSE

- A. The ability to understand, communicate with your doctors and form a partnership with them to address your menopausal concerns and needs.
- B. The knowledge to make informed choices as to how to create and implement your individualized program.

III. SPECIFIC OBJECTIVES Demystifying hormonal replacement therapy (HRT)

- A. History of the field of anti-aging medicine and its relationship to glandular health.

- B. The role of Hormones and how they affect your body's functions. The thermostat theory of your endocrine system (Dilman's aging theory.)
- C. Major hormones and minor hormones and also the different families of hormones
- D. Female menopause and male andropause.
- E. Major hormones that are involved in the process of menopause:
 - Estrogen
 - Progesterone
 - Relaxin (the "forgotten hormone)
 - Other e.g. DHEA , Testosterone, Prolactin
- F. What happens to your body when you are reaching perimenopause or menopause
- G. Benefits of a balanced hormonal system and the long term consequences if left untreated.
- H. Synthetic vs. bio-identical hormone replacement therapy and other herbal remedies (e.g. don Gui, black cohosh and etc) .
- I. Understanding the risks of HRT.
- J. Tests that you can monitor and steps you can take to correct them from developing future health problems.
- K. Other glands(and hormones)and their effects on Menopause:
 - Pituitary
 - Thyroid
 - Adrenal
- G. How nutrition influences the effectiveness of hormones.

IV GETTING STARTED

- A. Tests for hormonal levels: Get a baseline to evaluate your progress
- B. How to choose the right doctor to work with you. And how to work with resources other than your doctor to monitor your progress e.g. Life Extension's doctors and lab tests.
- C. How to locate your compound pharmacist and work with them.
- D. How to choose the right kind of test for you
 1. Blood tests
 2. Urine tests

3. Saliva tests

E. What hormones to include in the Test

For example: Estrogen, Testosterone, DHEA, etc.

F. How to read your test results and how to monitor them.

II. REFERENCES AND SUPPORT MATERIALS

Include:

A. List of Resources (books, articles, websites, etc.)

B. Hand outs for some of the topics and special reports

C. Compound Pharmacist list

D. Life Extension Foundation

E. Hormone Glossary