

Men's Hormonal Health

The human endocrine system maintains the body's healthy balance of hormones. Hormones are chemical messengers from one cell, or group of cells, and are responsible for regulating metabolic activity. Men and women produce hormones – estrogen, progesterone and testosterone – though the amounts differ. Organs such as the adrenal glands, ovaries, testes and thyroid gland all play important roles in supporting the body's healthy production of hormones.

Self Care

- **Exercise:** Get at least 30 minutes of physical activity every day. The gentle stretches and postures of yoga are just as effective as a more strenuous workout. Muscle cells contain the enzyme aromatase that can produce testosterone from other sex hormones.
- **Hydrate:** Drink plenty of water and juices throughout the day – at least 1 gallon.
- **Relax:** Deep relaxation can take the stress out of your day. Daily practice is best. Start with just 10 minutes a day then up to the goal of 30 minutes daily.
- **Sex:** Intercourse 1-2 times a week increases oxytocin, a calming hormone.

Supplements

- **Andro-Control** – supports the body in its healthy production of testosterone and function of testosterone sensitive tissues such as the of skin, hair, heart, prostate.
- **DIM** – 200 mg in the morning and night for general health. For fat loss and muscle building, increase to 300 mg in the morning and 200 mg at night.
- **7 Keto DHEA** – for hormone balance under supervision of your health care provider.
- **Thyro – Balance** – a comprehensive formula designed to support the optimal structure and function of the thyroid gland. Learn more at our Thyroid and Iodine Testing page.
- **Men's Healthy Libido** – a short-term energy and libido enhancer for men. Supports healthy hormone production, sex drive and sperm count.
- [Ultramultilogics for Men](#)
- [GABA](#) – is an amino acid naturally produced in the central nervous system, where it functions as a neurotransmitter to support cellular function of the brain.
- [B Complex Sublingual liquid wit B12](#)
- [Aminologics](#) – a unique formula of bioavailable amino acids. The body's protein building blocks. The functions of this product includes balancing hormones, enzymes neurotransmitter synthesis, immune system and intestinal cell health.
- [Prostate Support Formula](#) – an ideal support for both young and mature men, delivering a unique combination of Saw Palmetto, lycopene, Zinc and more. These active ingredients provide a well-balanced level of support for prostate and reproductive health in men.

Bioidentical Hormone Replacment Therapy (BHRT)

Levels of estrogen, progesterone, testosterone, DHEA, cortisol and other hormones can be measured in saliva or blood to determine any deficiencies. Proper levels can be replaced with a



compound prescription tailored to your specific needs. This is a specialized service offered by participating health care providers. Find out more at our [Bioidentical Hormones](#) page.

*The information provided is not meant as a replacement for a physician's care.
Some or all of the above may help you feel more balanced and give you an overall increased sense of wellbeing.*