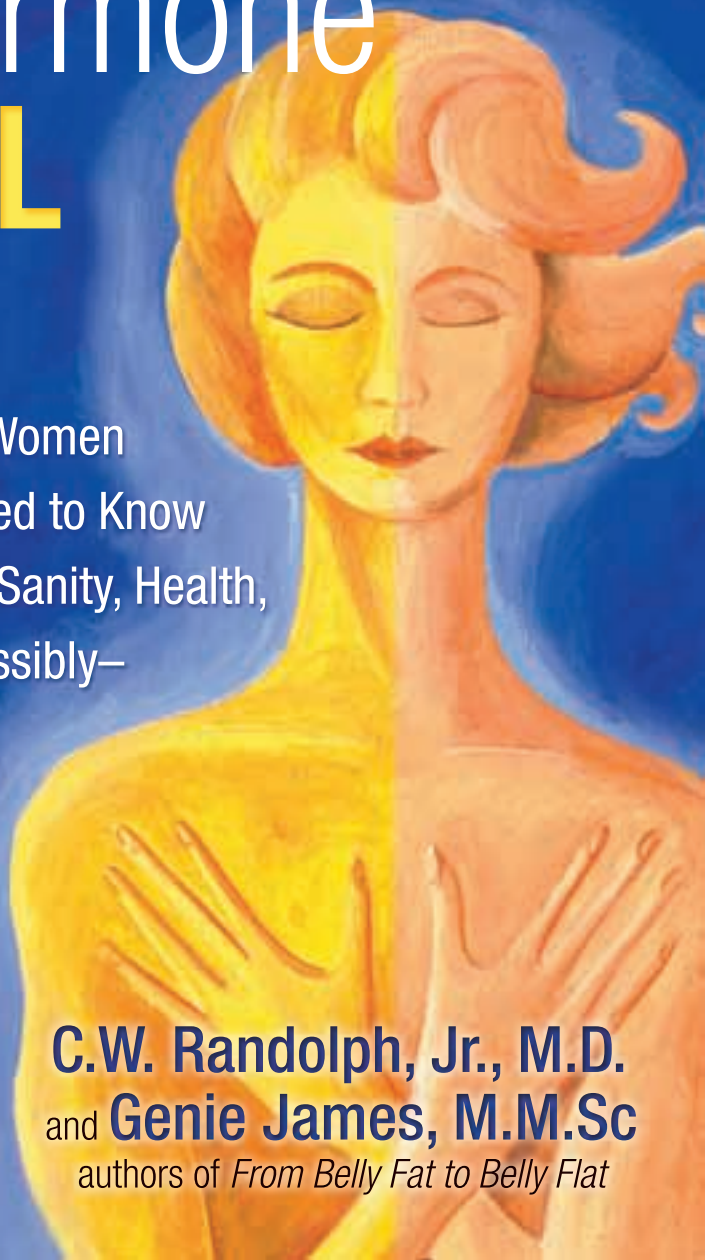


SAMPLER

from
Hormone **HELL**
to Hormone
WELL

Straight Talk Women
(and Men) Need to Know
to Save Their Sanity, Health,
and—Quite Possibly—
Their Lives

C.W. Randolph, Jr., M.D.
and **Genie James, M.M.Sc**
*authors of *From Belly Fat to Belly Flat**



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Contents

Acknowledgments	xiii
Introduction	xvii

PART 1

WOMEN TAKING CONTROL: DISMISSING MARKETING HYPE, DEMANDING MEDICAL SCIENCE

1 Decades of Desperate Women Dangerously Duped	
The Auschwitz Connection	6
The DES Story	8
A Huge Cover-Up	9
The Horror Revealed	15
Big Money at Stake	21
The Battle Is Under Way	21

2	Bio-Identical Hormone Replacement Therapy (BHRT): A Safe and Effective Alternative	
	Herbal Remedies Disappoint	24
	Bio-Identical Hormones: The Keys That Fit	25
	One Size Does Not Fit All	30
	BHRT: Myths vs. Facts	31
	Groundbreaking Medical Research	34
	Why Haven't I (or My Doctor)	
	Heard of Bio-Identical Hormones Before?	35
	A Crescendo of Informed Voices	36

PART 2

YOU ARE NOT OLD, YOU ARE OUT
OF BALANCE

3	Hormones and Female Life Cycles	
	Your Body's Hormone Factory	46
	Sex Hormones in a Healthy Ménage à Trois.....	49
	Menstruation and Ovulation	52
	The Aging Ovary	53
	What About You?	63

4	The Truth About Male Menopause	
	What Is Andropause?	66
	The Role of Androgens	68
	Estrogen Dominance in Men	73
	Are You Andropausal?	74
5	It's Not Just Your Age . . . It's Your Life	
	Stress Is a Double Whammy	76
	The Fat Vise	78
	The Domino Effect of Not Enough Sleep	80
	Living in the United States	80
	Quick and Simple Hormone Imbalance Self-Assessment	91
6	More Than Uncomfortable: How Hormone Imbalance Impacts Health and Mortality	
	Estrogen Dominance Increases Risk of Chronic Disease	100
	Low Testosterone Levels, Higher Death Risk for Men	107
	The Danger of Frequent Misdiagnosis	109

PART 3

THREE STEPS TO FEEL—AND LOOK— YOUNGER AND BETTER

- 7 Step 1: Start with Bio-Identical Progesterone**
 Progesterone Comes Center Stage.....117
 What the Research Shows117
 When It's Safe to Self-Diagnose and Treat.....127
- 8 Step 2: Get a Personalized Prescription
for BHRT**
 Discovering Your Personal Hormone-Level
 Profile135
 Finding a Doctor137
 Available Dosage Forms141
 Physiologic Dosing142
 A Controversial Approach for Women144
 Bio-Identical Testosterone and Men:
 Contraindications and Precautions.....146
- 9 Step 3: Make Hormone-Healthy Choices**
 Boost Your Adrenal System152
 Eat to Eliminate Extra Estrogen.....158
 What About Supplements?163

Go Green.....171
Get a Good Night’s Sleep.....173

APPENDIX: RESOURCE LISTING

GETTING HELP WHEN AND WHERE
YOU NEED IT

The Natural Hormone Institute of America.....177
Over-the-Counter Progesterone Creams180
Personal Hormone-Level Profile.....185
Locating a Physician188
Compounding Pharmacies.....189
Biopharmaceutical Companies.....192
Grocery Stores193
Organic Food Websites193
Favorite Brands.....194
Recommended Reading196
The Best Resource: Yourself199

Notes.....201
References207
Index.....234



Introduction

As a board-certified obstetrician and gynecologist (OB/GYN) working with a team of qualified and gifted medical professionals, my Ageless and Wellness Medical Center serves close to ten thousand patients—women and men—each year. My focus is hormone health, and my expertise is bio-identical hormone replacement therapy (BHRT). Today, I am humbled to be internationally recognized for my natural approach to treating the symptoms and health concerns that result from the aging body's shift in hormone production. But like most traditional physicians today, I did not always understand or prescribe BHRT for my patients.

Along with every other physician who graduated from medical school in the last several decades, I was trained to

believe that synthetic hormone replacement therapy (HRT) provided a number of health benefits for women suffering from the symptoms of hormonal changes. The touted benefits of synthetic hormone replacement included relief from hot flashes and vaginal dryness, and preventing osteoporosis. Medical schools also taught that a complete hysterectomy (removing the uterus, tubes, and ovaries) was the recommended treatment for women with dysfunctional bleeding, fibroid tumors, or endometriosis with chronic pelvic pain. For years, leading women's health experts contended that—for a woman who had all the children she wanted or who was past childbearing age—the ovaries were just inert fibrous tissue masses that served no function for the aging female body. Today, I am convinced, and have the clinical evidence to prove, that the training we physicians received from our respective medical schools was dead wrong.

When I opened my practice in 1986, I initially adhered to my medical school training and regularly prescribed synthetic HRT, such as the pharmaceutical brands Premarin, Provera, and Prempro, for patients who had undergone a hysterectomy or who were suffering from menopausal symptoms. When asked about side effects,

including weight gain or long-term health risks, I repeated what I had been taught: that there was no clinical evidence to support these concerns. Nevertheless, it took only a couple of years for me to seriously doubt my training when I saw what these synthetic hormones were doing to my patients.

Many of the women who began taking the prescribed synthetic HRT gained a great deal of weight that couldn't be attributed to changes in eating habits or lifestyle activities; the only thing that had changed for them was the introduction of synthetic estrogen into their bodies. In addition to their concerns about weight gain, these same patients frequently came in with new complaints including bloating, decreased libido, depression, poor quality of sleep, and "just not feeling right."

What I heard and observed confused me. I began to ask myself, if what I had been taught about HRT and weight gain could be wrong, what other aspects of my medical training regarding synthetic hormone replacement might be, too? I determined to take a deeper look.

First, I tested to see if my patients' responses validated what was then the accepted medical theory that HRT would help prevent osteoporosis. It didn't. When I tested

the bone mineral density of my patients who had been on HRT, I found that instead of evidencing an increase in bone density, many had developed borderline or true osteoporosis! Suddenly my confusion turned to real concern. Was HRT helping or hurting my patients?

Finally, I became highly concerned about the potential correlation between synthetic HRT and my patients' breast health. I found that when I put women on synthetic HRT, they were likely to return six months to a year later with fibrocystic breasts. Even though the volume of patients I was personally tracking did not equate to a statistically sound research database, I saw enough to make me question whether the synthetic HRT I was prescribing for my patients was causing excessive breast cell proliferation or growth.

From that point on, my concerns regarding the potentially negative health concerns associated with synthetic HRT transmuted from confusion and concern to a mixture of fear and anger. Excessive cell proliferation is a known precursor to cancer. Were the synthetic hormones actually having a carcinogenic effect? And if the answer was yes, what could I do to protect my patients?

All of these questions came to a head for me in the

early 1990s, a decade before the traditional medical establishment began to question the safety and efficacy of synthetic HRT. Fortunately, I had been a compounding pharmacist before returning to medical school. My intensive background in pharmacology combined with an in-depth understanding of the molecular structure of hormones and their respective receptors accelerated my disillusionment as well as my search for alternatives. In the early stages of my research I came upon Dr. John Lee's first book, *Natural Progesterone: The Multiple Roles of a Remarkable Hormone*. With Dr. Lee's book as my compass, my research moved in a new direction. I discovered ample medical research supporting the safety and efficacy of bio-identical progesterone replacement therapy. With the medical science in hand, I began to prescribe and compound bio-identical progesterone for my patients suffering from hormone imbalances. The result was symptomatic relief without the side effects of health risks characteristic of synthetic hormone replacement.

Today there is a groundswell of paranoia regarding synthetic HRT as a choice for treating menopausal symptoms, as well as for the prevention of some post-menopausal conditions. These much-publicized concerns

are primarily derived from the National Institutes of Health (NIH)–sponsored Women’s Health Initiative (WHI) study released in 2002. The findings indicated that the women in the study on HRT evidenced an increased risk of heart disease, breast cancer, stroke, and blood clots.

More than ten years after I was dubbed a maverick for taking my patients off synthetic hormones, WHI validated my concerns and reported that synthetic HRT is most definitely dangerous and quite possibly lethal. Despite the clinical evidence of this large-scale federally funded study, the controversy and confusion about hormone replacement continues to rage. HRT is not only still on the market, but it remains the most commonly prescribed treatment for women suffering from symptoms of hormone imbalance.

How can this be true? It is all about money. Synthetic HRT continues to be the most recommended treatment for women complaining of menopausal symptoms because of the millions of dollars the pharmaceutical companies spend marketing to physicians in their offices and at medical conferences. Even more egregious than the brainwashing of physicians is the pharmaceutical

industry's more recent efforts to mislead the everyday consumer via expensive advertising campaigns.

When marketing, illusion, and the desire for profit outpace medical science, people suffer. From my clinical experience treating tens of thousands of patients, as well as the output of decades of respected medical research, I know that BHRT is safe and effective.

Still, I don't want you to take my word for it any more than I want you to innocently buy into pharmaceutical advertising promises. My aim in writing this book is to expose the truth about hormone replacement options so that you can make informed choices. My larger hope is that after reading this book, you will never again let any medical expert or outside entity usurp responsibility for your personal health and well-being. Your body, your mind, and your life are your own. I urge you to take charge.

Save Your Sanity—and Your Health—By Regulating Your Hormones Naturally

For the past several decades, the traditional medical community has by and large ignored, misdiagnosed, and mistreated millions of women suffering from symptoms of hormone imbalance such as weight gain, low sex drive, fatigue, hot flashes, foggy thinking, and depression. Synthetic hormone replacement therapy (HRT), the most common choice for treatment, has been clinically proven to be dangerous. Still, doctors continue to prescribe HRT and put the health—and the lives—of their patients at risk. In this new, expanded edition of their successful book *From Hormone Hell to Hormone Well*, C.W. Randolph, Jr., M.D., and Genie James team up to challenge the pharmaceutical industry's ongoing promotion of HRT as well as the physicians this industry has brainwashed.

A world-renowned expert, Dr. Randolph has used bio-identical hormone replacement therapies (BHRT) to safely and effectively treat thousands of women and men for decades. He'll help you:

Refuse to buy into HRT's "one-size-fits-all" approach.

Make lifestyle choices to naturally support your body's optimum hormonal equilibrium at any age.

End the suffering caused by hormone imbalances during perimenopause, menopause, and andropause (male menopause).

Feel like yourself again!

C.W. Randolph, Jr., M.D., is an internationally renowned expert in the field of bio-identical hormone replacement. He is a board-certified obstetrician and gynecologist who practiced as a compounding pharmacist. He is the co-founder of the Natural Hormone Institute of America, a Diplomate of the American Board of Holistic Medicine, and a member of the International Academy of Compounding Pharmacists. He coauthored *From Belly Fat to Belly Flat*.

Genie James is nationally acknowledged as a change-agent for improved women's health. She is currently the co-founder and executive director of the Natural Hormone Institute of America. She coauthored *From Belly Fat to Belly Flat*.

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