

IHHS Health & Wellness Center

1607 South H Street, Bakersfield, CA 93304

Custom Rx Compounding

Hormonal, Homeopathic, & Nutritional Services

Office (661)-837-0453 FAX (661)-837-0560

Website: YourHomeopath.org

HRT Patient Information

Osteoporosis Prevention and/or Treatment

In postmenopausal patients progesterone is a vital link in a chain of multiple factors which, together, are necessary for good bone building. This chain includes proper diet, a few nutrient supplements, exercise, avoidance of cigarette smoking, and proper hormone use. One or another of the factors, if missing, will prevent the chain from doing its work. A typical treatment program follows:

Estrogen

Contraindicated by history of breast or uterine cancer, clotting or vascular disorders, obesity, diabetes, fibrocystic breasts, and hyperlipidemia. If used, recommendation is start with Bi-Estrogen cream (with 80% or more, being estriol a safer estrogen) for 25 days per month. If not needed for vaginal dryness or hot flashes, it need not be used, depending on the results of serial BMD tests.

Progesterone

Transdermal cream twice daily for 26 days a month post-menopausally. If estrogen is being used, both should be discontinued during alternate period each month. If estrogen is not used, the patient may use progesterone every day for 3 months then for 26 days each calendar month. When repeat BMD testing reveals increasing bone density, progesterone may be reduced by ½ and some patients may be maintained on even less.

Exercise

It is recommended to perform vigorous weight bearing exercise for 20 minutes daily or ½ hour at least 3 times per week. Aerobic exercise is not of much benefit for increasing bone density.

No Cigarettes

Report any occurrence of vaginal bleeding

endogenous excess estrogen. Take one to 4 capsules daily.

Diet:

Restrict or avoid carbonated beverages or “soda”, sugars and grains with gluten. Limit grass fed red meat to 3 or fewer times per week. Choose organic vegetables for carbohydrate loads. Limit alcohol use as this causes estrone secretion to increase.

Estrone levels can increase 300% for up to 5 hours after ingestion of alcohol. Dairy products are not necessary. Avoid sugar, refined carbohydrates, and refined fats, choosing instead plenty of fresh vegetables of all sorts particularly broad leafy greens. \

Consume up to 60% of daily calories in the form of good fats or essential fatty acids as from Chia or hemp seeds, coconut oil, flaxseed oil, fish oil, or Borage oil, CLA (conjugated linoleic acid), and Black Currant oil.

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Daily recommendations:

Vitamin D 5000-10,000 I.U. daily.
Vitamin C 1 to 2 grams twice daily.
Vitamin E 400IU twice daily
Selenium 150mcg twice daily
Betacarotene 25,000iu/day (and/or Vitamin A 20,000IU/day).
Zinc 50 to 100 mg a day.
Calcium Seek to obtain 800 to 1000mg/day by diet and supplements
Magnesium 400 to 800mg/day supplement.
Essential Omega 3 and 6 Fatty Acids, Fish, Chia, Flax seed oil, CLA, Borage oil 2000mg 2 to 3 x daily.
Friendly force Probiotics 25 billion cultures per capsule, use one to two capsules 2 times a day
Proanthrocyanadins (Grape seed extract or pycnogenol) use one to two 100mg capsules a day

Pycnogenol and Grape Seed Extract are antioxidants that potentiate vitamins A, E, and C. (It has been shown in some studies to shrink tumors, improve rheumatoid arthritis, asthma, multiple sclerosis, and other autoimmune disorders. Dosage should be increased in autoimmune cases to 50mg, four capsules bid.) Antioxidants can help prevent and/or slow the progression of Alzheimer's disease, arthritis, cancer, cataracts, diabetes, heart disease, all forms of hepatitis, immune weakness, inflammatory disorders, macular degeneration, and Parkinson's disease.

Suggestions for better nutrition try,

Potency Guaranteed Supplements Beginning with;

1.) Multi-Vitamin Mineral Trace Mineral Support Formulas

These are all high quality THERAPEUTIC multi-vitamins. They includes B-vitamins which are used in the production of energy and essential trace minerals. It is in a specialized base that contains herbs, digestive enzymes, amino acids, and other compounds to assist in balancing for each specific problem area. The dose is 2 tablets twice daily, preferably with food.

Each Multi-formula also contains therapeutic amounts of the following;

Vitamin C 1000mg

should be taken daily for immune system enhancement, heart protection, and anti-aging. Vitamin C is a powerful antioxidant. If you smoke it is very important to take this vitamin to prevent depletion. It is also necessary for the body to fight infection

Vitamin E 500 IU

Vitamin E is another powerful antioxidant. Studies have shown that Natural Vitamin E helps with heart protection, anti-aging, prevents breast tenderness, and is helpful in the prevention of a number of illnesses. Water soluble Vitamin E is processed by the body efficiently. Patients on blood thinners should consult their physician prior to starting high dose Vitamin E therapy.

Vitamin D3 5000-10,000IU

Needed for proper immune function via macrocytic activation factor pathways.

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Selenium 200mcg

Selenium is also an antioxidant mineral that complements vitamin E to boost the immune system. It is also one of the more important cancer inhibiting nutrients available to man. This source comes from kelp.

Elemental Magnesium 400mg and Calcium 300mg

Magnesium is deficient in most American diets. It is essential for bone health but must be in balance with Calcium to function properly. It also helps reduce spasm in the coronary artery and has a calming effect on nerves.

2.) Osseoapatite Plus or CalApatite w/Magnesium

This form of calcium is the best absorbed and has been shown to increase bone density in clinical practice. It is combined with other minerals and herbs essential for bone health. Take one or two tablets daily with your individual Support formula multi-vitamin peri and post-menopausally for a 1000 daily dose.

3.) Super EPA or Barlean's Omega 3 Fish Oil

This Omega 3 supplement is literally brain food. It improves thinking and memory. There is also heart protection and arthritis prevention in this product. It is an essential fatty acid or a 'good' fat that can not be made into fat but is used for energy production in the body. It is highly recommended for balanced nutrition. Chia, Flax seed oil, CLA, Borage oil may also be used. Take one 1000mg capsule 2 to 4 times a day.

4.) Grape Seed Extract 100mg

This antioxidant is 20 times more powerful than vitamin C, 50 more times powerful than vitamin E, and has been shown to help with auto-immune disorders. It also strengthens the Multi-Vitamin Support Formulas and, Vitamins C and E. Take 1 or 2 capsules daily.

5.) Friendly Force Probiotics

Use to promote healthy functioning of the gut which is necessary for appropriate excretion of