



The Lime In The Coconut Specialty Compounding Pharmacy, LLC

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1. **ESTROGEN-**

- Estriol (E3)
- Estradiol (E2)
- Estrone (E1)
- Estriol has been used for the last 50 years in Europe to treat breast cancer.
- Functions of Estrogen in the body
 - a. Responsible for normal growth & development of female sex organs
 - b. Responsible for maintenance of secondary sex characteristics
 - c. Protects against bone loss, and heart disease.
 - d. Produces progesterone receptors and controls the amt of estrogen receptors
 - e. Promotes proliferation & growth of specific cells in the body.
 - f. Is responsible for or helps with over 400 functions in the body.

Benefits of Bio-identical Estrogen Replacement Therapy

- Relief of symptoms of menopause (Suzanne Somer's dwarfs –Itchy, Bitchy, Sweaty, Sleepy, Bloating, Forgetful, and all dried up)
- Reduced risk of heart disease and cardiovascular events (#1 cause of death in post -menopausal women)
- Direct Vascular effects (70 – 80%)
 - *estrogen causes an increase in endothelial derived relaxing factor.
 - * estrogen has an effect of decreasing intracellular calcium, therefore causing vascular smooth muscle relaxation.
- Improved lipid (cholesterol) profile (lowers LDL, raises HDL)
- Prevention of osteoporosis
- Prevention of memory disorders
- Maintenance of nervous system
- Maintenance of skin, oral, and eye health
- Prevention of urogenital and vaginal atrophy
- Maintenance of the central nervous system through the effects on the brain...
 - *Antioxidant properties
 - * Potentiates neuronal responses
 - * Augments glucose utilization
 - * Aids healing of neurological tissue after injury
 - * Influences concentrations and availability of neurotransmitter amines, including Serotonin, norepinephrine and dopamine.

More on estrogen.....

- Maintenance of skin health
 - *Skin water content
 - *Collagen
 - *Skin thickness
 - *Improvement in vascularization, elasticity & firmness; moisture content, Wrinkle depth and pore size with estrogen replacement.
- Prevention of Urogenital & Vaginal Atrophy
 - increases vascularity
 - thickens the blood vessel walls
 - thickens the vaginal epithelium
 - decreases vaginal discharge
 - increases elasticity
 - less frequent urinary tract infections!
 - prevents atrophic vaginitis

ONE WORD ON ESTROGEN DOMINANCE.....

Relative excess of estrogen caused by...

- high fluctuations during peri-menopause
- overdosing of estrogen therapies
- impaired elimination of estrogen metabolites
- environmental xenoestrogens
- lack of progesterone to balance

Symptoms include:

- Fatigue, breast tenderness, fluid retention, headaches, craving of sweets, Decreased libido, heavy or irregular menstruation, weight gain, poor sleep, Fibrocystic breasts, uterine fibroids, mood swings, panic attacks, Depression.

PROGESTERONE:

- Oldest known sex hormone
- Present in every human regardless of age
- Produced by the ovaries and adrenal glands
- Secreted by the corpus luteum
- Has receptors in almost every cell in the body
- Acts on uterus, breasts, brain, smooth muscle, kidneys, bones, and cellular membranes.
- Metabolized to other active hormones
- Acts as a natural anti-anxiety, anti-depressant, enables sleep
- Balances estrogen in the body
- Strong bones!!!

SIDE EFFECT PROFILE OF NATURAL PROGESTERONE VS. SYNTHETIC PROGESTINS.

NATURAL PROGESTERONE

- UNCOMMON TO HAVE SIDE EFFECTS.
- DROWSINESS
- BLOATING

VS.....

Synthetic Progestins

- Increased risk of cancer
- breast tenderness
- acne
- bloating
- depression
- vision changes
- blood clots
- migraines
- weight gain
- irritability & anxiousness
- and more....

ONE WORD ON BREAST CANCER..... In breast tissue, estrogen stimulates the breast duct cells to grow rapidly. This rapid growth is considered to be an early sign of changes that lead to breast cancer. Natural Progesterone inhibits this rapid growth and causes the cells to mature and become the cells they are suppose to be. Therefore, it is reasonable to think that natural progesterone protects against breast cancer.

Synthetic Progesterone ADVERSELY AFFECTS lipid profile, liver function, glucose tolerance and insulin utilization. NATURAL PROGESTERONE may improve cholesterol levels, does NOT affect liver enzymes or cause liver-related side affects, augments the pancreatic response to glucose, and increases the release of insulin.

Synthetic Progesterone is contraindicated in pregnancy and increases the risk of cancers. NATURAL PROGESTERONE is used sagely during pregnancy and is absolutely necessary for fetal health, and protects against breast cancer.

DHEA REPLACEMENT CAN:

- Increase muscle strength and lean body mass
- Activates immune function
- Increases quality of life
- Improves sleep
- Increases feeling of wellness
- Decreases joint soreness
- Increases sensitivity of insulin
- Decreases triglycerides
- Stops the damaging effects of stress

TESTOSTERONE IN WOMEN

- Most production comes from the ovaries & adrenal glands
- Around age 35, androgens from both the ovary & the adrenal gland slowly decline
- With a bi-lateral oophorectomy, a women loses ~50% of her source of testosterone

Benefits of Testosterone Replacement

- Maintains normal libido & response
- Increases bone mineral density & prevents further decline into Osteoporosis
- Maintains lean body mass
- Increases muscle tone & strength
- Improves memory & protects the structural integrity of the brain
- Increases sense of well-being, mood, self esteem
- Increases the support & control of the muscles of the rectum
- Provides cardiovascular protection by lowering all fractions of lipids & increasing arterial vasodilatation
- Has been successfully used to treat PMS symptoms
- Increases insulin sensitivity
- Maintains skin & hair health
- Improves quality of life