

# HOW TO MAKE SENSE OF MENOPAUSE

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by Steven. F. Hotze, M.D.

**H O T Z E**  
HEALTH & WELLNESS CENTER



## INTRODUCTION

Dr. Hotze is founder of Hotze Health & Wellness Center and author of the book *Hormones, Health, and Happiness*. He has enabled thousands of women and men to achieve optimal health using his customized 8-Point Treatment Regimen. If you would like a free evaluation regarding your health, you can contact his office by calling 877-698-8698.

*Notice: This book is intended as a reference guide, not as a medical manual. The information given here is designed to help you make informed decisions about your health. It is not intended as a substitute for any treatment that may have been prescribed to you by your doctor or therapist. If you suspect that you have a medical or emotional problem, we urge you to seek competent medical or psychiatric help.*

*The names of those whose cases are presented in this book have been changed to preserve their privacy.*

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## WHAT IS MENOPAUSE?

Menopause is the term used to describe the end of a woman's menstrual periods. This natural part of aging occurs when the ovaries stop making hormones called estrogens, marking the end of her reproductive period. Menopause can also occur when the ovaries are surgically removed or stop functioning.

## AM I GOING THROUGH MENOPAUSE? SIGNS & SYMPTOMS

Low estrogen levels are linked to some uncomfortable symptoms in many women. The most common and easy to recognize symptom is hot flashes. Hot flashes are sudden, intense waves of heat and sweating. Some women find that these hot flashes disrupt their sleep, and others report mood changes.

### **OTHER COMMON SYMPTOMS INCLUDE:**

- Irregular or skipped periods
- Insomnia
- Mood swings
- Fatigue
- Weight Gain
- Depression
- Irritability

- Racing heart
- Headaches
- Joint and muscle aches and pains
- Changes in libido
- Vaginal dryness
- Bladder control problems

## LONG TERM HEALTH PROBLEMS ASSOCIATED WITH MENOPAUSE

- Osteoporosis
- Heart Disease
- Poor Bladder and Bowel Function
- Poor Brain Function
- Increased Risk of Alzheimer
- Poor Skin Elasticity
- Poor Muscle Power and Tone
- Deterioration of Vision

## HOW MAINSTREAM (TRADITIONAL) MEDICINE APPROACHES MENOPAUSE

### **PREMPRO & PREMARIN**

If you are wondering why so little had been written about natural, bioidentical hormones until recently, the answer is that for almost four decades counterfeit hormones were universally embraced by the medical profession as wonder drugs. The mainstream media reinforced this image, portraying counterfeit hormone replacement therapy (HRT) as a veritable fountain of youth. The counterfeit estrogens in particular were credited with seemingly magical powers to prevent age-related maladies as varied as osteoporosis and Alzheimer's disease, colon cancer and heart disease. Negative studies, of which there were a growing number, were largely ignored by the media in favor of glowing reports that suggested female hormone replacement could enhance a woman's quality of life and extend her years. But ignoring the negative studies didn't make them go away.

So what exactly is Prempro, and why is it so harmful to a woman's health? Prempro refers to the most popular form of HRT, a counterfeit estrogen called Premarin combined with a counterfeit progesterone called Provera. Premarin is a combination of horse estrogens derived from pregnant mares' urine (hence the name Pre + mar + in). While this may be a fine preparation for mares in menopause, it is of dubious benefit for human beings. Not only does

counterfeit estrogen fail to improve the quality or length of a woman's life, it can cause serious and even fatal diseases including endometrial cancer, breast cancer, strokes, and life-threatening blood clots in the lungs.

And what of the counterfeit progesterone drug, Provera? Like conjugated equine estrogens, Provera is the invention of the pharmaceutical industry. Although its generic name (medroxyprogesterone) makes Provera sound like it is a form of progesterone, it is not. It is a progestin, a drug that exists nowhere in nature. Unlike natural progesterone, which is essential to the development of the unborn baby, Provera can cause miscarriage or birth defects if taken during the first four months of pregnancy. It can also cause symptoms identical to those caused by estrogen dominance, including breast tenderness, migraines, allergy and asthma symptoms, weight gain, and depression. Taking higher doses of Provera in a misguided attempt to correct a condition of estrogen dominance won't alleviate these symptoms, because Provera isn't natural progesterone. It's a counterfeit hormone, and you can't fool Mother Nature.

### **WOMEN'S HEALTH INITIATIVE**

For this reason, in 1993, the Women's Health Initiative (WHI) began enrolling postmenopausal women for a nationwide, longterm study of the benefits and risks of conventional HRT using the popular drug Prempro, a combination of Premarin and Provera. Once enough women had been recruited, the study was scheduled to last eight and a half

years. However, it was ended abruptly three years early due to the increased risk of breast cancer in women using counterfeit hormones. The study findings, published in the Journal of the American Medical Association on July 17, 2002, sent shockwaves through the medical profession, the media, and the public.

The researchers reported that the risk of breast cancer increased with each year that a woman remained on HRT, so that after five years, a woman who was taking HRT had a 26 percent higher risk of breast cancer than a woman who was not using hormones. Women using counterfeit hormones also experienced significantly higher risks of coronary heart disease, stroke, and pulmonary embolism (blood clots to the lungs) than women who were not using hormones.

A year after the findings from the WHI were reported, British researchers reported equally disturbing findings from the Million Women Study, a five-year analysis of the relationship between HRT and breast cancer risk in the United Kingdom. In this study, which was published in the premier British medical journal The Lancet on August 9, 2003, researchers found that postmenopausal women who were current users of HRT had a 66 percent higher risk of developing breast cancer and a 22 percent higher risk of dying of breast cancer than women who had never used HRT.

Based on their findings, these researchers estimated that the use of HRT by postmenopausal women in the United

Kingdom had resulted in twenty thousand extra cases of breast cancer over the preceding decade. The most dangerous HRT combination, which was responsible for 75 percent of the breast cancers, was synthetic equine (horse) estrogen (e.g., Premarin, Cenestin, and Ogen) plus progestin (counterfeit progesterone).

### **ANTIDEPRESSANTS: THE NEW SOLUTION?**

As a result of the Women's Health Initiative Study, doctors who once embraced counterfeit hormones, such as Premarin and Prempro, with open arms are now shying away from it. No physician wants to put their patients in harms way by prescribing these medications. In order to give some relief to their patients, they are now turning towards anti-depressants (Paxil, Effexor and Prozac) to treat symptoms associated with menopause.

Let's think about this. By prescribing an antidepressant for menopause, they are simply treating a symptom and not the underlying problem. You are suffering from mood swings, hot flashes, night sweats and brain fog NOT because you have low levels of antidepressants in your body but because your hormones have declined or they are imbalanced.

## A NEW SOLUTION TO MENOPAUSE

### **HORMONAL IMBALANCE AND HORMONAL DECLINE**

The problems experienced by women during midlife and menopause are commonly a result of an imbalance in the female hormones and an overall decline in hormone production. The negative effects of this hormonal imbalance are not limited to the reproductive system. The female hormones play important roles throughout the body, in the heart, brain, muscles, bones, and other major organs and tissues.

The female hormones also interact with hormones produced by other glands, and an imbalance in levels of estrogen and progesterone adversely affects the production and use of these hormones. Fatigue, weight gain, mood and memory problems, insomnia, headaches, and menstrual disorders can all be traced back to various hormonal imbalances and deficiencies. One common result of female hormonal imbalance is hypothyroidism, or low thyroid function, which weakens the immune system and can trigger allergies, chemical sensitivities, and recurrent infections during midlife. Adrenal insufficiency often accompanies low thyroid function, worsening the problems of low energy, impaired immunity, and allergies.

Blood testing, which is a standard diagnostic tool of conventional medicine, is not the best way to diagnose hormonal problems or to assess whether the treatment of

these problems is working. The most reliable indication of a hormonal problem is how a patient feels physically, mentally, and emotionally. Likewise, the most important criteria for evaluating the benefits of treatment are the resolution of symptoms and the overall improvement in a patient's well-being.

This approach, which entails listening to the patient's description of her problems and making a diagnosis based on this description, is a lost art in current medical practice. Today's physicians rely almost exclusively on laboratory tests in making diagnoses. While this may be necessary for certain diseases, it is not an effective or appropriate way to evaluate and treat the problems caused by hormonal imbalances and deficiencies that occur in midlife to both women and men.

### **NATURAL, BIOIDENTICAL HORMONES**

The most effective way to address menopause is to simply replace what is causing you to experience all of these discomforts in the first place: your hormones. By replenishing the levels of progesterone and estrogen that have declined by using hormones that are identical to what your body already makes or made, you are directly addressing the problem.

If you drove a Ford automobile and it wasn't running properly and you took it in to get repaired, would you want the mechanic to fix your car using Chevy parts or

Ford parts? Obviously, you would want Ford motor parts in your car, not Chevrolet. The same holds true regarding hormones. You want to take medication that is identical to what your body makes.

Natural, bioidentical hormones are derived from a plant molecule called diosgenin found in soybeans and wild yams. After diosgenin is extracted from these plants, it is converted into bioidentical progesterone in the laboratory. In turn, progesterone can be converted by a chemist into the three human estrogen hormones: estradiol, estrone, and estriol.

Because natural progesterone and the estrogens are biologically identical in structure to the hormones produced by the body, the cells of a woman's body respond to them in exactly the same way that they respond to the hormones produced in her own body.

For those of you who want to find relief from the symptoms associated with menopause, natural hormones are the best and most effective treatment option.

For additional information on Natural Hormone Replacement Therapy, you can download Dr. Hotze's e-Book Natural Hormone Replacement Therapy 101 by clicking [here](#).