

The Truth about Anti-aging and Hormone Replacement Therapy

by Simon Yu, MD

Generations of “baby boomers” are facing the reality of becoming a generation of senior citizens. The last decade has been a quest for the “Holy Grail” of longevity and good health, leading to a new phenomenon of anti-aging medicine and hormone replacement therapy.

“Hormone Replacement Therapy” (HRT) and “Anti-aging Medicine” became catchphrases for restoring vitality, sexuality and health through an individualized hormone therapy. If you are a middle age woman or man considering the use of HRT, you will be bombarded with hype and confusion. Women were told estrogen will not only protect your bones and heart but will make you feel younger and sexier. You were told that it will stop many menopausal symptoms, from hot flashes to mood swings. Men were told that testosterone will restore sexual performance and provide youthful vitality and vigor.

One of the largest and best designed U.S. Government studies has shown that estrogen did not protect women from heart disease and osteoporosis. The study showed that estrogen significantly increases the incidence of breast cancer, uterine cancer, life threatening blood clots and Alzheimer’s disease.

Traditional Hormone Replacement Therapy consists of using synthetic hormones, such as premarin and progestin, which has significant side effects, compared to natural, bio-identical estrogen and progesterone. Ovaries produce three different estrogens: estradiol, estrone and estriol. Ovaries also produce progesterone, testosterone and DHEA.

What treatment should be used with a woman with menopausal symptoms? Every woman’s profile is unique and the treatment must be individualized according to a science based diagnostic evaluation. Hormone levels of estrogen, progesterone, testosterone, and DHEA can be obtained thru blood, saliva or urine depending on your doctor’s experience.

I believe Hormone Replacement Therapy, even if the hormone is natural and bio-identical, should be used as a last resort and not the first-line treatment for menopausal symptoms.

The secret of anti-aging starts with changes in our consciousness. Longevity comes with healthy living, not just from hormone therapy. One should live an active, fulfilled life to grow old gracefully.

The following steps are a good start for healthy living.

Step 1: Water is truly the fountain of life. Drink more water. An average amount is eight (8) glasses of eight (8) ounces of filtered water per day. Tap water is not recommended.

Step 2: You are what you eat. Nourish your body with whole foods. A specific nutritional program should be individualized and based on metabolic type, blood type and food allergies. Food allergies are one of the most overlooked causes of numerous symptoms.

Step 3: You are what you assimilate. Insure longevity and healthy living by taking Digestive Enzymes. Enzyme therapy is based upon your diet, metabolism and Acid/Base balance.

Step 4: Avoid bad habits. Stop all use of sugar, soda, diet soda and smoking. Smoking and sugar accelerate the aging process.

Step 5: Learn how to cleanse your body using herbal cleansers, fasting, coffee enemas, colonics, etc.

Step 6: Exercise in moderation. Healing comes with your body in motion. "Rust" will accelerate aging.

Step 7: Control stress from all levels: spiritual, emotional, financial and physical stress. Avoid dead end situations.

Step 8: Remove heavy metals, i.e. Mercury, Copper, Cadmium, Lead, Nickel, etc. Heavy metal toxicity is another extremely overlooked cause of symptoms. Chelation therapy has been proven to remove heavy metal toxicity and restore your enzyme function, immune system and hormonal balance.

Step 9: And, finally, Hormone Replacement Therapy. HRT should be natural, bio-identical, individualized and closely monitored by a physician. Appropriate HRT can improve the quality of your life.

These are small steps to take for restoring your vitality and vigor. Hormone Replacement Therapy is one of the last, but certainly important, steps to take. HRT and Anti-aging Medicine are truly catchphrases of the day. Don't let this latest fad be an exploitation of aging baby boomers.

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