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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

EFFECTS OF HORMONE LOSS

By John Russell

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As women age estrogen levels fall, which impacts many parts of the body including skin, bones, and bladder

Dry itchy skin is a common complaint. FACT: Without estrogen, the body tissues lose elasticity and shrink. A common complaint is you feel like your skin is crawling or it becomes sweaty and hot. There is an increased sensitivity to the sun, problem with teeth such as bleeding gums, lose teeth, and the eyes may be dry and itchy. FACT: Estrogen is a hormone that is circulated in the blood and affect both the well being and general state of health. FACT: Menopause is triggered by hormonal changes in the endocrin system. FACT: The ancient Greek physician Hippocrates (the father of medicine) was the first to describe menopause, which he put at the age of 50. FACT: A blood test called the follicle-stimulating hormone (FSH) can reveal the arrival of menopause. The common medical response to menopause and estrogen loss is Hormone Replacement Therapy (HRT). HRT is a synthetic form that acts as a replacement for the natural hormone, estrogen, the body produced in higher levels prior to menopause.

Hormone Replacement Therapy must be prescribed by a licensed physician. Recent studies indicate HRT has the potential for significant side effects. The side effects should be carefully evaluated. More information on the risks of HRT can be found from the following sources:

1. National Women's Health Network - 514 10th Street NW, Suite 402, Washington, DC 20004, Phone 202-347-1140.
2. National Institution on Aging Information Center - P.O. Box 8057, Gaitnersburg, MD 20898-8057, Phone 800-222-2225, Publishes resource directory for older people, resources for women's health and aging.

Because of the risks now found to be inherent in hormone replacement therapy, all natural estrogen formulations from plant sources are becoming available. Carefully formulated hormone balancing creams are available both with and without herbs that resolve the physical and emotional changes that

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occur during menopause but from all natural sources. Look for herbal balancers that include black cohosh, chaste tree berries, dong quai, evening primrose oil, red clover, alfalfa, licorice, and ginseng. These creams are available over-the-counter and can be ordered online from www.ihdistribution.com.

Exercise and diet are also important during menopause. The best type of exercise will build strength and stamina, increase flexibility, and help balance and concentration. Exercise such as tennis, brisk walking, jogging, and step aerobics are recommended. A carefully balanced diet, often including supplemental vitamins and minerals, help the body function at its optimal level.

Typically, Vitamins A, C, E and the mineral Selenium, commonly termed antioxidants, become more important in protecting body cells from damage as we age. Vitamin D, combined with calcium, formulated with glucosamine and chondroitin are typically recommended.

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Top Hair Loss Treatments For This Summer

By Oliver Turner

What can be utilized to stop hair loss this summer? You should not use any of the artificial hair loss treatment products available in the market if you want to keep your hair shiny and natural. Fortunately, there are lots of effective drugs and natural hair loss treatments available for both men and women. However, it is recommended that you consult a physician if you want to use drugs to stop hair loss. Here is a list of some pharmaceutical drugs and natural elements listed that have helped to stop hair loss without any side effects:

Propecia: Propecia is mainly helpful for frontal hair loss treatment. To prevent Alopecia, propecia has proved to be an excellent drug. It starts working with in 5 days and you can feel the gradual decrease of your hair loss. In some cases of frontal hair loss, Propecia has successfully regrown hair. This drug inhibits formation of DHT, which is the main cause of hair loss.

Rogaine: Rogaine is a FDA approved hair loss treatment. It is mainly effective on females. Minoxidil or Rogaine are helpful in case of high blood pressure. You can even order Rogaine online. Rogaine has not shown any side effects so far.

Natural hair loss treatment: the cause of male hair loss can be a genetic disorder related to a male hormone deficiency and DHT secretion in the hair follicles and scalp. Natural hair loss treatment is

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helpful in this particular case. You can use saw palmetto oil to stop hair loss.

Balanced diet: you should include vitamin B5 in your diet, which is an important factor to stop hair loss. You should also include folic acid, biotin and silica in your diet. You can use vitamin and mineral supplements as an alternative. You must increase copper intake in your diet because it has been found that copper is helpful in maintaining hair health stopping hair loss. Try to minimize zinc intake, as it is harmful for your hair.

Find the best hair loss information and treatments only on

. All about Hair loss on



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