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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!

Low Testosterone Women And Low Testosterone In Women Symptoms

By Olinda Rola

Low testosterone women and low testosterone in women symptoms are related to hormone levels

in the woman's body. Testosterone production in a woman is about 10% of the amount typically made by a man. Testosterone is produced primarily in a woman's ovaries and adrenal glands.

Along with the two other vital hormones – progesterone and estrogen – testosterone production declines as a woman ages. Low testosterone women may experience certain symptoms, the most notable symptom being low libido. However, low testosterone in women can also contribute to depression and osteoporosis.

Harvard-trained family physician Dr. John R. Lee describes his experience with low testosterone women in the book *What Your Doctor May NOT Tell You About Premenopause*. He reports that several clinical studies have shown that using a small amount of natural testosterone supplementation may enhance the good effects of the other hormones.

However, Dr. Lee observes that testosterone production depends on sufficient progesterone levels in the body. In the healthy human body, progesterone converts into another form of progesterone, which converts into androstenedione from which testosterone is made. If progesterone levels are too low – common today with women in their 30's and older – low testosterone in women may be the result. For low testosterone women, Dr. Lee recommends first using natural progesterone cream supplementation for at least six months, using dosages in the same amounts as what the body would normally produce. Dr. Lee found that natural progesterone supplementation often solved the problem of low testosterone women and low libido.

While low testosterone in women is one problem, excessive testosterone can also cause problems. Dr. Lee describes what often happens as women approach menopause and ovarian function slows. Women often show symptoms of becoming androgen dominant, and testosterone supplementation may only make this condition worse. Symptoms of androgen dominance in women include male pattern baldness and facial hair growth.

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In addition, an excess of estrogen in the woman's body can result in the occurrence of these same two symptoms. Clearance of testosterone from the body is related to the healthy balance of estrogen and progesterone levels. Too much estrogen slows down the clearance of testosterone, while progesterone enhances testosterone clearance. By staying in the body longer than necessary, testosterone may produce the androgenic characteristics described above. Dr. Lee found that supplementation with natural progesterone cream tended to reverse the androgen dominant characteristics.

Dr. Lee recommends that low testosterone women first use natural progesterone cream supplementation for at least six months. His experience was that frequently no testosterone supplementation was required as natural progesterone corrected the symptoms. He advises that if low libido is still being experienced after doing progesterone supplementation for at least six months, then consider trying a small amount of natural testosterone supplementation – approximately 0.5–2 mg in the mornings. If testosterone supplementation begins to produce facial hair growth and/or male pattern baldness, reduce or discontinue testosterone supplementation.

He recommends using only natural testosterone, not one of the synthetic testosterone drugs that can have undesirable side effects. You will need a doctor's prescription to obtain natural testosterone which is easily available from compounding pharmacies.

Learn as much as you can about when to use natural hormone supplementation to help stay healthy and free from the symptoms associated with low testosterone in women, and understand the vital role that natural progesterone plays in women's health.

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Read more about natural progesterone supplementation at

<http://www.safemenopausesolutions.com/naturalprogesterone.html>

and natural hormone therapy.

Olinda Rola is President of InfoSearch Publishing and webmaster of

<http://www.safemenopausesolutions.com>

– a website of natural health articles and resources.

Affect Of Alcohol On Women

By David McCarthy

Women and Alcohol

It is often quoted that females have a lower tolerance to alcohol than males and this is an indisputable

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fact but few people ever go on to tell exactly what the affect is and why. Hopefully this article will help shed light on exactly what happens when you drink alcohol and why you often do things that you regret later. Also give some insight into what alcohol actually does to the brain. This is not an anti alcohol article, it is presented in the hope that knowledge will influence attitude. The fact that this article is being published at the height of the Christmas/New Year festive season is coincidental; it contains valuable knowledge that is useful at all times.

Alcohol is a testosterone stimulant and the affect it has on women is based upon the fact that testosterone is not the dominant hormone in the female make-up, therefore they are usually unable to control the affect of testosterone as men do on a daily, even hourly, basis. Dealing with the bravado that testosterone produces is not a common experience to a woman and therefore they rarely know how to cope with it. This explains why they are more prone to carrying out acts that are normally not in their nature when drinking. The stimulation of testosterone initially makes them loud as the bravado affect kicks in; a feeling of invincibility that leads them to drop all inhibitions follows this. If there is a dance floor they are liable to seek it as a challenge to dance with a view to drawing self-attention. They meet with strangers when stimulated testosterone has them feeling invincible and there is no need for me to point out the dangers that this can create.

As the affect of alcohol dwindles and the real self re-appears there is true self-doubt regarding what they may, or may not, have done and whether they can face the people they were celebrating with again. This is caused by the lack of testosterone stimulation and the reassertion of the true personality as opposed to the testosterone induced personality that occurs whilst drinking.

The other affects that leave terrible hangovers to contend with are so well known that I will not go into them in this article. Hopefully if you have knowledge concerning why you become vulnerable while drinking you will be more careful concerning the quantity that you drink; especially when you are not in the home environment with trusted family and friends around you.

To have a drink can be fun, just be aware of what happens to your body and mind when you have too many. The stimulation of testosterone starts with the first sip.

A hangover is the result of alcohol dehydrating your body. Try to drink at least a quart (1 liter) of water between drinking and bed to help re-hydrate your body.

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David McCarthy regularly publishes articles on a variety of subjects including health, safety, food, diet, weight loss and is webmaster of

<http://recipesmania.com>

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