

THE
little
HORMONE
BOOK

NATURE'S BLUEPRINT
OF A YOUNGER YOU

*Read about the symptoms
of hormone decline.*

ROBERT E. BATTMER, M.D.

Third Edition

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The Little Hormone Book

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Dedication

To all those women whose lives have been dramatically improved by following nature's blueprint.

Acknowledgment

Tom and Cindy Lou Gildig, whose extraordinary book building abilities and editing skills brought this together and made an idea become a reality.

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Introduction

As a practicing obstetrician/gynecologist for over 40 years, I have helped thousands of women through the rigors of childbirth and the trauma of menopause. I understand and appreciate the profound level of trust my patients confer upon me to give them the best care possible. My goal is to always be worthy of their trust. It was in that spirit that 25 years ago, I began to seriously rethink the standards of conventional hormone replacement therapy for my perimenopausal and menopausal patients.

It required a personal event for me to see the picture clearly. My wife had undergone a hysterectomy with the removal of both ovaries. Despite having top-notch surgical treatment and a quick recovery, she felt terrible on the standard hormone replacement therapy (non-human estrogen). I could not understand why.

My wife was on the same treatment that I had been prescribing for years to my own patients. Despite my assurances that her hormone therapy was absolutely the accepted standard, she continued to report an instinctive feeling that something was radically wrong...that she did not feel like herself. Was it possible that this reaction was unique to my wife alone? Surely not. As I began to survey my own post-menopausal patients, a disturbing pattern began to emerge. Most of them confessed that they had stopped taking their hormones after a few months because they felt bad. Others had simply continued taking the hormones and tolerated the resultant symptoms. They had not told me, either for fear of

reproachment or because they did not want to hurt my feelings.

I was literally stunned. They were protecting me! From that moment on, my vision became clear. It was obvious that women were being asked to endure the painful, baffling, and often debilitating side effects of traditional hormone therapy in silence. If an alternative existed, it must be found.

The first step in my journey was to revisit my biochemistry textbooks. Amazingly, it was all there and had been since 1955. All the natural human hormones are very clearly identified for anyone who wants to read about them.

In summary, the story of hormones is this:

Hormones are critical to our body's health - in fact, we could not live without them. They are produced in the adrenal glands and ovaries or testes, and are the chemical messengers in our body that tell other cells what to do. They regulate virtually every bodily function. The natural hormone cycle of men and women is designed to flower briefly giving us the vigor and vitality to reproduce our species and to protect and guide our young, and then begin to decline as part of aging. The perimenopausal and menopausal years for women are literally a process of withering away on the inside, losing bone and muscle mass, becoming weaker, developing arteriosclerosis, and losing mental acuity as bodily hormone production decreases.

It was at this point in my research that I enlisted the help of a respected friend and brilliant colleague, Dr. Bernard Rice. His specialized knowledge of endocrinology plus invaluable experience with human hormones supplied much of

the scientific background behind the all-natural hormone replacement therapy.

In our combined 60 years of experience with natural hormones, we have found that this therapy rebuilds your immune system. You get sick less often and, yes, you can actually prevent cancer from forming in the first place. Painful and fibrocystic breasts become less of a problem. Menstrual irregularities stop occurring. Tissues, once sleepy, awakened to new life. Natural hormones are the catalyst that drives protein back into the muscle and bone, making you stronger. Your body actually starts to become younger.

No doubt you have noticed that the word "natural" keeps appearing. It is important to note that there is a critical difference between natural hormone therapy and traditional hormone replacement. Traditional therapy does not utilize human hormones. In fact, the most widely prescribed hormone for women in America today is derived from the urine of pregnant horses! Many of my patients are dumbstruck by that fact. They invariably ask, "How can this be true?" There are several reasons. The most common is simply that the practice is widely accepted. It needn't be. We should be using human hormone replacement therapy on humans. Only human hormones can restore nature's blueprint of a younger you. Horse hormones are great for horses, not humans.

Hormones are produced in the adrenal glands and ovaries or testes, and are the chemical messengers in our body that tell other cells what to do. They regulate virtually every bodily function.

Adding to the overall confusion are poorly researched stories in the media about hormone replacement therapy and whether it is beneficial or not. The truth is that we simply need to follow nature's plan—to replace diminishing hormones with natural hormones that we've known about for decades. It is all very safe. The benefits are numerous and dramatic:

Human hormones do not cause cancer, they prevent it.

Heart and vascular disease is prevented.

Aging of cells is significantly slowed.

Osteoporosis is prevented or even reversed.

Mental and/or emotional dysfunction is prevented or reversed.

Anti-depressant drugs are frequently rendered unnecessary or the dosage can be lowered.

When describing the difference between non-natural hormones and natural human hormones to my patients, I often compare the human body to an extremely valuable and expensive machine. Assume this machine requires a special oil to keep it working properly. When the machine is new from the manufacturer, the special oil is at an optimal level.

As the machine ages, the special oil drops to 1/2 or 1/3 of what it was when the machine was new. Because the special oil is low, the valuable machine begins to break down and function less efficiently. Now we have a choice. Should we use tractor oil to replace the special oil in the valuable and expensive machine or should we use the original oil that came with the machine from the manufacturer? The answer is obvious. We should use the special oil that

was designed specifically for our valuable and expensive machine, and restore the oil to the full level.

My patients frequently ask why more doctors do not prescribe natural hormone replacement therapy. Certainly, doctors want to do the right thing for their patients. However, doctors must rely on the research of pharmaceutical companies to guide them in these complex issues and in their prescribing habits. Pharmaceutical companies will continue to produce miracle drugs that do incalculable good. However, these companies also must make a profit. In order to generate revenue, they must first create a product to patent and sell. They cannot patent what already exists in nature so they must find a substitute. When the product created by a pharmaceutical company is a hormone, this substitute hormone only mimics the activity of the natural hormone and frequently has side effects because it is not natural to the human body.

Doctors must rely on the research of pharmaceutical companies to guide them in their prescribing habits. Pharmaceutical companies will continue to produce miracle drugs that do incalculable good. However, these companies also must make a profit. In order to generate revenue, they must first create a product to patent and sell. They cannot patent what already exists in nature.

Before new drugs can be brought to market, clinical studies must be conducted. These trials are expensive and usually the pharmaceutical companies are the only entities with resources sufficient to run

them. Obviously, there is a vested interest for these studies to show the product to be extremely beneficial. Once approved, the subsequent marketing efforts on behalf of these drugs are all out campaigns designed to convince the public that these *pretender hormones* are every bit as beneficial as the authentic article.

So successful are these efforts that several brand names have become entrenched in the public consciousness to the extent that most people believe them to be the natural substance. For example, you will hear the word "progestin" when talking about hormones. Progestin is a hormone created by Man—not nature. It is used to replace the natural occurring progesterone as it declines. Progestins are usually poorly tolerated and can involve risk to some patients who take them.

Progesterone is part of nature's blueprint.

Progestin is Man's interference.

As stated earlier, I have been fortunate to share the momentous event of childbirth with patients. I can tell you that seeing the phenomenal change in some women when they begin the all-natural hormone replacement therapy is every bit as momentous as the event of childbirth.

You can start feeling and looking younger again by restoring your natural hormones to the level they were when you were younger. Your skin, hair and fingernails will become healthier and more youthful. Dry eyes and light sensitivity will stop. Healthy tissue reforms in your gum line. Your bones and muscles get stronger. Joints stop aching. Body fat decreases. Your body will respond to exercise as it did when you were younger. You will feel motivated to exercise and enthusiastic about projects you had been

postponing or even dreading. Mentally, you will feel younger, memory comes back, and headaches stop or become less frequent and less severe. You become positive about people and ideas. A twinkle returns to your eye.

I want you to experience this as well. I want you to feel young again by restoring your hormones to that previous level.

I wrote this book so that you can be more proactive and prevent the diseases of aging that occur because of hormone decline.

You can be young at 90 and feel great, too. Restore the hormones to youthful levels and look, think, and feel young again.

With all natural hormone replacement therapy, one of three things happens:

1. You'll feel better. When you feel better, you instinctively know that you are on the right mix.
2. You may feel no different. If this is the case, follow the replacement therapy knowing that it is helping your body as you age and doing you no harm.
3. In a small percentage of women, there may be a negative response to one of the ingredients, causing a skin blemish or eczema around the

Prolonged menopausal neglect and hormone depletion results in loss of bone, and causes the formation of arteriosclerosis and mental deterioration. Though the physical suffering can be truly awful, what is even more tragic is the destruction of the personality. So many women drift into a stupor of indifference.

edge of your scalp. You absolutely do not have to put up with any negative side effects. Dosages can be easily adjusted or components can be eliminated entirely to eradicate the unwanted symptoms.

As you read through the “Patient Testimonials” on page 17, you will get a glimpse of just some of the responses I hear when my patients start on natural human hormones.

You need to know that there are options available to traditional treatment. You can educate yourself about the natural alternative to traditional hormone replacement.

This little book is designed to help you accomplish just that.

You do have a choice!

Natural Human Hormones

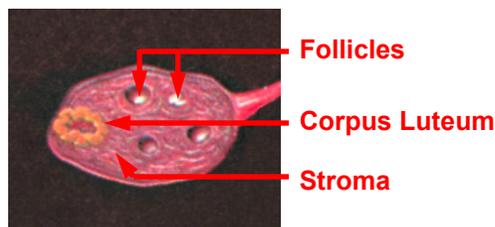
There are three compartments to the human ovary. The Follicle compartment is the structure that enlarges each month forming a small cyst or follicle. As it does, it releases primarily estrogen. When the follicle ruptures, releasing the egg, the small ruptured cyst (the follicle) collapses forming a small crater called the Corpus Luteum. This crater wall thickens and becomes another compartment which produces progesterone. These two compartments slow down and eventually stop at menopause. Fertility ends.

The third compartment which is greatly overlooked is the Ovarian Stroma. It looks as if it is merely fibrous tissue holding all of the follicles together. In fact, it is the source of the androgens, the primary one being testosterone (the forgotten female hormone). This vital structure continues to secrete testosterone for the rest of the woman's life or until it is removed. Even after the ovary has stopped releasing eggs, this compartment continues to work. The post-menopausal ovary, though much smaller in size, remains a valuable endocrine organ.

Pregnancy and childbirth change hormone production in ways that nature designed in order to preserve our species. Some of the change isn't necessarily good. For this reason, women are so much more vulnerable to hormone decline than men.

The secretion of hormones from the three compartments of the ovary is altered during pregnancy as the placenta of pregnancy takes over hormone production temporarily. When the

pregnancy and breast feeding time are over, the ovary tries to return to its previous function, but, sometimes the Ovarian Stroma (testosterone producing compartment) doesn't work as well as it did before pregnancy began. This is especially true after several pregnancies. The woman continues to feel tired, irritable, depressed, and have a diminished libido. She thinks it is all due to new baby responsibilities, child-rearing stress, and requirements on her in general...just a very busy life. Actually, the cause is a diminished testosterone level in her body. The Ovarian Stroma compartment has not returned to normal. Even without pregnancies, this valuable ovarian compartment progressively declines in production and symptoms begin to occur.



Ovary Diagram

Natural human hormones are manufactured by a biochemist in a chemical laboratory or drug company. The biochemist extracts the base molecule from soybeans or yams, then adds the necessary carbon, oxygen, and hydrogen atoms to the base molecule. The resulting molecule is bio-identical to the human molecule (as pictured in biochemistry textbooks).

The hormones produced in this manner are exactly like the same hormones present in the human body and already created by nature.

Hormone Decline and Common Symptoms

The physical and mental symptoms of ovarian decline (causing a hormone deficiency) are so varied and bizarre that most physicians are hopelessly puzzled at the recital of symptoms. Women complain of nervousness, irritability, anxiety, apprehension, hot flashes, night sweats, joint pain, depression, heart palpitations, crying spells, weakness, dizziness, headaches – sometimes severe, poor concentration, loss of memory, chronic indigestion, irritable bowel syndrome, insomnia, bladder discomfort, frequent urination, itching of the skin, dryness of the eyes, nose, and mouth, and backache. In some women these symptoms can appear as early as the mid-30's. Frequently menstrual irregularities accompany this decline, but not in every case. It is possible that although women may continue to have regular menstrual cycles, hormonal production is slowing and symptoms will begin to occur. (The Ovarian Stroma has started to decline.)

In addition, prolonged menopausal neglect and hormone depletion results in loss of bone, and causes the formation of arteriosclerosis and mental deterioration. Though the physical suffering can be truly awful, what is even more tragic is the destruction of the personality. So many women drift into a stupor of indifference. The symptoms women experience can range from mild to very severe. Even when there are minimal symptoms noticed, the changes of aging are occurring in your body. These changes can lead to cardiovascular disease, osteoporosis, general debility, cancers, memory loss, and other brain dysfunctions.

Doctors worldwide hear the symptoms listed on the “Hormonal Symptom/Relief Checklist” on page 13, from patients every day. A few women experience all of them. Usually a perimenopausal or menopausal woman will have several. These symptoms will markedly lessen or disappear completely with natural human hormone replacement. Bone mineral density is maintained or can be regained if already lost. Your good (HDL) cholesterol goes up, the bad (LDL) cholesterol goes down. Body fat lessens. Muscle strength increases and energy level noticeably increases.

In addition, so many mental symptoms are alleviated. Word recall and memory are improved. The relationship-destroying symptoms of irritability, mood swings, and depression are very frequently stopped. When you read the symptom list, try not to evaluate why you have a symptom, just mark the symptom if you have it.

I use the checklist for three reasons:

1. When a patient sees the checklist, she frequently cries. She immediately realizes that she isn't alone with her symptoms and asks, "How could you have a checklist that describes all of my symptoms when I just met you?"
2. The list also implies that there is hope. Why would I have a list of symptoms if nothing could be done to alleviate them?
3. It is human nature to forget how bad we felt after we feel well again. The list is an objective reminder of the symptoms that were present before starting the natural human hormone therapy. Frequently, when looking back on the symptom list after just six weeks into therapy, a woman will say, "Oh, I forgot I had that symptom."

Hormonal Symptom/ Relief Checklist

The following is a checklist of symptoms associated with a decline in natural hormones. Place a check in the box next to the symptom if you experience it. After completing a six-week trial program, re-evaluate your symptoms for comparison.

Symptom	1st Visit (Pretreatment)	3rd Visit (Relief)	4th Visit (Relief)
Forgetfulness	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Headaches	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Inability to concentrate	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Memory loss	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Word searching	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Crying spells	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Depression	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Heart palpitations	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Insomnia	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Irritability	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone

Symptom	1st Visit (Pretreatment)	3rd Visit (Relief)	4th Visit (Relief)
Loss of interest in most things	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Panic attacks	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Inability to deal with stressful situations	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Worry needlessly	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Backache	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Fatigue/Lethargy	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Joint pain	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Burning with urination	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Urine leakage	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Irritable bowel problems	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Decreased sexual desire	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Painful intercourse	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Vaginal dryness	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Dry eyes	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone

Symptom	1st Visit (Pretreatment)	3rd Visit (Relief)	4th Visit (Relief)
Dry skin	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Hot flashes, night sweats	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Skin crawling	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Breast pain	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Cold hands and feet	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Weight gain	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Heavy, painful menstrual flow	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Fibromyalgia symptoms	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Migraine head- aches	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Interstitial Cystitis	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Decreased visu- al acuity	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Thinning scalp hair	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone
Bright light, eye sensitivity	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Improved <input type="checkbox"/> Gone	<input type="checkbox"/> Improved <input type="checkbox"/> Gone

Additional Patient Notes :

Patient Testimonials

As you begin your hormone replacement program, you may notice improvement in some of your symptoms almost immediately. Other symptoms may lessen or disappear as hormone levels are restored to a normal range, usually within six weeks.

You can objectively evaluate your body's response by regularly referring back to your original "Symptom Checklist". You can actually see marked improvement on several if not all symptoms as your treatment plan progresses.

Women on natural human hormones are amazed at how quickly their body responds. Below are actual statements from my patients, ranging in age from 27 to 80. They are organized into three categories:

Group 1: No Surgery (page 18),

Group 2: Hysterectomy with One or Both Ovaries Remaining Intact (page 24), and

Group 3: Hysterectomy with Both Ovaries Removed (page 27).

Remember, symptom relief is based upon the extent and duration of your individual hormone level depletion.

Note: Patient names have been changed.

Group 1: No Surgery

Ruth, 33 years old, 3 children.

My knees stopped aching and the irritability improved. My depression, headaches and heart palpitations are gone. I have crying spells less often, and my libido is back to normal.

Bonnie, 37 years old, 2 children.

My head feels so clear. I felt the difference within hours of receiving my first injection. The irritability and forgetfulness are so much less. Fatigue, depression, headaches, hot flashes, insomnia, joint pain, heart palpitations, vaginal dryness, lack of libido, all these symptoms are gone. (This young woman noticed this marked improvement after one injection. This is typical.)

Alysa, 38 years old, 4 children.

My irritability, fatigue, headaches, insomnia, crying spells, and joint pain are so much less. My children and my husband tell me when my levels drop, and that it is time for my injection.

Lisa, 40 years old, 4 children.

My irritability, fatigue, eye dryness, and night sweats are gone. I feel better than I have in years. I am more upbeat emotionally and have more energy. My sense of well-being is increased. This very important time with my young children is made so much better.

Renee, 40 years old, 3 children.

My husband has noticed the change in my attitude and the way I look and feel. My hair is thicker and I feel like I am in my twenties again. My exercise workouts really pay off. The headaches, crying spells, panic attacks, irritability, backache, and neck pain are all gone. My

sexual feelings are back. My memory is much better. I can concentrate so much better.

Vicki, 43 years old, 3 children.

I felt better within hours. The headaches and crying spells are gone. My night sweats are gone. The clotting that I was having with menstruation is gone. I have normal flow now. My libido is normal again.

Peggy, 43 years old, 3 children.

I feel happy. My face looks better. My husband and friends notice the change in me. My backache is gone. I was able to quit smoking and deal effectively with tough situations.

Theresa, 44 years old, no children.

I am able to cope with difficult situations at work. I don't get sick anymore. My crying spells and joint pain are gone. I'm not nearly as forgetful.

Sharon, 46 years old, no children.

I am feeling well! I no longer take an anti-depressant drug. I was feeling suicidal before starting this. That feeling is completely gone. I have such an increased sense of well-being. The headaches and vaginal dryness are gone. The irritability, hot flashes, and fatigue are so much less. My sexual feelings are returning.

My dentist recently asked what I had been doing differently in the six months since my last appointment. My gum line has stopped receding and there is new healthy gum tissue forming. I will not be needing oral surgery now.

Ellen, 46 years old, 2 children.

My hair stopped coming out and is thick again. My left hip used to hurt so badly that I would cry but now my joint pain is gone. I don't have hot flashes anymore.

Gaile, 46 years old, 3 children.

My skin dryness is gone. The irritability, fatigue, depression, headaches, and hot flashes are gone. All symptoms are gone. I can hardly believe it! My skin feels and looks younger.

Susan, 47 years old, 2 children.

This has changed my life! I am normal again. I felt better in three days. I didn't realize how bad I felt until I felt really good again.

Beth, 48 years old, 4 children.

I feel like everything is in balance now.

Melinda, 48 years old, 2 children, MS diagnosed 1979.

The fatigue, hot flashes, forgetfulness, and depression are gone. My skin feels more hydrated. I'm feeling great! It's like a miracle! You've given me a second life. Those electric current pains in my neck have stopped.

Heather, 48 years old, 3 children.

The anxiety and joint pain are less and my word recall is better. I have an overall increased sense of well-being. My ability to withstand emotional trauma or deal with stressful situations is markedly improved.

Sandra, 49 years old, 2 children.

My fatigue, joint pain, insomnia, and headaches are gone. My word recall is so much better.

Carolyn, 49 years old, 2 children.

This is the best thing I could have done! The hot flashes are gone. I feel well again.

Sally, 50 years old, 2 children.

My energy is so much better. My hot flashes and vaginal dryness are gone.

Rosalie, 50 years old, 2 children.

My irritability, fatigue, depression, headaches, and insomnia are gone already. The dryness in my skin is completely gone. My libido is returning.

Regina, 50 years old, 2 children.

My mental clarity is so much better.

Raylene, 52 years old, 2 children.

When I awakened the next morning after my first injection, I felt such a sense of well-being. I felt like I had been poisoned before. Now my fatigue is gone, and the irritability is much less. Insomnia is gone. Hot flashes and forgetfulness are already lessening. My libido returned.

Mary, 54 years old, 1 child.

I don't feel befuddled anymore. That sensation of panic at night is gone. I wasn't able to do my job which requires so much energy. I have an overall sense of wellness. I was stunned at the results after just three injections. I wasn't even having many symptoms, so I didn't expect a change. I wasn't happy about the idea of injections at first but I wouldn't miss them now. My fingernails have never been better. and food cravings are gone. My sexual feelings are back. My sense of humor and courage is better. I feel more a sense of control over my destiny. I feel like my future is longer and better. It's almost a crime to feel this well.

Elizabeth, 65 years old, no children.

The arthritis in my finger joints is so much less.

Janice, 55 years old, 2 children.

I feel so much better. My hip pain is less. I feel great!

June, 70 years old, 2 children.

I feel good. My joint pain is so much less.

Victoria, 54 years old, 2 children.

I feel great! No more headaches! My body responds to exercise so much more. My ankles, fingers, and knees don't ache. I am hardly ever sick. (Eight years of receiving natural hormone therapy.)

Joanne, 55 years old, 2 children.

I couldn't feel better! I have such an increased feeling of well-being. I get more done. My skin isn't dry anymore. My sexual desire is back. The fatigue, forgetfulness, and word searching trouble I was having are gone.

Erma, 56 years old, no children.

I feel great at 56. My neck pain is gone. The fatigue and vaginal dryness are gone. My libido is normal again. The forgetfulness is less. I have never felt better.

Wanda, 57 years old, 2 children.

This has changed my life! A year ago, I was getting old, falling asleep in my chair. My family was getting worried. Now I am on a college governing board, and taking water aerobic classes. It has changed my life.

Ruby, 57 years old, 2 children.

I do not get headaches and my lower back pain is very slight. My husband says my personality is back to what it was when I was younger. I have an overall sense of well-being, both mentally and physically. I do not get nearly as tired and my libido has returned (which I didn't have at all). My acid-reflux symptom has even calmed down from previous daily attacks. The swelling in my hands and feet is less.

Mary, 57 years old, 2 children.

I have relief from many symptoms. My eyes aren't sensitive to light anymore.

Virginia, 64 years old, 3 children.

I feel better than I have in a long time. I don't feel down anymore, like I want to cry.

Alberta, 74 years old, 2 children.

Three years ago, I had moderately severe osteoporosis of my hips and lumbar spine. My bone mineral density is now normal with no evidence of osteoporosis.

Thelma, 77 years old, 1 child.

I am feeling great! My arthritis comes back if I don't get the injection every three weeks. I definitely have an increased sense of well-being. I can really tell the difference.

Nadean, 77 years old, 2 children.

The fatigue and joint pain are less. My memory is better and my depression is gone.

Elvarea, 80 years old, 3 children.

The injections make a world of difference. I have strength in my hands now with less pain and stiffness. I call these my "happy injections." My arthritis is much better. I feel wonderful! My arthritis comes back if I do not get my injections every three weeks.

Group 2: Hysterectomy with One or Both Ovaries Remaining Intact

Deborah, 27 years old, 1 child, both ovaries remain.

It is hard to believe that this has made such a difference. I feel really well. The oral capsules definitely keep the injections from wearing off as fast.

Patty, 35 years old, 3 children, both ovaries remain.

My body responds to exercise in a much better way. My skin texture is younger. I am maintaining fat loss and better muscle mass. I have more energy, and I feel sharper mentally. Both the anxiety and insomnia are gone.

Cheryl, 40 years old, 1 child, both ovaries remain.

I feel less irritable, less fatigued, and I sleep better. I have less joint pain, no crying spells, and my libido is back to normal. I feel so much better!

Janice, 41 years old, no children, right ovary remains.

My irritability, fatigue, debilitating headaches, hot flashes, insomnia, joint pain, crying spells, and vaginal dryness are all gone.

Debbie, 42 years old, 2 children, both ovaries remain.

My heart palpitations, crying spells, burning with urination, night sweats, hot flashes, and depression are gone. Forgetfulness is much less. I feel like a different person. I can't imagine what would have happened to me without the natural hormone replacement therapy.

Tammy, 43 years old, 2 children, both ovaries remain.

The irritability, fatigue, depression, headaches, hot flashes, forgetfulness, weight gain, insomnia,

decreased libido, backache, crying spells, and anxiety attacks are all gone. I gained the enthusiasm to quit smoking. My face and skin look better. My husband and friends notice the positive change in me.

Darlene, 44 years old, 1 child, both ovaries remain.

My pubic hair has regrown. I feel more energetic. My libido is normal. I feel great mentally and sharper.

Debbie, 44 years old, 3 children, both ovaries remain.

I felt better the day after my first injection. My energy is back. For the first time in I can't remember how long, my arms do not ache. I just feel wonderful!

Donna, 44 years old, 2 children, left ovary remains.

I feel like everything is on track. My memory is back. The irritability, depression, joint pain, crying spells, vaginal dryness, and insomnia are all gone.

Julie, 45 years old, 2 children, both ovaries remain.

I no longer have hot flashes. I am feeling great all the time. This has changed my life!

Sharon, 45 years old, 4 children, both ovaries remain.

My skin texture is younger. I notice increased muscle tone. My exercise pays off. I'm maintaining my weight and muscle mass. I have more energy, and I am mentally sharper. I don't have anxiety or insomnia. This has made a huge difference!

Linda, 45 years old, 2 children, both ovaries remain.

The fatigue and hot flashes are gone, and I have an increased sense of well-being. When I changed from the horse hormone pills, my breast pain, fibrocystic breast disease, and bloating all disappeared.

Rose, 46 years old, no children, left ovary remains.
The irritability, fatigue, depression, suicidal feelings, headaches, hot flashes, crying spells, and vaginal dryness are all gone, and my libido is back to normal.

Rosalee, 48 years old, 3 children, both ovaries remain.
I feel so much better.

Sandy, 51 years old, 2 children, right ovary remains.
My ulcerative colitis is better. I have cut the dosage of medicine for this in half. The shaking in my head and neck is much less (a condition called Cervical Dystonia). Four days after my first injection, I started to feel better. I am calmer, and I don't need as much sleep. My memory is better. My cognitive function is so much better.

Sharon, 51 years old, 4 children, both ovaries remain.
My skin is better, my attitude is better, and my abdominal area fat is less. I have more energy and feel like a new woman, mentally and physically.

Kathie, 57 years old, 2 children, both ovaries remain.
My finger aching is definitely gone since I started the injections. The aching returns when it is time for my injections. Progesterone caused me to feel fatigued. Depression lifted with the DHEA.

Vicky, 57 years old, 2 children, both ovaries remain.
My finger joint pain, wrist pain, and backache are gone. I know when it is time for my injection. These areas will start to hurt again.

Joan, 58 years old, 2 children, right ovary remains.
My bladder pain is gone. The vaginal pain and itching are gone. The dryness in my eyes is gone. I feel

wonderful. My creativity is back. I have so much energy. I just love the way I feel!

Dottie, 65 years old, 3 children, both ovaries remain. Mentally, I am better. I do not lay in bed and ache anymore. I am not as tired as I used to be.

Fran, 69 years old, 4 children, both ovaries remain. My knees feel great now. My joints no longer ache. My symptoms of irritability, fatigue, depression, heart palpitations, insomnia, and dry skin are gone. The breast tenderness I had at first is now gone.

Group 3: Hysterectomy with Both Ovaries Removed

Diane, 41 years old, 2 children.

I feel like my old self again! I am excited about Christmas shopping. My attitude is so much better. My husband definitely notices. I'm so thankful I started this treatment.

Carolyn, 45 years old, 2 children.

After three injections (six weeks), I am feeling like my old self again, which was lost for over eight years. I have shed 12 pounds. The irritability, depression, hot flashes, stomach pains, and crying spells are all gone. My fatigue, headaches, insomnia, joint pain, and vaginal dryness are all so much less. My libido is returning.

Rhonda, 45 years old, 2 children.

My irritability, fatigue, depression, and insomnia are gone. My libido is back. My back aches so much less.

Donna, 48 years old, no children.

Those debilitating headaches are gone, my fingernails are strong again, my skin and hair look younger, and

my memory is improved. I feel wonderful. I can't remember when I felt better!

Karen, 50 years old, no children.

My libido is back to normal. I am mentally much sharper and definitely have more energy.

Debbie, 51 years old, no children.

My fatigue is less. The headaches and crying spells occur less often and are less severe. The hot flashes, vaginal dryness, insomnia, and heart palpitations are gone. My libido is normal again. My skin texture is younger, and my hair and fingernails are stronger. The Interstitial Cystitis is markedly improved. I rarely need the bladder treatments for Interstitial Cystitis, after suffering with this for 20 years.

Betty Jean, 52 years old, 2 children.

My fatigue is gone. I feel 95 percent better on natural hormone replacement. My back ache is much less. My libido is back to normal. The hormone cream helps to extend the injection effect. Even my family notices how much better I act and feel.

Barbara, 54 years old, 2 children.

This therapy has saved my marriage! My husband and I are back in love again. After my surgery, I awakened from anesthesia knowing something was wrong. It was as though the “niceness” of my personality was stripped away. I feel tingly again when my husband walks into the room, even after 30 years of marriage. When I first came to you, it was the last chance to try something before our marriage failed. The fatigue, irritability, joint pain, heart palpitations, hot flashes, and insomnia are all gone. My sexual feelings are back.

Patty, 56 years old, 4 children.

The breast tenderness I had at first is gone. I finally noticed an energy burst after the third injection at six weeks. My joint pain is gone. I suffered for many years with hip and knee pain. Even where I once had a bone infection is no longer hurting. It is amazing! My fatigue, depression, forgetfulness, and insomnia are gone. My sexual feelings have returned.

Cynthia, 56 years old, 2 children.

My fingernails are so much stronger. I definitely feel like my sense of well-being is so much improved.

Sandy, 56 years old, 1 child.

I feel like joy has been restored to my life!

Ruthie, 58 years old, 2 children.

My fingernails are so much stronger. I have noticed an increased sense of well-being. I can't express how much better I feel in every way!

Margaret, 65 years old, 3 children.

After the first injection, I slept all night for the first time in years. My dizziness is gone. My back is better. Can you believe that at one time I was scheduled for surgery on my back? I am so much better after just two injections. I can't believe how much better I feel...this has done so much for me already.

Nature's Research

Nature has conducted an ongoing study since the dawn of humankind, carefully refining and perfecting one of its most complex organisms. Our resulting body chemistry has evolved to contain the level of hormones necessary for a productive, fulfilling existence. As scientific observers, we know definitively what the levels of these hormones are in our bodies at age 25. To feel as fit and healthy as we did then, it is just a matter of returning to that stage by replenishing what was lost and returning our body's hormones to a younger stage. However, we must replace what nature has already designed for us and not confuse the issue by using man-conceived drugs.

By fortifying your immune system, natural hormone replacement does not increase your risk of cancer but in fact, decreases it significantly. Additionally, your skin and hair become more youthful and fingernails stronger. Irritable bowel symptoms are reduced or stopped. Recurrent Interstitial Cystitis is markedly improved. Mental acuity and memory are improved. Irritability and nervousness become a thing of the past. Joints ache less or stop aching entirely. Fibromyalgia becomes less or disappears completely. Panic attacks, insomnia, crying spells, depression, and mood swings decrease or disappear entirely. Sexual libido is awakened, and following quickly along, an enhanced general sense of well-being occurs.

In my experience, I have found the following to be generally true:

- Out of 100 patients, one may feel worse. I can't explain this. If she does, the negative symptoms will resolve in just a few days.
- Another five will feel no change.
- The remaining patients will feel better, frequently dramatically better.
- *Most* of these patients will say that the natural hormone replacement therapy caused a significant or very remarkable positive change in the way they felt.

In my practice, I hear this phrase frequently:
"... I feel such an increased sense of well-being. This has changed my life!"

Patient Note

Certainly in natural hormone replacement ONE SIZE DOES NOT FIT ALL. Therapy has to be individualized. Your program must be customized for your specific needs and may need to be adjusted as health requirements change. This isn't difficult once you start on the treatment.

You may experience some breast tenderness at first. This will go away in just a few days. Remember, you do not have to endure one negative thing. Just identify the problem and change that part of your hormone blend.

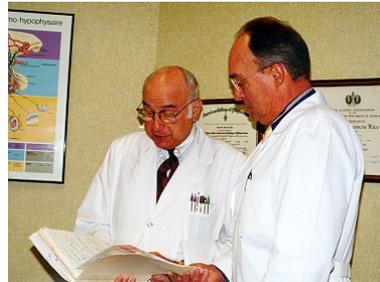
Natural estrogens are not carcinogenic, they do not cause cancer, but estradiol might stimulate an already existing cancer of the breast or uterus. We now know that cancers occur because an altered immune system allows them to occur. Natural hormone replacement therapy keeps your immune

system healthy and can offset a family propensity to cancer.

The only reasons NOT to try natural hormone replacement are:

1. Already existing breast cancer or uterine cancer, or
2. Undiagnosed abnormal uterine bleeding.

Incidentally, since we do know that there is so much benefit to natural hormone replacement, research is currently being conducted to determine what can be safely taken by the woman who has already had breast cancer. Why should she be denied the great benefits of hormone therapy for the rest of her life if this can be avoided? There is mounting evidence that hormone replacement therapy is safe in the majority of women who have had breast cancer or uterine cancer.



*Dr. Bernard Rice (left),
Dr. Robert Battmer (right)*

More than fifty epidemiologic studies have failed to demonstrate a detrimental impact of replacement estrogen use on the incidence of breast cancer. Also, a positive family history of breast cancer does not pose an increased risk for the development of breast cancer in hormone replacement therapy users.

Regarding uterine cancer: The vast majority of gynecologic oncologists (cancer specialists) approved of using estrogen replacement therapy in patients

who had been treated for early stage and low-grade uterine lining tissue cancer.

This is based on many studies which have shown estrogen replacement to be safe in selected low-risk patients.

There are many factors to consider and consultation is always appropriate with the woman's oncologist or cancer specialist.

Birth Control and Pregnancy Note

Natural hormone replacement therapy does not provide birth control. Birth control pills should not be taken along with this therapy. Barrier contraception, i.e., diaphragm/condom or permanent birth control, i.e., tubal ligation/vasectomy should be considered.

These hormones should not be taken if you are pregnant.

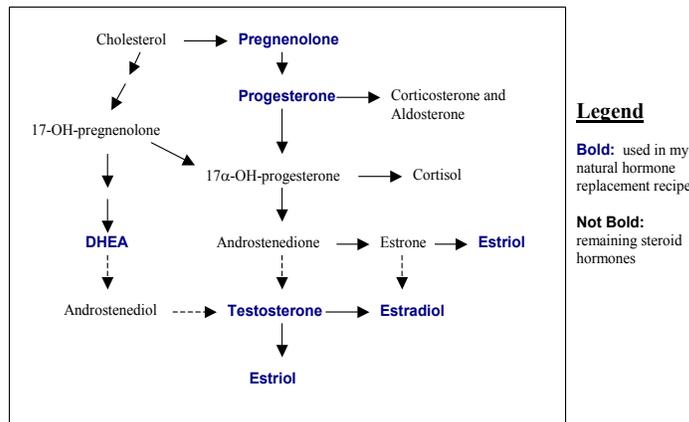
Understanding the Process

Restoring the natural hormone level in your body isn't that difficult to do. The foundation of the process begins with an understanding of human biochemistry, particularly human steroid hormones. You heard right – *steroids*. That word conjures up negative thoughts of illegal or dangerous drugs. In fact, steroid hormones are critical to our body's health. We cannot live without them. They are produced in the adrenal glands and ovaries or testes. As they decline, symptoms appear which are myriad and frequently mental-emotional, so much so that a woman may feel that she needs psychiatric care.

The usual procedure at this point is to prescribe anti-depressant drugs, and in some cases, hospitalization if symptoms persist. The possibility of severely reduced levels of natural hormones is rarely considered, and thus, the levels of these hormones are never measured. As we have seen in the overwhelming majority of cases, an infinitely preferable natural solution exists but is lost in the haste to rubberstamp the problem as psychiatric. To restore the human hormone level in your body to previously adequate levels simply requires an understanding of our natural biochemistry and the integral role of steroid hormones to the process.

“Human Steroid Hormones” on page 36 demonstrates how the human steroid hormones are all interrelated. I have shown how they connect to each other.

Do you see testosterone in the picture? Did you think it was only a male hormone? It is extremely valuable to a woman's biochemistry as well. I call it the forgotten female hormone. Testosterone is probably the most important hormone of all. In my recipe, if I had to give up all but one hormone in a



Human Steroid Hormones

treatment plan, testosterone would be the one I would keep. It restores vitality, energy, sense of well-being, enthusiasm for life, and libido. It is anabolic, which means it builds tissue. It re-grows bone tissue, muscle tissue, collagen tissue, and probably brain cells as well. It restores the immune system, and alleviates many of the mental-emotional symptoms that women experience as hormone production declines.

Testosterone replacement in women is becoming more standard therapy. Obviously this is a positive development provided that the real human testosterone is used, not an alien substitute, such as *progestin* which is an alien substitute for progesterone.

DHEA and pregnenolone are building blocks of both the estrogens and testosterone (as indicated in

“Human Steroid Hormones” on page 36). DHEA, pregnenolone, natural estrogens, and natural progesterone all do amazing things. Testosterone, in small dosages, does not make you male, but instead makes you more female. You become more alive. Joy is restored to your life. You deal with parenting and/or job-related stress more effectively. You become more self-confident, energetic, and patient. Interpersonal relationships are enhanced and marriages are strengthened.

You will experience a “window of wellness” where most, if not all, of your symptoms are gone. This period of wellness may last only a few days at first. We now know that your symptoms are indeed caused by hormonal decline or they would not have gone away for even a short time. This is great! We must now expand the “window of wellness” so that it can exist all of the time.

The true scientist behind the natural hormone therapy is Dr. Bernard Rice, a Kansas City endocrinologist, who researched testosterone for many years before entering clinical practice. He came to the practice of medicine with an extraordinary scientific background in human steroid hormones.

We have worked together for approximately 25 years. I have heard Dr. Rice's patients describe how his therapy has saved their lives, saved their marriages, and saved their sanity. These are superlative words and phrases coming from discerning, credible women who are not prone to exaggeration. Some women felt that they were being poisoned by traditional replacement drugs. Others simply accepted that feeling bad was an irreversible way of life.

The treatment causes your body to respond as though your ovaries secreted these natural hormones into your blood stream.

It is essential to follow a scientific approach to individualized treatment. Revisit the Symptom Checklist on page 13 regularly. The goal is to eliminate the symptoms of hormone decline without causing side effects.

It is my hope that this information has contributed to your education on options that are available to you as you age. This book was designed to give you comfort knowing that I understand your symptoms and have treated thousands of women just like you.

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Disclaimer

The natural hormone replacement therapy program discussed in this book represents the experience in my personal practice of medicine.

Using the patient's Symptom Checklist, we work together to alleviate symptoms noted.

There are no guarantees, written or implied, in this book as to outcome or safety.

Author's Bio



Robert Battmer, M.D., has been a practicing physician/obstetrician and gynecologist for over 40 years in the Kansas City area. He enjoys gardening and the great outdoors, great music, and sports such as snow skiing, hiking, and swimming.

Loving interests include family, patients and friends, his profession, and his adorable Black Labrador, "Lady Anna," who really owns the house (Dr. Battmer just pays the mortgage).

*Read about the symptoms
of hormone decline.*