

HORMONE *IMBALANCE*

MAY BE CAUSING YOUR HEALTH PROBLEMS



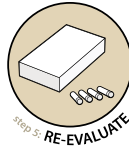
MEN-

- Increased body fat (esp. midsection)
- Loss of sex drive
- Erectile dysfunction with loss of erections
- Loss of muscle tone and muscle mass
- Fatigue
- Decreased flexibility
- Muscle weakness and aches
- Trouble sleeping for a full night
- Depression
- Hair loss
- Difficulty urinating due to enlarged prostate

WOMEN-

- Increased body fat (esp. midsection)
- Decreased libido or interest in sex
- Trouble sleeping for a full night
- Irritability, mood swings, or sudden tears
- Difficulty concentrating or memory lapses
- Hair loss
- Dry, wrinkly skin
- Depression
- Hot flashes or night sweats
- Decreased energy
- Muscle weakness and aches
- Loss of muscle tone

FINALLY! AN EASY, FIVE STEP SOLUTION!



MEAD  LABS

WHY SHOULD I BE CONCERNED ABOUT MY HORMONES?

The typical pattern for most adults is vigor and energy that lasts from the teenage years through the twenties. However, changes begin to occur in our thirties, and stubborn fat bulges appear that won't go away even with diet changes and exercise. We take longer to recover from workouts. Our general energy levels decrease. Our sleep patterns suffer, and sometimes we're still exhausted even after a full night's sleep. Our muscle size steadily declines, even though we are still working out. Depression sometimes begins to set in. As we age further, specific diseases

appear, such as high cholesterol, coronary artery disease, and diabetes. Arthritis and osteoporosis (thinning bones) begin to become a concern.

Science has long known that hormone levels change with age. In females, this is called Menopause, and in males it is called Andropause (or male menopause.) For example, men's testosterone levels start to decrease in their thirties and continue to steadily decrease throughout the rest of a man's life. In women, progesterone levels decrease drastically, even before menopause (see charts on left).

SYMPTOMS

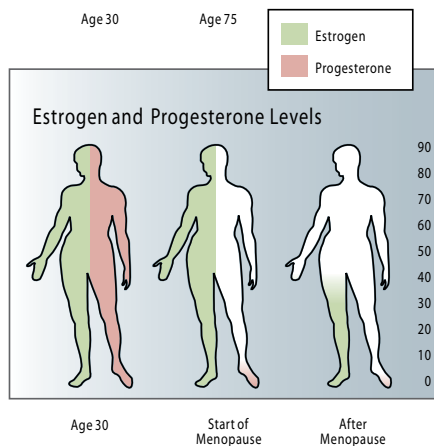
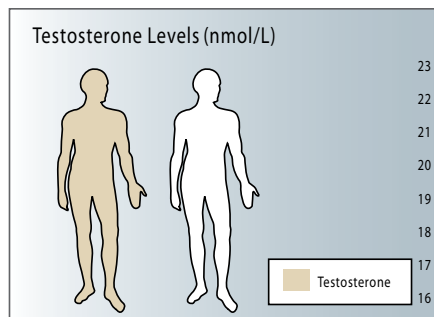
Decreases in hormone levels lead to a variety of symptoms. In women, these include increased body fat, decreased libido, hot flashes, etc. (For a complete list of symptoms refer to the front cover of this document).

In men, these symptoms include increased body fat, erectile dysfunction, loss of muscle tone, etc. (For a complete list of symptoms refer to the front cover of this document).

DISEASES

Hormone imbalances also contribute to other diseases that may not have early specific symptoms. These include:

- Uterine and breast cancer in women
- Prostate cancer in men
- High cholesterol and triglycerides
- Higher blood sugars



- Diabetes
- Heart disease
- Stroke
- "Metabolic Syndrome"

Some hormone changes occur because of age. Other hormone levels change due to stress. Our bodies were designed to handle occasional stress and a hormone called cortisol helps us deal with that stress. However, our bodies were never designed to face the continuous stress that is a typical part of modern life. Over time, continuously high levels of cortisol depress the ability of the adrenal glands to make and release DHEA.

Dehydroepiandrosterone (DHEA) is an important hormone because the body uses it to create other hormones such as estrogen, progesterone, and testosterone. Eventually, the adrenal glands get so exhausted that they cannot make enough cortisol,

which is a condition called "Adrenal Fatigue."

Common adrenal fatigue symptoms include:

- Fatigue and waking up exhausted after a full night's sleep
- Weight gain (esp. midsection)
- Depression
- Poor immune function
- Hair loss
- Cravings for carbohydrates or sugars
- Skin changes, thinning or acne
- Intolerance to cold

Adrenal fatigue and low DHEA levels are associated with other medical conditions as well, including:

- Premature menopause
- Fibromyalgia
- Chronic Fatigue Syndrome
- Hypothyroidism
- Arthritis

IS THERE A SAFE WAY TO BALANCE MY HORMONES?

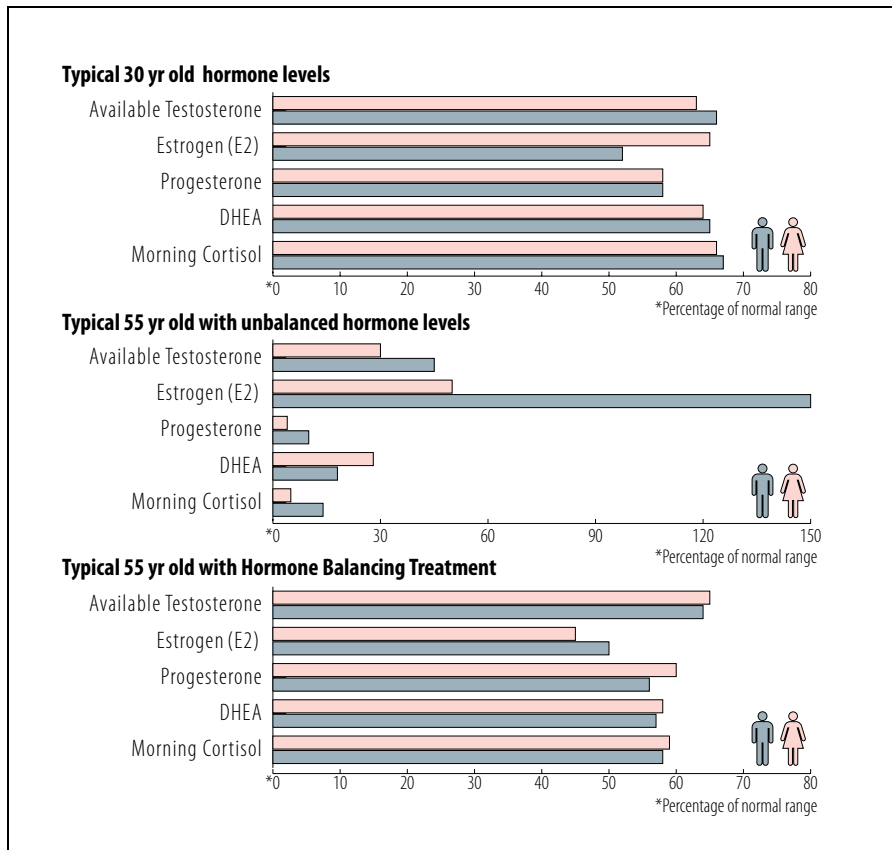
The good news is that you don't have to accept the changes in your body's appearance or function that hormone imbalances force upon you. There is a way to bring your hormone levels back into the healthy range so your body can continue to function well!

BHRT

The safe and natural way to do this is by using Bioidentical Hormone Replacement Therapy (BHRT). This approach is significantly different than the synthetic hormone and hormone estrogen protocols that have been used over the last 40 years. Instead of synthetic or animal hormones, BHRT uses hormones identical to the hormones your own body has been making since you were born. These hormones cannot be patented, and therefore are not marketed by

pharmaceutical companies. By avoiding the side effects known to be associated with synthetic or animal hormones (increased risks of cancer, stroke, and heart disease), Bioidentical Hormone Replacement accomplishes hormone rebalancing safely. Additionally, BHRT is given in doses that are individualized, specifically tailored for each individual's actual hormone needs.

It is important to remember that the goal of bioidentical hormone replacement is to re-adjust the body back to the healthy, balanced hormone pattern that we had at a younger age. Hormone levels are very much like high blood pressure, in that there is a range that is healthy for each individual. No one would expect to start taking blood pressure medication without first checking to see if they even had high blood pressure. And, if high blood pressure was diagnosed and medication was started, everyone would expect to recheck the blood pressure to see if the medication was keeping it in the healthy range. Similarly, the goal of bioidentical hormone replacement therapy is to get hormone levels back into the healthy, youthful range. Thus, before any therapy is started, a test should be done to figure out what the individual hormone imbalances are. Then, once hormone therapy has been started, follow up tests should be performed to see if your supplements are getting your hormone balance to healthy, protective levels.

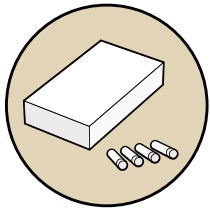


HORMONAL IMBALANCE

Very few people develop a deficiency with just one hormone as their hormone levels change. Usually, they develop imbalances between several hormones. It turns out that the ratios between various hormones levels are sometimes even more important than the actual hormone level itself. The blue on the above graph represents a typical male hormone pattern. Notice that as a male's hormones become unbalanced, testosterone levels decrease and estrogen levels increase significantly. In fact, the average 55 year old man's estrogen level is higher than the average 59 year old woman's!

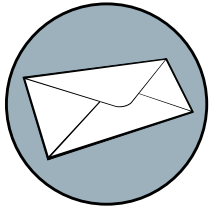
Women experience hormone imbalances also. Notice, on the graph, that progesterone decreases significantly more than estrogen, thus changing the ratio between estrogen and progesterone considerably. For both men and women, estrogen was designed to be balanced by progesterone. Imbalances between estrogen and progesterone are known to be associated with breast and uterine cancer in women, and prostate cancer in men. Thus, regaining proper balance between these hormones can help protect you from developing these conditions.

THE EASY, FIVE-STEP SOLUTION!



step 1: TEST YOURSELF

Mead Labs uses a state of the art saliva test that measures only the active parts of each type of hormone. This FDA approved test uses 4 saliva samples that you yourself collect in a location and at a time that is convenient for you. 4 samples throughout the day are taken to achieve a precise average. It takes 2-3 minutes for you to collect each saliva sample, and then the entire self-contained kit is mailed back to Mead Labs in the self-addressed, postage-paid box. Results are available rapidly, and you receive your own copy for your permanent records. Then, based on your individual pattern of hormone imbalance and after review by a physician, bioidentical hormones are prescribed to correct your imbalance back into a healthy range. Repeat saliva tests are administered to ensure that hormone levels are staying in the healthy range, and dosages are changed as necessary.



step 2: MAIL KIT

Your saliva test results are processed at the laboratory, and the results are sent to us. Medical Staff at Mead Labs reviews your results, and their interpretation and initial recommendations for any hormone that needs balancing are sent to your home.



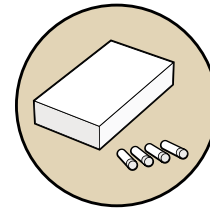
step 3: CONSULTATION

You contact Mead Labs at 1-866-693-9690 to set up a telephone consultation with our highly trained medical staff.



step 4: SUPPLEMENT

After the telephone consultation with the medical staff, we will recommend an individually tailored supplement program to meet your specific needs. Purchase and begin using the recommended supplements. Depending on your own particular hormone imbalance, this can include bioidentical hormone creams as well as pills. These can usually be purchased from the location that you purchased the test kit. Creams containing testosterone are sent directly to you from a pharmacy.



step 5: RE-EVALUATE


Retest your hormone levels after 3 months by purchasing another home saliva kit. Often the initial recommended dose of bioidentical hormones brings your hormone pattern back into the healthy, safe range. Sometimes, we need to adjust the dose of some of your hormones to produce a better pattern. Each time you send in a saliva kit, your results are reviewed by our medical staff at Mead Labs. We then provide recommendations, and you can receive a telephone medical consultation with our staff if you have any questions.





START LIVING A FULLER, HEALTHIER LIFE TODAY!

For more information or questions regarding the Meads Labs' 5-Step Bio-identical Hormone System, please contact us.

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