The Hormones of Happiness
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The last time we met I was ranting about estrogen and its plethora of negative effects. Indeed the problem is so extensive, with little girls coming into menstruation as early as age 8 or 9, women coming down with fibrosis diseases and worse at alarming rates and at younger and younger ages, that the prospects for things continuing as they are frighten me. Now there are even studies from the national medical authorities in the UK and New Zealand that show women who as infants were raised on soy formula had much higher than normal rates of reproductive organ disease or malformation, miscarriage and birth defects. Now that's not to mention the testicular tissue destruction that boy's face from drinking estrogen in their water supply! That is also leaving out mention of the attributes of estrogen to produce depression and grouchiness, that make us fat, bald and lose muscle mass. At times, it seems as if the world has been bathed in estrogen and estrogen mimicking substances, relegating all of us, women and men, to be estrogen dominant!

So what can we do to change the world and make it safer for us… hormonally? Not much right now. But, what we can do plenty for ourselves and significant others to overcome the problems associated with estrogen dominance. Firstly, we can do non-invasive saliva testing to determine exactly where we fall in the realm of hormone balance. These tests give us a much clearer picture of where we stand hormonally hour to hour than blood tests. These days advanced thinking doctors of all types (pharmacists, nutritional consultants and even health food stores) make these tests available. "Okay, what then? Do I spend a fortune on injections and pills?" Nope, there's not a shot or pill in your future.

After determining what the need is, estrogen can be controlled and two of the good hormones can be increased by the application of easy-to-use topical creams. Creams are the perfect vehicle to put hormones or proto (pre) hormones into the body. As opposed to hormones taken by mouth, where the absorption rate can be as low as 5%, cream products with liposome bases show an absorption of some 95% according to a University of Dublin, Pharmacology Dept. study. When cream application is compared against injection, the creams show a steadier release and more consistent action where as the injectables tend to be released too quickly leading to extreme highs followed by lows prior to reinjection.

So, which are the good hormones and what do they do? We'll start with the most important one for women.

Progesterone. As I mentioned in last month's piece, all of the good things attributed to estrogen are actually the functions of progesterone. For our concerns, the "P" hormone:

- Elevates mood and a sense of well being (Remember the high of being pregnant and happy during second trimester, that was due to progesterone.)
- Increases Bone Density
- Stops estrogens' tendency to increase fat stores in the waist, hips and thighs
- Improves the bust line
- Increases libido
- Fights miscarriage
- Fights all of estrogens negative tendencies to create fibrosis and cancer, to premature aging of the skin

When using the Progesterone creams, one or two applications a day will work just fine. Premenopausal women should follow label directions for cycling applications throughout the month.
Postmenopausal gals can use the P all the time, except for five days each month. Some docs are now saying that there can be too much progesterone. (These are likely then same folks who were over prescribing estrogen.) During the second trimester of pregnancy, progesterone levels hit 486% higher than normal. What does all this progesterone do? Nothing besides make women incredibly happy and unrepressed. So what if women have high P levels all the time? Most will still have their periods, though they will be easier and with less angst's; mental and physical. Menopausal women will just feel better and avoid the decay that estrogen brings.

What about P for men? Well here's P:

- Keeps Testosterone from converting into Estrogen, and both from converting into the dreaded baldness and prostate swelling hormone Di Hydro Testosterone or DHT. (Estrogen becomes DHT much easier than Testosterone.)
- Fights the tendency of estrogen to make men fat
- Improves libido, especially when combined with natural testosterone

It was said that having too much testosterone made men bald and swelled up their prostates. Studies now show those are all actually the effects of estrogen. Think of your usual balding, pot bellied, skinny armed, low ambition, middle-aged man. Not really a poster boy for too much testosterone, is he? And as for T being the primary cause of Prostate Cancer, the University of Chicago Medical Center is now using injections of natural Testosterone Cyponiate to shrink recurrent Prostate cancers. Synthetic methyl testosterone drugs and all anabolic steroids can bring about various cancers but natural Testosterone does not and never has had that tendency.

Next on our list of feel good hormones is Testosterone. Now hold on, before you tell me you don't want to look like the steroid ridden deep voiced, 5 o'clock shadowed women bodybuilders, let's run down what having the testosterone level of a an average 18 to 20 year old woman would do for you.

- Increases bone mass
- Increases muscle density
- Decreases body fat, even without exercising. Exercise augments the effect.
- Greatly elevates mood and mental drive. Some physicians had called testosterone the world’s greatest anti depressant.
- Increases libido (Remember how horny you were at 18?)
- Has been shown in studies to protect the heart and brain. Indeed of the 3 places in the body with the greatest number of Testosterone receptor sites, the genitalia rank 3rd after the brain and heart! Testosterone injections have been used to strengthen the heart and reduce damage after heart attack.

Physicians who use T injections for women generally use about 50 to 100 mg every 1-2 weeks as opposed to the usual male dose of from 200 to 600 mg every 1-2 weeks. But here again, the effects of the injections are haphazard. Using a cream of Androstene (which is one step away from being testosterone and is converted into such in the body) will elevate the testosterone levels quickly. If the Androstene products with the measured pumps are used, women can apply one full male dose every other day (the guys usually do two doses a day), or if you get good at manipulating the pump ½ of one male dose every day. Generally it's best to apply the cream just before bed to the genitals. Although, using the cream within 1-1/2 hours to 30 min. prior to lovemaking will increase the sex drive and elevate the mood of lovemaking. This trick goes for the guys as well! Each month give yourself 5 days off. Discontinue use if you discover that you are pregnant.
Now for the last and most elusive of the feel great hormones – Oxytocin. Yes, that is the hormone that causes the contractions during labor and expels milk during breast feeding. Oxytocin is responsible for making new moms forget the pains of childbirth and feel only the incredible joy of having her new baby. Most importantly, Oxytocin IS THE orgasm hormone. All of the joy, the warm fuzzes and the afterglow of lovemaking are products of Oxytocin.

Most men and women are dreadfully low on Oxytocin. One physician in a back east medical school is injecting women fibromyalgia patients with Oxytocin as an experimental therapy seeking to reduce the pain, depression and general malaise. Unfortunately for all of us, Oxytocin injections are not available. Most doctors limit its use to childbirth. So we have to make it the old fashioned way, by having fun! If you have a sex partner, then use the hormone recommendations above and go to it with lust and gusto! The more orgasms you have, the more Oxytocin you make, it's that simple! For those of you without sex partners, treat yourself to some one-sided love making sessions. A very wise and caring female physical therapist I know once gently led an older woman fibromyalgia patient to the office bathroom, whispered in her ear and handed her a vibrator! Oxytocin release was the objective; a happier and less painful patient was the result. There is enough erotica out there (written, audio and visual) to stimulate the solo practitioner. There are enough techniques and toys available for masturbation that the Oxytocin release results can be fruitful and fulfilling.

Declare war on estrogen and its diseases. Up the happiness hormones and get back into a healthier happier and less dangerous life.

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