plusLIFE

AndroAMP

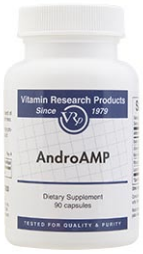
7200 – 90 vegetarian capsules

Natural Strategies to Rebalance Hormonal Health

The Possible Benefits of AndroAMP, a Dietary Supplement

- A blend of botanical ingredients whose actions synergistically combine to promote healthy testosterone/estrogen levels in men

Description



Aging is associated with progressive alterations in the hormonal environment for both men and women. In men this is called andropause. These changes are readily recognized in women with cessation of menses and often the onset of hot flashes, vaginal dryness and a myriad of other hormone-induced symptoms including anxiety, depression and change in muscle mass. In men, without the overt cessation of a monthly cycle, these changes can be much more difficult to identify. All too often both sexes quietly and unnecessarily accept these changes as "just getting old." Yet, no one should passively accept a decrease in energy, diminished sense of wellness and lack of zeal for life.

Over 50 years ago the progressive decline in androgen production was well documented in the medical literature. This decline in testosterone commonly referred to as andropause, actually begins often in the early 30s and eventually hits a crescendo when symptoms are unmistakable.

Symptoms of Andropause:

- Lethargy or decreased energy
- Decreased libido or interest in sex
- Decreased concentration
- Erectile dysfunction with muscle weakness and aches
- Inability to sleep, night sweats
- Infertility
- Thinning of bones (Osteoporosis)

<u>Balancing Male Hormones</u>

The goal is typically two fold: increase androgens while protecting the prostate and other tissues from excess exposure to estrogen that can result from the aromatase activity that increases with aging in men. In particular fat cells are "hot spots" for aromatase activity, where this enzyme converts androgens to estrogen. In general, male estrogen levels increase with age, at testosterone's expense. Estrogen also tends to decrease testosterone production. Furthermore, SHBG (sex hormone binding globulin) increases with age, binding up more free testosterone.

Eurycoma longifolia jack extract, used in Southeast Asia for centuries, has testosterone-like actions in animal studies, and may increase testosterone levels. Clinical response in men using Eurycoma longifolia jack extract have reported laboratory-tested increases in their free testosterone levels of 50 to 300 percent over several to six months' use. Further research documenting this effect shall further elucidate efficacy.

Stinging nettle root extract contains compounds that bind to SHBG, reducing the binding of testosterone to SHBG, and the binding of SHBG to prostate tissue. Beta sitosterol has been shown to inhibit 5 alpha-reductase, which converts testosterone to 5 hydroxytestosterone (5HT) an undesirable metabolite of testosterone associated with benign prostatic hypertrophy.

Myricetin, a flavonoid related to quercetin, which possesses greater bioavailability than quercetin, has also been shown to inhibit 5 alpha-reductase and 5HT activity.

Luteolin has been shown in human and animal studies to have excellent absorption and bioavailability, and to exert powerful protective effects, even at low doses. It appears superior to chrysin and other aromatase inhibitors.

Another tool is progesterone, a hormone produced in the male adrenal and testicular tissue that drops with aging. Further exacerbating natural progesterone decline is severe and prolonged stress since the stress hormone cortisol is made from progesterone as are testosterone, estrogen, aldosterone and other steroid hormones.

Progesterone inhibits testosterone's conversion to DHT. DHT is a far more potent stimulant of prostate cell growth than testosterone, whereas testosterone and progesterone stimulate the activity of a protective gene called "p53." The products of this gene activation are anti-cancer, and promote healthy apoptosis. Apoptosis is a "programmed cell suicide" that plays a key role in preventing cellular overgrowth (e.g., BPH) and cancer. Estrogen, on the other hand, activates a gene called "bcl2." Bcl2 products inhibit healthy apoptosis.

When diagnosed with low testosterone levels, any benefits from either hormonal or nutritional supplementation may take a month or more to manifest. Regardless, retesting testosterone, progesterone and estrogen after initiating a hormonal support regimen ensures that individuals have achieved the proper hormonal balance and that excess estrogen levels are not created as a result of therapy.

Summary

Effectively supporting individuals who are undergoing andropause requires sustaining healthy hormone levels. At the same time, men entering this life phases should strive to prevent excess detrimental metabolites—in particular estrogens and detrimental testosterone forms in men—in order to achieve healthy aging and maximal quality of life.

References

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