Fertility and Sexuality: Signs of Youth

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What phase of your life are you currently in, coming thru or passing?..

Phases Stages of Life

- Pre-puberty
- Puberty
- **Reproductive years**
- Menopause/Andropause
- Post- Menopause/Post-Andropause

Reproductive years: The Sweet Spot

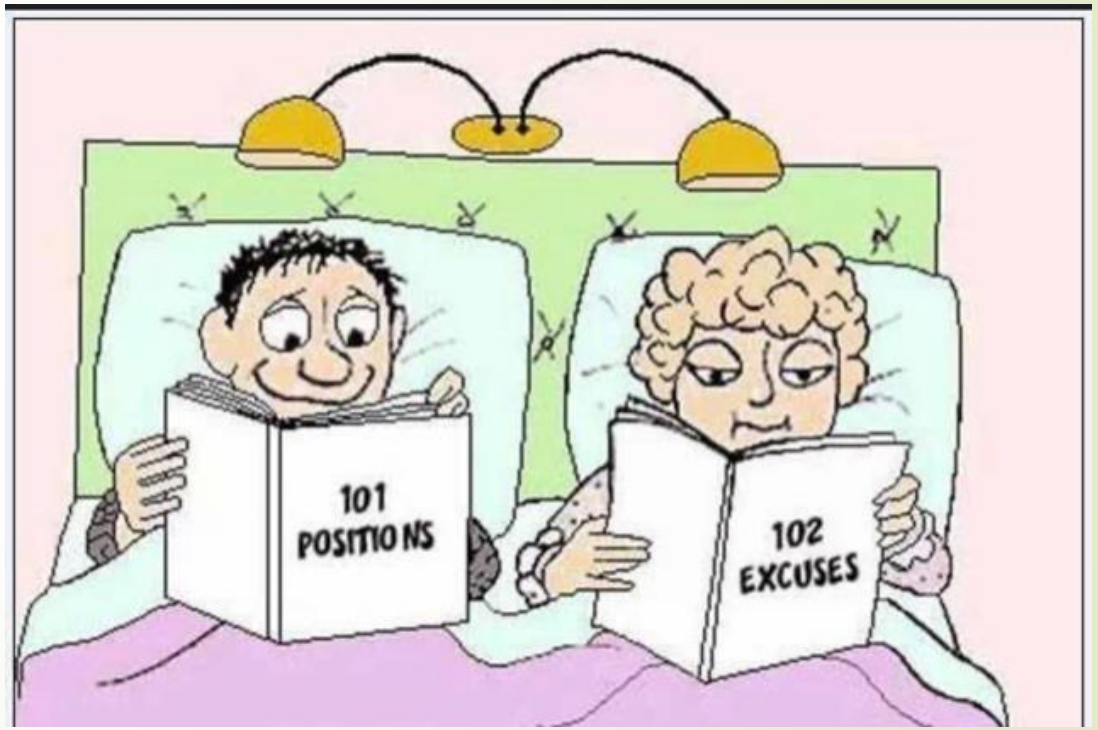
- Nature is Smart (*Contrary to What the Sick Model of Health Presents: A Stupid Defective System*). Sexuality/Fertility are Luxuries

- Natural Selection is Real. Only the Fittest and Healthiest Should Reproduce.
  - Ancient Cultures Would Protect, Pamper and Give Special Attention to the Newly Weds
- **Sexuality is Nature's Incentive to Reproduce**

- Biological Age and Chronological Age are Different Things

- Sexuality/Fertility are a Sign of Biological Age: Youth and Health

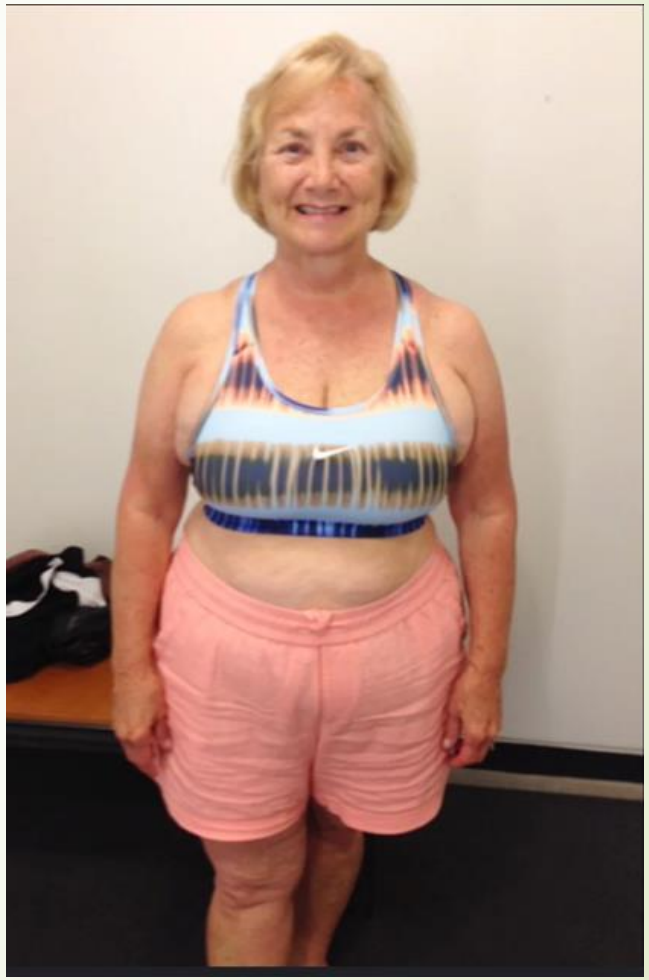
A vs B: What's YOUR Status?



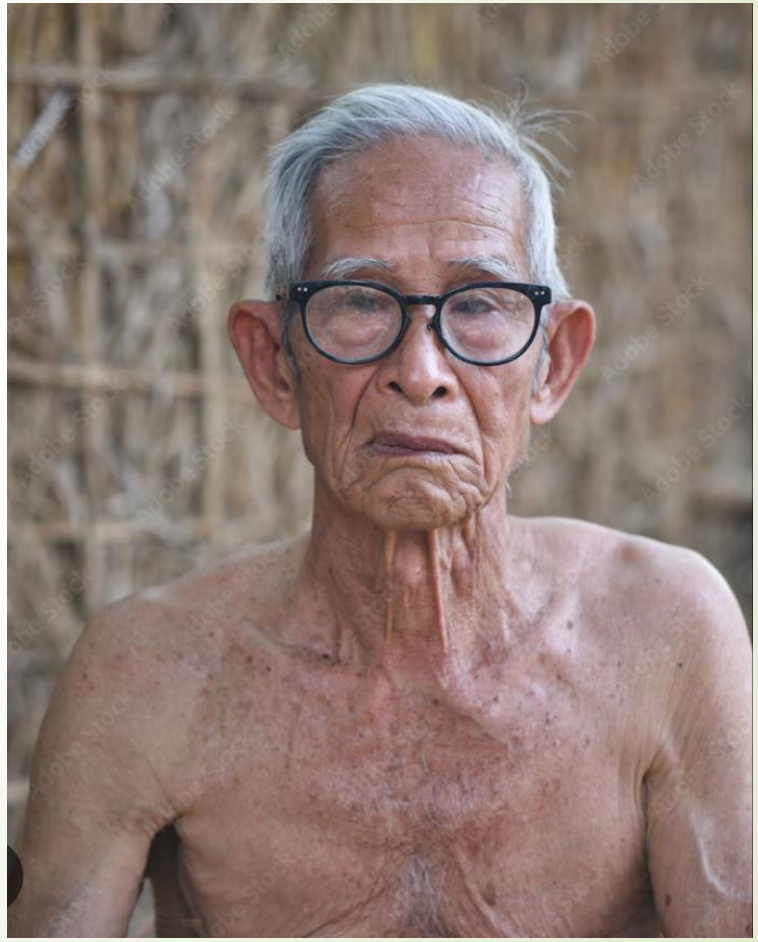
Biological vs Chronological Age: What Do You Mean??

Reproductive Years? What If I Do not Want More Babies?

Healthy Aging VS Accelerated Aging: 60 Years Old



Healthy Aging vs Accelerated Aging: 80 years Old



How Can We all Look and Feel Like JLO??

Biological Age: How To live Younger Longer?

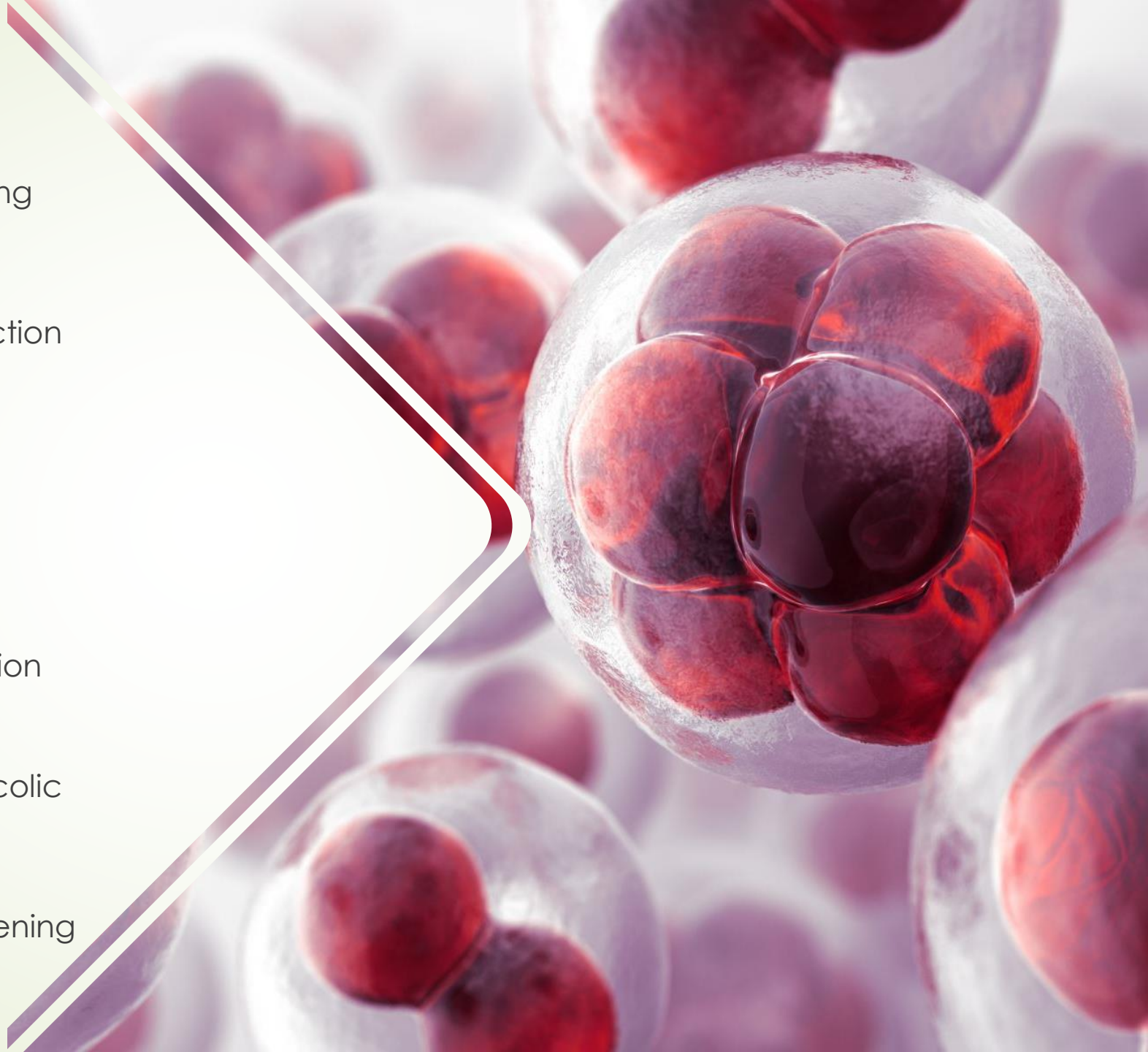
- How Do We Age?
- How to Delay Aging?
- How to Reverse Aging?
- How to Maintain Progress?

Signs of Aging

- Loss of Function: Motor/Physical and/or cognitive
- Chronic Inflammation
- Development of Chronic Dis-ease processes (Heart Disease,Alzheimer's/Dementia, Cancer, Diabetes)
- Deterioration of body parts: Skin, Muscle Wasting, Bones/Ligaments, Internal organs
- Loss of Libido and Sexual Responses (arousal, pleasure, orgasm)
- Loss of Fertility

Aging Pathways

- Compromised Healing Processes/Shrinking Tissues/Weakened Stem Cells
- Mitochondrial mutations and loss of function (Increased Oxidative stress and Free Radicals/Decreased ATP Production)
- Excess Senescent cells
- Junk Accumulation
  - Intracellular: Loss of Lysosomal function (DNA mutation/Abnormal Proteins-Enzymes)
  - Extracellular: AGE's (Advanced Glycolic End Products)
- DNA oxidative damage/Telomere Shortening



The Body: A Perfect Machine

- Basic Law of the Universe: Every living Creature is designed to Live as Long as It can, and Preserve the Specie the Best Way it Can

- Our Bodies Default Setting : Work As Optimally as Possible and Self-Regulate and Repair the Best Way Possible

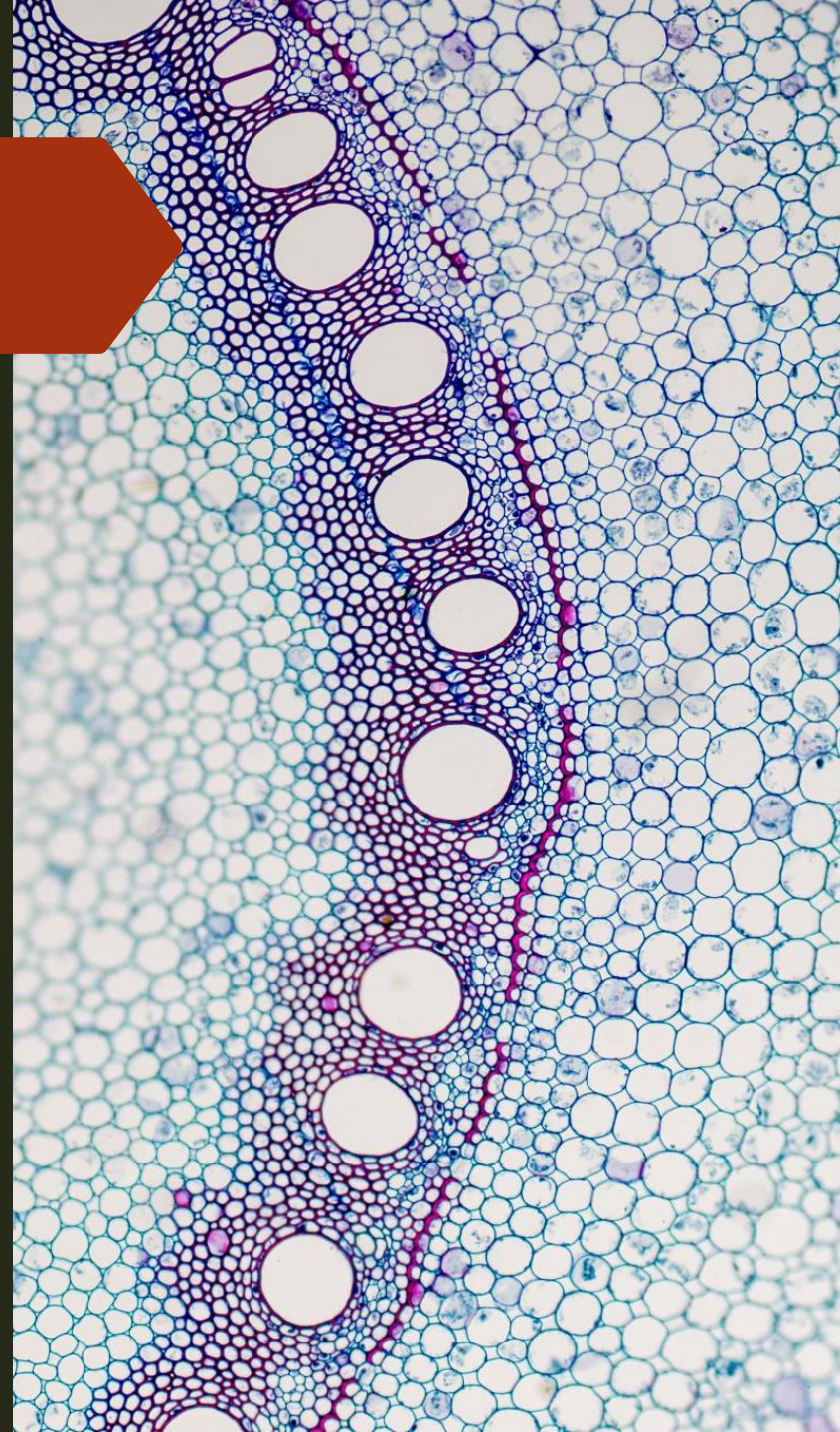
- We Have All the Necessary Tools Within Us and Around Us to Allow the Previous 2 Principles to Occur

Basic "Interventions"

- Decrease Internal and External Toxicity
- Food is Medicine. Food as an Anti-Aging Method
- Sleep
- Exercise
- Hydration
- Emotional and Mental Health
- Herbal Medicine and Nutrient Manipulation/Supplementation
- Fasting
- Alternative Therapies: Light Therapy, Acupuncture, Massage, Energy Work, Saunas, Cold Therapy (The Cold Plunge)
- Using Certain Medical Interventions as Anti-Aging Methods: Metformin, Low Dose Naltrexone, Cell Therapy, PRP (Platelet Rich Plasma)…

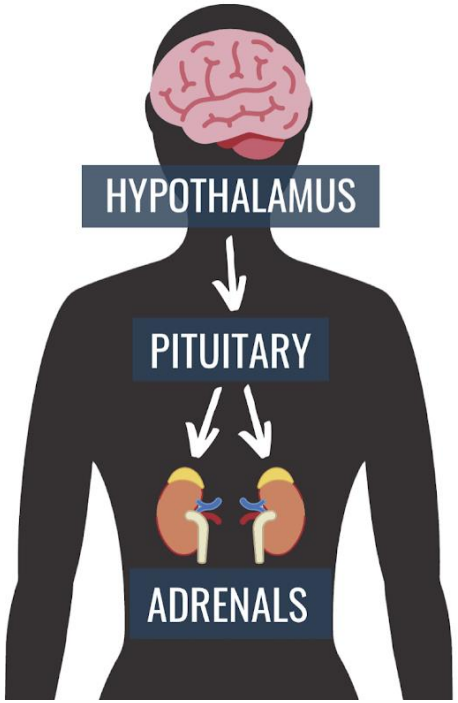
The Endocrine System and Aging

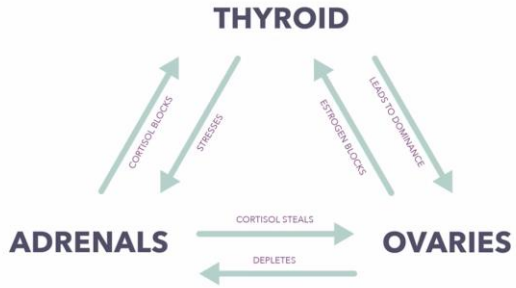
- Sleep Pattern- HPA Axis. Pineal Gland
- Metabolic Rate-Thyroid
- Bone density- Parathyroid/Thyroid
- Muscle Mass- testes, Ovaries
- Sugar Metabolism- Pancreas
- Sexuality/Fertility- HPA Axis. Ovaries. Testes



The Endocrine Triads: Balance

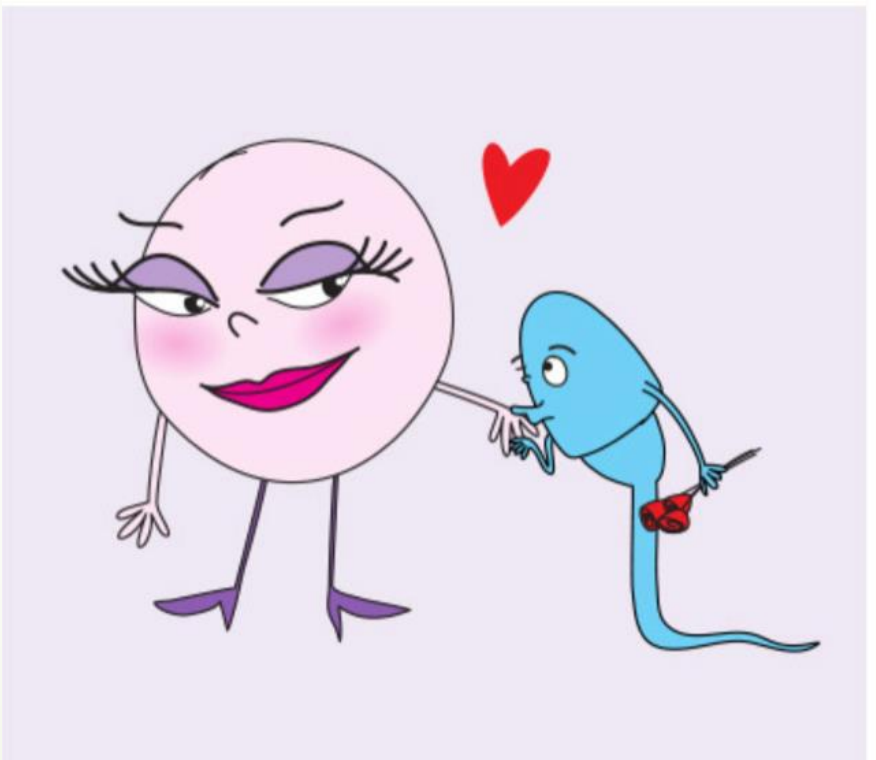
- HPA Axis
- Thyroid-Adrenal-Ovaries
- Liver as an Endocrine Organ
- Insulin (Pancreas) as a reproductive hormone
- Ovaries-Uterus/Testes-end organs
- Endocrine System as part of the immune system

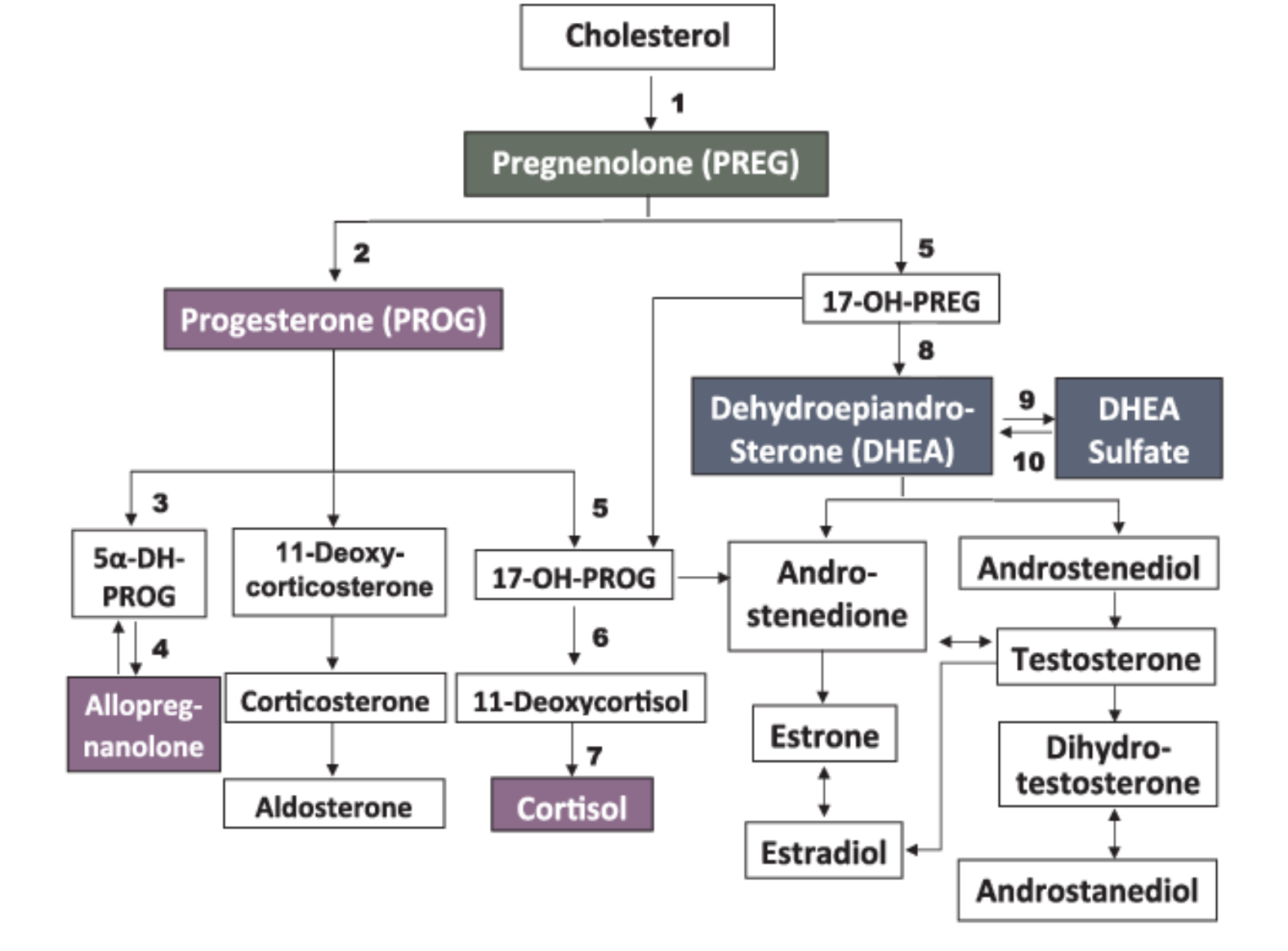




Testicles and Ovaries

- They are End Organs Part of the Endocrine System
- NOT essential for Survival, but Great Markers of Overall Health




Cholesterol
1
Pregnenolone (PREG)
2
5
Progesterone (PROG)
17-OH-PREG
8
Dehydroepiandro-
Sterone (DHEA)
9
10
DHEA
Sulfate
3
5
5α-DH-
PROG
11-Deoxy-
corticosterone
17-OH-PROG
Andro-
stenedione
Androstenediol
4
6
Allopreg-
nanolone
Corticosterone
11-Deoxycortisol
Testosterone
Estrone
Dihydro-
testosterone
7
Aldosterone
Cortisol
Estradiol
Androstanediol

Herbal/Nutrient Supplements for Anti-Aging and Endocrine System

- Some of Dr.V's Favorite:
  - DMG
  - Coq10
  - Omega-3
  - Vitamin D3
  - Ganoderma (Reishi)
  - Tumeric (Curcumin)
  - Glutathione and friends (NAC)
  - Inositol
  - Ginseng
  - Resveratrol
  - Rhodiola
  - MACA Root
  - Glandulars

Nutrient Supplementation

Coq10

- mitochondrial support- ATP production support/reduce oxidative damage
- Eggs have 200 more times mitochondria than other cells
- Energy production for embryo development/implantation
- Also helps sperm quality and motility

Inositol

- Sugar alcohol/ Vitamin B8
- Helps with insulin signal transduction- helps with insulin sensitivity/ resistance
- Cell membrane potential maintenance
- Gene expression
- PCOS-/metabolic Syndrome/ Hyperandrogenism.
- Helps restore FSH/LH ratio
- Helps prevent Neural Tube defects with Folate/Folic Acid

Nutrient Supplementation

Folate

- Vitamin B9
- Increases fertility 30%
- Decreases Neural Tube Defects/Cleft Lip/Palate
- Essential Role in Metabolic regulation of Amino Acids/Nucleic Acids/Gene expression
- Help regulate ovulation

Resveratrol

- Anti-oxidant, Anti-inflammatory
- Antiaging- increase telomerase
- Immunomodulatory
- Neuroprotective/Cardiovascular protective
- Improve egg quality/ovarian function (SIRT gene up)/luteal phase
- Improve implantation (CRABP2-RAR gene down)

N-Acetyl L-Cystine (NAC)

Liver detox/protection
Improve Neurotransmitters levels/improve mental status
Amino Acid derivative (cysteine)
Glutathione precursor (The antioxidant star)
Anti-inflammatory
Hormonal regulation: LH, insulin
Enhances fertilization
Enhances endometrial receptivity for embryo implantation

Vitamin D

Vitamin vs hormone
Calcium/magnesium homeostasis and metabolism
Immune function
Vit D receptors are in the reproductive organs

- Oocyte maturation/Progesterone regulation
- Endometrium- essential for implantation
- Sperm- motility, morphology and count
- Testosterone production

Nutrient Supplementation

Nutrient Supplementation

Glandulars/ Organ Meats

- Oral tolerance therapy (MALT)
- Likes help like (Blueprint)
- Replacement "parts"

Vitamin/Minerals/Trace Minerals/ Essential Fatty Acids

- Omega-3
- Zinc
- Iodine
- Selenium
- Manganese
- Calcium/Magnesium/Potassium

Nutrient Supplementation

MACA ROOT

- Improve libido and sexual response
- Increase energy/improve mood
- Contain anti oxidants/hepatoprotective/Liver support
- Hormone balance (Sterols)

Panax Ginseng

- Improve mental acuity/Neuroprotective (Alzheimer)
- Anti-inflammatory/antioxidant/Possible anti CA
- Adaptogenic herb/immunomodulating- help fight invaders
- Increase NO-Oxygenation/support erectile tissue
- Increase vitality/energy

Nutrient Supplementation

Ginkgo Biloba

- Anti-inflammatory/antioxidant
- Blood thinner/vasodilator- improves circulation (Goof with brain, erectile function, heart, eyes)
- Improves brain function
- Reduces anxiety

DMG (Dimethylglycine)

- Provide methyl groups for other building blocks. It falls apart for you.
- Anti-Aging
- Possible Anti CA
- Adaptogen
- Metabolic Enhancer

Case 1: Casey

- 26 y/o female G0 with irregular menses, and a diagnosis of PCOS. Initial labs: Hgba1c- 5.9, TSH- 2.8, random FSH- 7.4/LH- 8.7, AMH- 11.0
- Married for 2 years. Unprotected sex for 8 months. Patient was 5'2", 182 lb
- She wanted to start with a natural approach first because she was not in a rush to get pregnant. She wanted to get "healthy" first.
- Plan: Low carb diet/exercise (HIIT) 3 times per week. Goal loose 20-30 lb
- Protocol: Endocrine glandulars (Hypothalamus 50 mg, pituitary 50 mg, adrenal 50 mg, thyroid 50 mg), ovarian glandular 100mg, omega-3, inositol 1000mg daily, vitex 100 mg twice daily, saw palmetto 300mg daily, vit D3 5000 units, women's multivitamin (Women's complete)

Case 1: Casey

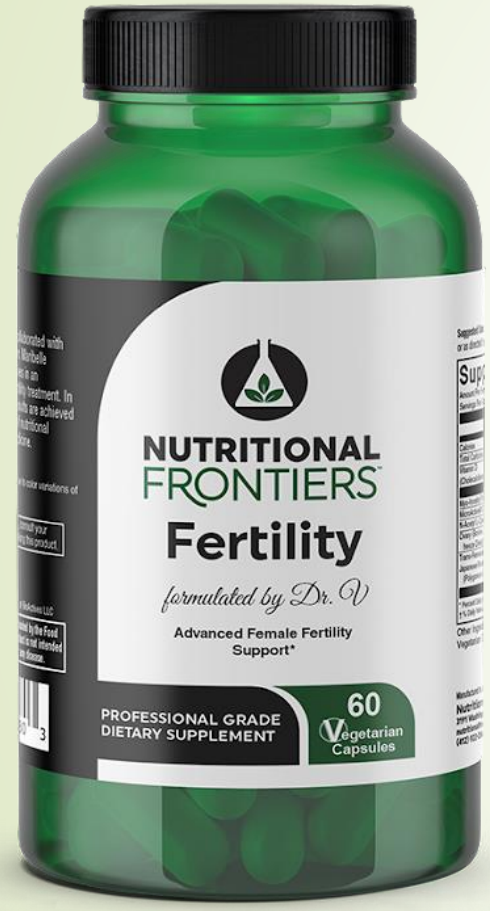
- 3 months later: Patient lost 15 lb. (167 lb)
- Repeat labs: Hgba1c- 5.6. cycle day 3: FSH 6.8/LH- 3.9
- Patient reported regular menses in the previous 2 months.
- 5 months later: Patient had lost a total of 20 lb (162 lb). She had come because of "irregular menses" again. Urine pregnancy test was positive at the office.

Case 2: Doris

- 52 y/o female with hot flashes, night sweats and mood swings. Symptoms began about 1 year ago but became more intense in the last 6 months. Her periods had been scant and irregular for about 2 years now. Her last period was 4 months ago. BMI 27. She also reported vaginal dryness and painful sex.
- She wanted help but refused hormones.
- Labs: FSH- 32.2/LH- 28.6, Hgba1c- 5.5, TSH- 2.1
- **Protocol:** Endocrine glandulars (Hypothalamus 50 mg, pituitary 50 mg, adrenal 50 mg, thyroid 50 mg), ovarian glandular 100mg, Black Cohosh 60 mg twice per day, vitex 100 mg twice daily, Maca root (1 scoop daily), St John's Wort 300 mg twice per day, Ashwaganda 500 mg at night, vit D3 5000 units, women's multivitamin (Women's complete)
- **Vaginal symptoms:** coconut oil as moisturizer and sex lubricant. She agreed to do 0.5mg estradiol vaginally twice per week.

Case 2: Doris

- Follow up visit (4 weeks)- She reports improvement of symptoms. Sleeping much better. Improved stamina and overall mood.
- Vaginal health: Improved sex life and much improved vaginal discomfort.



Solutions for a Busy Lifestyle

- Serving Size: 2 Capsules | Servings Per Container: 30
- Calories 5
- Total Carbohydrates 1g
- Vitamin D 125 mcg
- (Cholecalciferol)
- Myo-Insitol Powder 1000 mg
- MicroActive® CoQ10 300 mg
- N-Acetyl L-Cysteine 100 mg
- Ovary (Bovine, New Zealand freeze Dried) 100 mg
- Trans-Resveratrol Japanese Knotweed 50 mg
- (Polygonum cuspidatum)(root)

Solutions for a Busy Lifestyle

Virility: Serving Size: 3 Capsules | Servings Per Container: 30

L-Arginine 500 mg

MACA 250 mg

(Lepidium Meyenii)(Root)(4:1)

Tribulus Terrestris Extract 90% 250 mg

Panax Ginseng Extract (Root) 15% 200 mg

Horny Goat Weed 125 mg

(Epimedium SAgittatum)(Herb)

Diindolylmethana (DIM) 100 mg

Testes (Bovine, AR, freeze Dried) 100 mg

Ginkgo Biloba Extract 24% 60 mg

(Ginkdo biloba L.)(Leaf)

Longevity/ Hormone Balance in a Cocktail

Questions??

Follow Up Questions…..

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Thank You! Let's Do It!!!!