Optimal Reproductive Health
For Women & Men

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Licensed Dietician-Nutritionist (NY)
Licensed Acupuncturist (NY, CO)
Diplomate, Acupuncture & Asian Bodywork Therapy (NCCAOM)
Herbalist
“The health of the menstrual cycle is the best indicator, other than pregnancy, of reproductive function.”

– Dr Michael Gaeta
Natural Medicine for Both Partners

General Strategy: **Clear then Build**

To clear:  
SP Purification Program

To build:  
Diet
Natural medicine
Other lifestyle changes
Natural Medicine
Protocols Used In My Clinical Practice
Dr. Gaeta’s recommendations for Standard Process product dosages are sometimes different than the doses that appear on the product labels. Please refer to the product labels or to the product descriptions found in the product catalog website for the Standard Process dosage recommendations.
Nutritional Support

Both Women and Men:

• Endocrine Triad:
  Symplex® F or Symplex® M – 6 per day,
  Black Currant Seed Oil (BCSO) – 2 per day,
  Hypothalmex® – 2 per day

• Wheat Germ Oil (WGO) – 3 or 4 per day

Additional supplement for women:

• Ovex® P – 4 to 6 per day
• For-Til B₁₂® – 4 to 6 per day
Tocopherols are the antioxidant portion of the vitamin E complex, but not the most important part. The most valuable parts of vitamin E complex are the hormone precursors, found in green leaf & wheat germ, which support endocrine function.
For-Til B$_{12}^\text{®}$ containing *Tillansdia usneoides*

This product combines the long history of Spanish moss use with B$_{12}$, to support vitality, immune function.

**Dose: 3-6/day**

**Other applications:**
- Support for male and female reproductive function
- Healthy sexual function
- Overall endocrine support
- Healthy blood
## SUPPORT THYROID HEALTH

### Good
- 6 Cataplex® C
- 6 Cataplex® F Tablets
- 3 Thyroid Complex

### Better (add)
- 4 Thytrophin PMG®
- 1 Prolamine Iodine
- 3 Coleus Forte (esp. w/ HTN & overweight)

### Best (add)
- 6 Cataplex® E (selenium)
- 6 Symplex® F/M or Paraplex®
- 2 Hypothalmex®
Ascorbic acid is the antioxidant portion of the vitamin C complex, but is not the most important part. The most valuable part of vitamin C complex is tyrosinase, an enzyme that promotes the metabolism of tyrosine, one of the most critical amino acids.
Cataplex® F has an important relation to iodine metabolism...

The metabolism of iodine, with its consequential effects on thyroid activity are believed to be related to deficiency of vitamin forms of unsaturated fatty acids.

– Dr Royal Lee
## SUPPORT ADRENAL HEALTH

<table>
<thead>
<tr>
<th>Level</th>
<th>Range</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good</td>
<td>6-9</td>
<td>Drenamin®</td>
</tr>
<tr>
<td></td>
<td>2-3</td>
<td>MediHerb Adrenal Complex</td>
</tr>
<tr>
<td>Better</td>
<td>6-9</td>
<td>Cataplex® C</td>
</tr>
<tr>
<td></td>
<td>3-4</td>
<td>MediHerb Eleuthero</td>
</tr>
<tr>
<td>Best</td>
<td>6</td>
<td>Cataplex® B</td>
</tr>
<tr>
<td></td>
<td>2 tsp.</td>
<td>MediHerb Ashwaganda 1:1</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>Hypothalmex® and/or Hypothalmus PMG®</td>
</tr>
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</table>
Effective Support for the Endocrine Glands

You need the correct…

• Glandular       - Thytrophin PMG®
• Vitamin         - Cataplex® F Tablets
• Mineral         - Prolamine Iodine
• Lifestyle        - Minimize halogens
• Herbal          - MediHerb Thyroid Complex

…support for each one
Herbal Support for Reproductive Health

Both Male/Female:

• MediHerb Tribulus
  Dose: 3-4 tablets for men and 3-4 for women (from days 5-14)

Male:

• MediHerb Rhodiola & Ginseng Complex
  Dose: 2 tablets in a.m.
Herbal Support for Reproductive Health

Female:

• MediHerb Chaste Tree
  Dose: 1 to 2 tablets.
  Should be divided doses am and pm.

• MediHerb FemCo
  Dose: 3 tablets
FemCo – Main Nutritional Synergists

Endocrine Triad:
• Symplex® F, 6 per day
• Hypothalmex® or Hypothalmus PMG®, 2 per day
• Wheat Germ Oil, 2-4 per day, or
  Black Currant Seed Oil, 2 per day

Optional addition:
Ovex® P, 3-6 per day
Symplex® F and Symplex® M
The Essential Endocrine Formula

Symplex F/M supports, balances, regenerates & regulates the four key glands of the endocrine system with Protomorphogen™ brand extracts.

Pituitary ● Thyroid ● Adrenal ● Gonad

Dose: Therapeutic: 6-9/day
      Maintenance/Prevention: 3/day

Indications: - all hormone support
             - reproductive challenges, menopause, fatigue
             - supportive therapy for any health condition
Hypothalmex®

- Cytosol extract of the hypothalmus gland
- Like all cytosol extracts, it is extracted from the cytoplasm of the hypothalamus and contains cellular factors such as enzymes and hormone precursors.
- A key gland and formula that unlocks the door to global mind-body balance and well-being
- Dose: 1 tablet twice/day

Hypothalmus PMG® is an excellent alternate or follow-up formula. As a protomorphogen, it supports the function of this gland. Dose is 1 tablet twice/day.
Black Currant Seed Oil

Support for normal inflammatory response, hormone precursor source of Gamma-Linolenic Acid, an omega-6 fatty acid

- Highest concentration of GLA of any plant
- Converted to Di-Homo GLA (DGLA) - that conversion requires Mg, Zn, C Complex, and B Complex

Dose:  
Endocrine Support: 2/day  
Dryness: 4-6/day  
To support normal inflammation response: 4-6/day
Chaste Tree – Overview

**Actions:** Chaste Tree is a prolactin inhibitor, dopaminergic agonist, indirectly progesterogenic, and a galactagogue.

Research has shown that Chaste Tree extracts, and some phytochemicals it contains, particularly the diterpenes, are dopaminergic.

Therefore, Chaste Tree enhances the activity of dopamine, which inhibits excessive prolactin secretion from the anterior pituitary.

Pinyin: *Man Jing Zi, Mu Jing* (different species)
Chaste Tree – Chinese Medicine Perspective

Qualities: bitter, pungent, neutral, relaxing, calming, stimulating

Channels: Liver, Kidney, Spleen, Lung, Chong, Ren

Functions:
• Circulates Uterus Qi, harmonizes menstruation
• Tonifies reproductive Qi, harmonizes reproduction & menopause
• Stimulates circulation, dispels wind/damp/cold, relieves joint and muscle pain, promotes expectoration and addresses phlegm
• Stimulates digestion, resolves Spleen damp-phlegm, relieves Liver Qi stagnation, drains Fluids & promotes healthy urination
Chaste Tree – Indications

• Premenstrual syndrome, especially premenstrual mastalgia, fluid retention and other premenstrual symptoms

• Support for healthy menstrual function

• Healthy reproductive function

• Menopausal symptoms; conditions due to raised prolactin

• Non-cystic acne (both men and women)
Chaste Tree Case Study
From My Practice

• 27 y.o. female c/o premenstrual symptoms of breast swelling and tenderness; also bloating, chocolate cravings.
Symptoms start one week before period. Bad cramps day 1-2, Some dime-sized clots. Period lasts about 7 days.

• Dx: Liver Qi & Blood Stagnation, Blood Xu, some Qi Xu

• Initial Tx: Xiao Yao San from day 15 – day 1
Ba Zhen Tang from day 6 – 14, acu, diet

• All symptoms improved, though breast swelling remained.

• Addition of Chaste Tree, 2 tabs in AM

• Improvement with first cycle. After five cycles, mild cramps gone, breast tenderness only “a little bit”. Each cycle gets better.
MediHerb’s FemCo – Overview

• Unique blend: White Peony root (750 mg)
  Schisandra fruit (1000 mg)
  Shatavari root (600 mg)

• Overall uses:
  1. Female health & vitality tonic
  2. Support healthy menstrual cycling

  Dose: 3 tablets per day
**FemCo – Functions/Actions**

- Tonic, adaptogenic
- Hormone regulator
- Support healthy muscle function
- Hepatoprotective
- Healthy inflammation response function
- Cerebral circulatory stimulant – supports mental clarity and concentration
FemCo – Indications/Uses

FemCo is now the primary herbal formula for premenopausal female health support

- To support reproductive health
- To support healthy estrogen and androgen function
- Irregular menses
- To increase libido
- Pre-menstrual syndrome (PMS)
FemCo Ingredients
White Peony Root

- In Chinese medicine, White Peony (Bai Shao or Shao Yao), is a major Blood and Yin tonic that eases Liver stagnation and nourishes the Sinews (tendons and ligaments).
- White Peony root has had many clinical studies in conjunction with Licorice for healthy ovary function.
- One study demonstrated its effect on improved aromatase activity in the ovaries, which promotes the conversion of testosterone into estrogen, thus lowering testosterone levels.
- The studies also demonstrated significant improvement in the ratio of LH to FSH.
- White Peony also significantly decreased prolactin levels.
FemCo Ingredients
Shatavari Root

• Also known as *asparagus racemosus*, Shatavari is a traditional Ayurvedic muscle relaxant; an aphrodisiac, demulcent, digestive, galactogogue, often used for healthy reproductive function and women’s health.

• Shatavari is the most important herb in Ayurvedic medicine for female reproductive function. The name Shatavari is from an Indian word meaning "a woman who has a hundred husbands".

• Contains steroidal saponins, which interact with estrogen receptors, particularly those in the hypothalamus. This interaction is hormone balancing since it will activate receptors when estrogen is low present and compete for receptor sites when estrogen is too high.
Schizandra, *Wu Wei Zi* (five flavor fruit), is my favorite Chinese herb.

• In Chinese medicine, it contains all five flavors, nourishes all Three Treasures (Essence, Qi and Shen), and enters all 12 Channels.

• Increases the health and energy of muscle cell mitochondria, which increases endurance. Balances pH of cells during exertion. Effects can be felt in a single dose.

• Benefits brain, lung and cardiac tissue as well as supporting emotional health. It is a calming tonic that improves energy and sleep.

• Promotes liver detoxification function by enhancing both phase 1 & 2 pathways. Increases glutathione levels. Promotes estrogen detox via the safer 2-hydroxyestrone metabolite production pathway rather than the 16-hydroxyestrone pathway, like Cruciferous Complete.

• Promotes natural stress response function.
FemCo – Main Nutritional Synergists

Endocrine Triad:

- Symplex® F, 6 per day
- Hypothalmex® or Hypothalmus PMG®, 2 per day
- Wheat Germ Oil, 2-4 per day, or Black Currant Seed Oil, 2 per day

Optional addition:

Ovex® P, 3-6 per day
Natural Medicine for Women

**Core:**
- 6 Catalyn®
- 2 Trace-Minerals B₁₂™
- 1 Tbs. Calcium Lactate Powder
- 4 Tuna Omega-3 Oil

**Endocrine:**
- 6 Symplex® F

**Triad:**
- 2 Black Currant Seed Oil
- 4 Hypothalmex®
## Natural Medicine for Women

### Specific Herbal (MediHerb):
- **Chaste Tree**: 2
- **Tribulus**: 3
- **Femco**: 3

### Specific Nutritional:
- **Ovex® P**: 4
- **For-Til B₁₂®**: 3
- **Wheat Germ Oil**: 3
- **Chlorophyll Complex™**: 3-6
- **Utrophin PMG®**: 4

*Note: Wheat Germ Oil can be alternated with or added to the regimen.*
Natural Medicine for Men

Core:       6       Catalyn®
2          Trace-Minerals B_{12}^{TM}
1 Tbs.     Calcium Lactate Powder
4          Tuna Omega-3 Oil

Endocrine  6       Symplex® M

Triad:     2       Black Currant Seed Oil
2          Hypothalmex®
Natural Medicine for Men

Specific Herbal: 3 MediHerb Tribulus

Optional: MediHerb Rhodiola & Ginseng, 2 in the morning

Specific Nutritional: 3 Palmettoplex®
Support for Detoxification

To Identify: 3 Parotid PMG® 3 before bed

To Bind: 3 MediHerb Chelaco

To Eliminate: 6 Cholacol® II

(on empty stomach)
Putting It All Together
Sample Protocol for Female Support

Core:
- Trace-Minerals-B$_{12}^\text{TM}$ 2
- Calcium Lactate Powder 1 Tbs
- Tuna Omega-3 Oil 4

Triad:
- Symplex® F 6 for 3 months then For-Til B$_{12}^\text{®}$ 6
- Black Currant Seed Oil 2 for 2-3 months then Wheat Germ Oil 3-4
- Hypothalmex® 2 for 2 months then Hypothalmus PMG® 2 for 2 mos → Ovex® P

Herbal (MediHerb):
- Chaste Tree 2 in a.m.
- FemCo 3
- Tribulus 3 (from day 5-14)
Sample Protocol for Male Support

Core:  
- Trace-Minerals-B$_{12}$™ 2
- Calcium Lactate Powder 1 Tbs
- Tuna Omega-3 Oil 4

Triad:  
- Symplex® M 6 for 3 months then For-Til B$_{12}$® 6
- Black Currant Seed Oil 2 for 2-3 months then Wheat Germ Oil 3-4
- Hypothalmex® 2 for 2 months then Hypothalmus PMG® 2 for 2 mos → Orchex®

Herbal:  
- MediHerb Tribulus 3
- Palmettoplex® 3-6
Resources &
Next Steps

standardprocess.com, seleneriverpress.com
For teachings of Dr Royal Lee, etc.
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Three Necessities for Patient Compliance

1. Why
   - For each formula
   - Relate it to them

2. Chart
   - Pt schedule

3. Supplement Tray
   - Preload one per week
Thank you!

Peace and success to you in the days ahead.

Questions?