



Optimal Reproductive Health For Women & Men

Michael C. Gaeta, DAc, MS, CDN

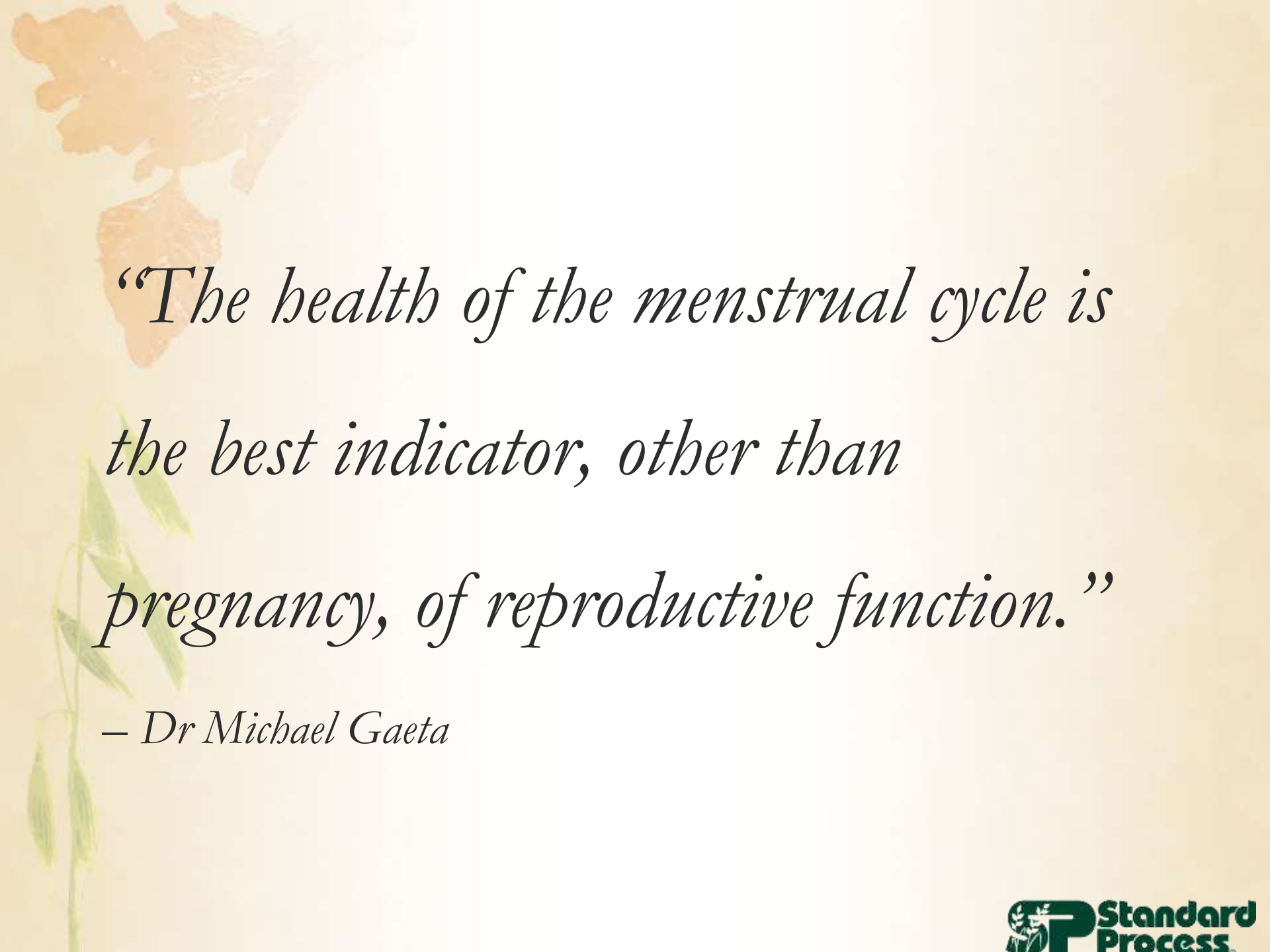
Doctor of Acupuncture (RI)

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





Dr Royal Lee on E Complex

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 B₁₂[®] containing *Tillandsia usneoides*

This product combines the long history of Spanish moss use with B₁₂, 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[®]



Dr Royal Lee on C Complex



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.



Vitamin F and Thyroid

Cataplex F Tablets Released in 1934

Cataplex[®] F has a 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

Good	6-9	Drenamin [®]
	2-3	MediHerb Adrenal Complex
Better (add)	6-9	Cataplex [®] C
	3-4	MediHerb Eleuthero
Best (add)	6	Cataplex [®] B
	2 tsp.	MediHerb Ashwaganda 1:1
	2	Hypothalmex [®] and/or Hypothalmus PMG [®]

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 hypothalamus 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

Hypothalamus 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 progestrogenic, 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 (600mg)
- 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, galactagogue, 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.

FemCo Ingredients

Schizandra Fruit



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 B ₁₂ [™]
	1Tbs.	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):	2	Chaste Tree
(day 5 – 14)	3	Tribulus
	3	Femco
Specific Nutritional:	4	Ovex [®] P
	3	For-Til B ₁₂ [®]
	3	Wheat Germ Oil
(can alternate WGO with/add)	3-6	Chlorophyll Complex [™]
	4	Utrophin PMG [®]

Natural Medicine for Men

- Core:**
- 6 Catalyn[®]
 - 2 Trace-Minerals B₁₂[™]
 - 1 Tbs. Calcium Lactate Powder
 - 4 Tuna Omega-3 Oil
- Endocrine Triad:**
- 6 Symplex[®] M
 - 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-B₁₂[™] 2

Calcium Lactate Powder 1 Tbs

Tuna Omega-3 Oil 4



Triad:

Symplex[®] F 6 for 3 months then For-Til B₁₂[®] 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-B₁₂TM 2

Calcium Lactate Powder 1 Tbs

Tuna Omega-3 Oil 4



Triad:

Symplex[®] M 6 for 3 months then For-Til B₁₂[®] 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.

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.

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?