

Douglas Directives

Management of Menopause Types®

A Suggested Nutritional Protocol for management of each Menopause Type®*

Advanced, Integrative Management of Menopause (It's Not Just Hormones)

By Joseph J. Collins, N.D.

The most advanced approach to managing menopause is an approach in which the healthcare needs common to all women are consistently addressed while at the same time meeting the unique needs of each individual woman. Rejecting the one-size-fits-all approach, both traditional and alternative practitioners realize that there will never be a specific drug, hormone, herbal, diet, exercise or any other remedy than can be widely administered to achieve optimal wellness for women. As traditional and alternative models of healthcare continue to merge, integrative healthcare now offers women an advanced integrative model to managing menopause. By its very nature, this model requires integrating multiple concepts and protocols, which collectively yield a comprehensive and personalized system to achieve improved quality of life and decreased risk of disease for each unique woman. The following seven concepts lay down the outline of this model and present a directive to address every part of every woman requesting support for managing menopause.†

Replenishing Lifestyle & Diet: Appropriate diet, exercise, rest, sleep, recreation, social interactions, hydration, and detoxification contribute to vitality and replenishing of vital tissues best when these components are truly part of a lifestyle. When detoxification and intestinal health are parts of a healthy lifestyle, it proves to be more effective for long term vitality and maintenance of function than waiting until "something has to be done". Properly managing menopause always requires optimal lifestyle first. Even bioidentical HRT (Hormone Replacement Therapy) cannot make up for unhealthy diet and lifestyle.†

Essential Fatty Acids: The ability of essential fatty acids (EFAs) to influence menopause related health issues is so strong that EFAs must be addressed as a category in and of themselves. The ability of EFAs to maintain ideal cell membrane fluidity, allowing optimal transport of molecules such as insulin across the membrane, is critical for adult health. Proper EFAs also down regulate inflammation, and enhance tissue health and bone density. Many of the optimal functions that have traditionally been surrendered as humans "grow old" are in fact due to becoming EFA deficient.†

Complete Multiple Vitamin & Mineral: The debate is over. The fact is that optimal health requires the daily intake of a high-grade vitamin & mineral formulation, with additional Vitamin E. With a high percent of adults in North America having less than the minimum daily requirement of 10 or more essential nutrients, this becomes a greater concern as a woman goes through the biochemical changes inherent in menopause. Vitamins and minerals, the cofactors required for every biochemical process taking place in the human body, are all essential for quality health in the woman of menopause age.†

Appropriate Herbal Formulations: When herbal therapies are appropriate to the unique needs of each woman a more cost effective and clinically successful outcome is achieved. The recommendation for estrogenic, androgenic or progestogenic herbals must be based on a clear understanding of the Menopause Type® of each woman. Not all women need phyto-estrogens. Phyto-progestogens are not universally required. While some women may need phytoandrogens, others require phyto-anti-androgens or nothing at all. Like HRT, herbal therapies must be individualized.†

Uniform Health Preservation: Uniformly meeting the healthcare needs common to all women is part of comprehensive healthcare. Bone health and cardiovascular health have been long time concerns for the woman of menopause age. Increased awareness of insulin resistance, unhealthy body composition and excessive oxidative stress appear to be expanding the scope of what is considered good health preservation. While it is rewarding to women when symptoms abate and quality of life improves, healthcare professionals must diligently raise awareness of the silent, insidious diseases.†

Special Needs: While the aforementioned measures can collectively improve the quality of life and decrease the risk of disease, each woman's biochemical individuality, health history and genetic function may present her own special needs. Insulin resistance, body composition and inflammation disorders that do not respond to diet and EFAs require targeted interventions. Residual symptoms that diminish quality of life, despite proper herbal therapies should be addressed at this time. Targeting special needs is most effective after foundational therapies have been implemented.†

Evaluate and Consider BHRT: Evaluation and possible prescribing of bioidentical hormone replacement therapies (BHRT) is the last consideration in advanced management of menopause. Lifestyle changes, alone or combined with a nonprescription remedy (such as dietary isoflavones, vitamin E, or black cohosh) should first be considered. For BHRT to be clinically effective there must be proper levels of EFAs as well as the cofactors required to respond to hormonal messengers. Equally important is the ability of the body to maintain the increased demands for metabolic clearance brought about any form of HRT.†

(See reverse side for nutritional products)

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†Statements within have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure or prevent any disease.

Essential Fatty Acids:

Opti-DHA™:

(Included in **Core 4 Nutritional Pack # 63056**)

Enteric-coated softgel containing a novel ratio of omega-3 fatty acids from molecularly-distilled fish oil.

Product Code: 98531

Suggested Usage: 2 softgels daily

Complete Multiple Vitamin & Mineral:

Ultra Preventive X:

(Included in **Core 4 Nutritional Pack # 63056**)

A comprehensive multivitamin in a fruit and vegetable base. Supplies substantial amounts of lutein, lycopene, and zeaxanthin.

Designed to provide antioxidants and vitamins for general health support.†

Product Code: 45410

Suggested Usage: 4-8 tablets taken through the course of the day with meals

Uniform Health Preservation:

Calcigard 250 (plus Vitamin D):

Calcigard 250 (plus Vitamin D) provides calcium citrate, a highly available, well tolerated source of dietary calcium.† Vitamin D is important for ensuring normal calcium absorption and maintaining proper calcium plasma levels.†

Product Code: CA2

Suggested Usage: 1 to 4 tablets daily

Appropriate Herbal Formulations:

Testo-Gain™:

A synergistic combination of phytoandrogens, androgenic adaptogens and other herbs designed to help promote optimal testosterone-producing glands and by supporting the healthy functions of testosterone-responsive tissues.†

Product Code: 99094

Suggested Usage: 3 capsules daily with meals

Testo-Quench™:

An herbal combination designed to support the healthy function of skin, hair, heart, breasts, vagina and other testosterone-sensitive tissues in women.†

Product Code: 99093

Suggested Usage: 3 capsules daily with meals

Estro-Mend™:

A synergistic blend of herbs and other nutrients designed to support healthy estrogen function.†

Product Code: 99260

Suggested Usage: 3 capsules daily with meals

Progesto-Mend™:

A combination of phytoprogestones, progestogenic adaptogens, and other herbs that support optimal progesterone function by maintaining the health of progesterone-producing glands and by supporting the healthy function of progesterone-responsive tissues.†

Product Code: 99092

Suggested Usage: 3 capsules daily with meals

More Information available through Dr. Joseph J. Collins @www.YourMenopauseType.com.

	Normal Testosterone	Low Testosterone	High Testosterone
Adequate Estrogen Adequate Progesterone	Type 1	Type 2 Testo-Gain™	Type 3 Testo-Quench™
Deficient Estrogen Adequate Progesterone	Type 4 Estro-Mend™	Type 5 Estro-Mend™ Testo-Gain™	Type 6 Estro-Mend™ Testo-Quench™
Adequate Estrogen Deficient Progesterone	Type 7 Progesto-Mend™	Type 8 Progesto-Mend™ Testo-Gain™	Type 9 Progesto-Mend™ Testo-Quench™
Deficient Estrogen Deficient Progesterone	Type 10 Estro-Mend™ Progesto-Mend™	Type 11 Estro-Mend™ Progesto-Mend™ Testo-Gain™	Type 12 Estro-Mend™ Progesto-Mend™ Testo-Quench™

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To find an experienced Compounding Pharmacist, go to: www.YourMenopauseType.com

Dr. Joseph Collins is the author of Discover Your Menopause Type (Prima 2000). Learn more at www.YourMenopauseType.com.

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