

An aerial photograph of a coastal area. The top portion of the image shows a deep blue ocean. Below the ocean is a wide, light-colored sandy beach. A thin, dark line of vegetation, possibly a dune or a strip of trees, runs horizontally across the middle of the image. The bottom portion of the image shows a darker, more textured area, likely a field or a different type of terrain. The overall scene is captured from a high angle, looking down at the landscape.

The Bio-Energetic Evaluation and Treatment of Menopause

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- MENOPAUSE


- SEXOPAUSE

- WHEN ACAM MEMBERS WERE ASKED WHY THEY USED THEIR PROTOCOLS THEY ANSWERED:

“BECAUSE IT WORKS”

YOU NEED TO GET THE TEAM TO PLAY WELL TOGETHER

- Adrenal
- Thyroid
- Pancreas (insulin and enzymes)
- Estrogen
- Progesterone
- Testosterone



THE LIVER IS THE COACH, AND HE
MUST BE ABLE TO MOTIVATE HIS
TEAM, AND SEE

THE BIG PICTURE

EVERY TEAM HAS A STAR PLAYER

The better the star plays, the better the team. This is determined by

METABOLIC TYPING

METABOLIC TYPING

- William Wolcott-"The Metabolic Typing Diet" Harold Kristal DDS

4 Metabolic Types – determined by age 12

- Slow Oxidizer Pancreas (insulin) 20%
- Sympathetic Thyroid 25%
- Para-Sympathetic Adrenal Cortex 50%
- Fast Oxidizer Growth Hormone 5%

This is based on the response to SUGAR, and indicates the system that by optimizing its function, you can improve physiology and energy production in the body.

This STAR PLAYER may have normal blood tests, but the key is to optimize its function, whether it be lowering insulin, improving thyroid hormone activity, strengthening the adrenal cortex, or increasing growth hormone.

Using Applied Kinesiology:

- Sugar will weaken the muscle
- Find out which of the Regeneration formulas will strengthen the muscle
- That is your Metabolic Type (star player)

DIETS FOR METABOLIC TYPES

- Fast Oxidizers and Parasympathetics must eat breakfast, do better with protein at every meal, and do well with Calcium.
- Slow Oxidizers and Sympathetics do better with healthy carbs, and with Magnesium.

KEY EMOTIONS

- Slow Oxidizer (Pancreas) LOVE
- Sympathetic (Thyroid) ANGER
- Para-Sympathetic (Adrenal) FEAR
- Fast Oxidizer (Growth Hormone) ANXIETY

LIVE-R

- Metabolizes Proteins, Fats, CHO
- Stores vitamins, minerals, and glycogen
- Filters the blood and removes toxins and microbes
- Creates bile which breaks down fat
- Helps assimilate and store fat-soluble vitamins
- Creates serum proteins, which maintain fluid balance, and act as carriers
- Stores extra blood, which can be released as needed
- Creates gamma globulin
- Metabolizes and excretes excess hormones

LIVER

- KEY EMOTIONS: Anger, Depression
- KEY SYMPTOM: Insomnia

Chinese Medicine – liver
Time is 1-3 A.M.

- MENTAL: Difficulty in making decisions

LIVER DETOXIFICATION

PHASE I

Transforms Lipid-Soluble toxins to water soluble toxins, for excretion via the kidneys and the colon.

LIVER DETOXIFICATION

PHASE II

- Conjugation with glutathione
- Amino Acid Conjugation – glycine
- Methylation – choline, B12, Folate
- Sulfation – methionine and cysteine
- Acetylation – to eliminate sulfa drugs
- Glucuronidation – asa, menthol, additives

LIVER RELATIONSHIPS

- The eyes
- Affected by changes in climate and barometric pressure
- Headaches, Tinnitus
- Regulates Digestion – Abdominal Pain, Nausea, Diarrhea
- Tendons, Nails, Ligaments
- Menstrual Problems
- Acne, Psoriasis, Other Skin Symptoms
- Bitter taste in mouth

THE ADRENAL GLAND

- Successful treatment of Peri-Menopause, Menopause, and Andropause require proper diagnosis and treatment of **Adrenal Function**.

Adrenals represent survival

Sex Hormones = reproduction

**YOU CAN LIVE WIHTOUT YOUR GONADS
YOU CAN'T LIVE WITHOUT ADRENALS**

When Adrenals are Stressed, Survival is the Highest Priority, and Shunting Will Occur

- Estradiol to DHEA
- Testosterone to DHEA
- Progesterone to Cortisol

- **THE ADRENAL GLANDS** are made up of an outer adrenal cortex that produces cortisol, aldosterone, progesterone, and DHEA, and an inner medulla that produces epinephrine and nor-epinephrine, which act as both hormones and neurotransmitters to stimulate the sympathetic nervous system.

THE ADRENAL GLAND

- Half Life of ADRENALIN is four minutes, and there is no enzyme to break down adrenalin.
- Synovial membranes are most susceptible to the inflammatory effects of adrenalin, thus fostering arthritis.

- CORTISOL protects against hypoglycemia by increasing the liver's production of glucose and allowing it to store glucose as glycogen.
- ALDOSTERONE regulates sodium and potassium levels
- DHEA has immune modulation effects
- The higher the DHEA the higher the pheromones, and the higher the sexual attraction. The more stressed we are the less sexually desirable we are.
- Pumpkin pie has the highest libido effect (pheromone level) of any smell.

THE ADRENAL GLAND

- In females, the adrenal glands are the only source of DHEA as they are in males. But in menopausal females, the adrenals are also the only source of testosterone, and also have to take up the production of estrogen and progesterone.
- In males, after andropause the adrenals become the only source of testosterone.

PREGNANCY

Many babies are born in a state of adrenal hypertrophy, secondary to a woman's hyper-vigilance. She draws from her progesterone stores during the second trimester. The Fetus's adrenals are working by month seven; so mother steals from the fetus.

PREGNANCY

- At birth a baby's output of cortisol is increased by 100%, and that accounts for why the baby is fussy. An irritable baby has increased levels of cortisol and DHEA.
- Mother gets post-partum depression right after the umbilical cord is cut at delivery because she can no longer get that extra cortisol boost from the baby's adrenals.

THERE ARE THREE MAIN CAUSES OF CHRONIC STRESS:

1. When we have long-term unhealthy beliefs that cause us to perceive life events as “dangers,” and thus trigger an alarm response involving fear, anger and pain
2. When we have persistent deprivation of our emotional need for bonding or closeness.

THERE ARE THREE MAIN CAUSES OF CHRONIC STRESS

3. When we don't get enough of our psychological needs met in our daily lives that are unique to our specific personality. Some of us need to have fun and excitement; others need acknowledgement of our values; others need acknowledgement of our ability to think clearly and logically; other people need solitude; and some of us need to be richly stimulated.

CHRONIC STRESS

- The key emotion of the adrenals is FEAR. We always hear about seeing the tiger and having the flight/fight reaction. But in reality you have two choices; You can run away from the tiger, OR you can say “here kitty kitty”. The first choice is seeing stress as a threat. The second choice is seeing stress as a challenge.

CHRONIC STRESS

Our major fears are:

- Death
- Illness
- Poverty
- Abandonment
- Abuse
- Loss of Love
- Criticism
- Failure
- Success

THREE STAGES OF ADRENAL RESPONSE TO STRESS

FIRST stage is called the ALARM REACTION.

- This is the body's initial response to stress. The adrenals go into a hyper-functional state to increase cortisol levels to adapt to the stressor.
- On a Saliva tests you will see this represented as Increased Cortisol/Normal DHEA.

THREE STAGES OF ADRENAL RESPONSE TO STRESS

The **SECOND** state is called the **RESISTANCE** STAGE.

- This stage occurs when stress is prolonged. What occurs in this stage is something called the “pregnenolone steal”. Pregnenolone is made from cholesterol and is the precursor for cortisol and all the sex hormones. The adrenals have only so much pregnenolone, and during times of stress, since survival is much more important than reproduction, it will make cortisol instead of DHEA. Thus on a Saliva test you will see Increase Cortisol/Low DHEA. Many people can remain in this stage for their entire lives.

THREE STAGES OF ADRENAL RESPONSE TO STRESS

The final stage of adaptation to stress is called the EXHAUSTION STAGE.

- Here the adrenals can no longer adapt to stress and are exhausted. As the adrenals become even more depleted you will see Low Cortisol/Low DHEA.

CORTISOL

- Produced in response to stressors such as pain, inflammation, glycemic control and psychological overload.
- The reason why cortisol is highest in the morning is because sleep represents a fasting state. The body can not rely on food intake to supply the glucose needed for cell energy production. Therefore the adrenals, during sleep, will release cortisol to tell the liver to make glucose available to the cells.

CORTISOL

- People with adrenal hyperfunction will have high cortisol at night when it should be low, which prevents them from falling asleep. Those people with tired adrenals will have depressed cortisol in the morning when it should be high.
- Adrenal hormones act as important reserves in menopausal women. Therefore if the adrenals are exhausted, menopausal symptoms will intensify.

SYMPTOMS OF HIGH CORTISOL

- Cannot fall asleep
- Perspire easily
- Weight gain when under stress due to Insulin Resistance
- Clinical signs of Hypo T4 because increased cortisol causes reduced T4 to T3
- The brain is less sensitive to estrogen, which will cause hot flashes in a post-menopausal woman who is seemingly on the right amount of estrogen. There may also be resistance to progesterone and testosterone
- Decreased liver detoxification
- Decreased levels of secretory IgA, which promotes inflammation via leaky gut
- Suppresses the immune system by decreasing WBC's and inducing atrophy of the thymus
- Can cause gastric and duodenal ulcers
- Decreases bone density
- Suppresses Pituitary LH resulting in no ovulation, infertility and/or no progesterone

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SYMPTOMS OF INSULIN RESISTANCE

- Fatigue
- Cravings for sugar
- Inability to lose weight
- Constant hunger
- Fatigue after meals

SIGNS OF INSULIN RESISTANCE

- Elevated Blood Sugar
- Elevated Triglycerides
- Cholesterol/Triglyceride Ratio of 1
- Low HDL
- Elevated uric acid
- Increased waist to hip ratio
- Elevated BP

SYMPTOMS OF ADRENAL FATIGUE

- Insomnia; wakes up and can't get back to sleep
- Craves salt
- Afternoon fatigue
- Dizziness when standing up quickly
- Hypoglycemia
- Chronic sore throat and ear ache in eustachian tube
- Palpitations
- A feeling that "you have the flu"

HYPOTHYROID SYMPTOMS

- Fatigue at rest, better with movement
- Cold hands, feet, body
- Excessive sleep needed
- Easy weight gain
- Constipation
- Depression, lack of motivation
- Morning headaches that disappear later in day
- Outer 1/3 of eyebrow thins
- Hair loss; thinning of scalp hair
- Dry skin
- Mental sluggishness



• How do we measure Health?

• How do we measure well-being?

• How do we measure energy?

QUESTIONS THAT NEED TO BE ASKED:

- Do you meditate?
- How is your relationship with your partner?
- How is your relationship with your kids?
- Do you like your work?
- What is your purpose in life?
- Do you feel connected to God or a higher power?
- Do you feel safe?
- How is your support system –family and friends?
- Are you having enough fun in your life?
- Was childhood fun?
- What are you passionate about?
- What excites you?

TREATMENT: Drainage

DEFINITION: The stimulation of the excretion systems of the liver, kidney, and lymph. Detox is the removal of toxins from their organ binding sites. They go into the blood. If the drain is clogged, nothing gets through. When doing a fast, toxins are liberated from the tissues, go into the blood, and then to the liver; but because the drain is clogged, you get sicker.

LIVER DRAINAGE

- Lemon – in water
- Carrots, beets, zucchini, squash, watercress, artichoke
- Herbal and Homeopathic
- Garlic – Stimulates Phase II enzymes
- Help the liver with Wobenzym 5 TID empty stomach.

KIDNEY DRAINAGE

- Nariwa Water
- Asparagus

LYMPHATIC DRAINAGE

- No dairy
- Deep breathing
- Exercise, Rebounding, Chi Machine
- Skin Brushing

DETOXIFICATION

- Infra-Red Sauna
- Colon Hydrotherapy
- Fasting
- Heavy Metals – Chelation
- Mercury Amalgam Fillings
- Treating Gut Dysbiosis
- Addressing Viruses, Yeast
- Pesticides, Chemicals

A HAPPY LIVER

- IV Vitamin C – 25 gm
- Glutathione IV and Cream
- Alpha Lipoic Acid
- Phosphatidyl Choline
- Inositol
- Phase I Activators – Cabbage, Broccoli, Brussel Sprouts, DIM, Oranges, Tangerines, B1, B3, C

PHASE II ACTIVATORS

- Milk Thistle (Cardus Mar., Silymarin)
- Dandelion (Taraxacum)
- Turmeric
- Artichoke
- Hepar Compositum S.C. – HEEL
- Homeopathic
- Acupuncture -Liver 3, Bladder 18(T9)
- Soft Laser to Ear
- Biophotons

THE MESENCHYME

- Relay Station
- Interface between the blood and the organ
- Toxins accumulate here
- Collagen
- Glial Cells

Einstein's brain had many more glial cells than other brains. Glial cells are mesenchyme cells (connective tissue) in the brain. Neurons never get cancer. They, like heart cells, are too metabolically active.

STRENGTHENING THE STAR PLAYER

It's about nourishing the gland, not just about replacing deficient hormones. What nourishes these hormonal glands?

- Herbs
- Homeopathy
- Acupuncture & Soft Laser
- Photons
- Nutrients
- Flower Essences

RECOMMENDATIONS FOR THOSE WITH ADRENAL FATIGUE

LIFESTYLE

- Avoid refined sugar
- Avoid caffeine (decaf coffee still has caffeine!)
- Avoid Nicotine
- Avoid Alcohol
- Avoid allergic foods
- Avoid hydrogenated oils
- Avoid overtraining
- Sleep at least 7 hours per night

RECOMMENDATIONS FOR THOSE WITH ADRENAL FATIGUE

NUTRITION

- Protein at each meal
- Don't skip breakfast
- Snack with low glycemic foods such as nuts, seeds
- Avoid all fruit juices. Never eat high glycemic foods without protein.
- Eat a well balanced diet consisting of lean organic meats, chicken, fish, vegetables, and healthy grains.

RECOMMENDATIONS FOR THOSE WITH ADRENAL FATIGUE

EXERCISE

1. Aerobic exercise – usually at 60% of maximum heart rate is the fat burning heart rate (between 90-110 for most people). This allows the body to burn fats instead of sugar. This puts less stress on the adrenals because it doesn't have to normalize blood sugar levels during and after the work-out.
2. Walking, slow jogging, slow cycling.
3. Avoid circuit training, fast-paced jogging, sprinting, running on treadmill at 6 mph or greater.
4. Do any exercise that doesn't make you feel tire 2 hours later, or the next morning.

RECOMMENDATIONS FOR THOSE WITH ADRENAL FATIGUE

RELAXATION

1. Deep Breathing – abdominal breathing
2. Meditation
3. Yoga
4. Vacations
5. Laughter (breaks fear)

Norman Cousins – “Anatomy of an Illness”

6. Lay down when you rest
7. Go to bed early

RECOMMENDATIONS FOR THOSE WITH ADRENAL FATIGUE

SUPPLEMENTS

- B5 – 1000 mg/day
- Vitamin C – 4,000 mg/day (as an ascorbate) – more C is in the adrenals than other organs
- IV Vitamin C
- Vitamin E – 800 IU as a mixed tocopherol
- Magnesium & Calcium – at different times because Calcium is preferentially absorbed if taken together at the same time.
- B complex injections
- Adrenal Cortical Extract Injections – in oil and IM
- Licorice Root – Increases the half-life of cortisol; is also anti-viral; modulates estrogens

RECOMMENDATIONS FOR THOSE WITH ADRENAL FATIGUE

SUPPLEMENTS

- Ginseng – Siberian (Panax – causes hirsutism in women)
- Ashwaganda (Withania or Indian Ginseng)
- Black Currant (Ribes Nigrum) Gemmotherapy
- Pregnenolone
- 7 Keto DHEA – 25 mg in women, 50 mg in males
- ADR – Pure Encapsulations
- Progesterone
- Apex Homeopathics

RECOMMENDATIONS FOR THOSE WITH ADRENAL FATIGUE

REGENERATION

- Acupuncture Bladder 23 – at L3
- Laser Ear Adrenal Acupuncture Points
- Photons to Bladder 23
- Fear Release Flower Essence

Adrenals take awhile to heal – 6 months to 1 ½
years.

THYROID

SOY IS BAD FOR THE THYROID
METABOLIC TYPE

THYROID FOODS

“Hormone Solution” Hertoghe

- Seaweed
- Garlic
- Radishes
- Garlic
- Watercress
- Seafood
- Wheat Germ
- Organic Beef or Poultry
- Amaranth
- Quinoa
- Seeds
- Sprouted Beans
- Watermelon
- Tropical Fruits
- Coconut
- Egg Yolks

•THYROID

Gemmotherapy

- Bloodtwig Dogberry (Cornus Sanguinea)
- Sweet Almond (Prunus Amygdalus)

Herbs

- Gugulu
- Ashwaganda

THYROID GLANDULARS

Nutrients – Selenium, Zinc, Vitamin A, D

MERCURY

- Look for it in the Connective Tissue, the Pituitary, and the Thyroid
- Frequent source of + Blood Test for Thyroid antibodies; secondary to
 - Thyroid Antibodies
 - Mercury
 - Pesticides
 - Virus
 - Leaky Gut

PANCREAS

Five Hormones That Oppose Insulin

- Glucagon
- Growth Hormone
- Cortisol
- Epinephrine and Nor-epinephrine

Herbs

- Gymnema Sylvestre
- Syzygium Jambolanum (Jambul)

Homeopathy

- Organotherapy – Pancreas 4C
- Complex Homeopathy

PANCREAS NUTRIENTS

- Chromium
- Vanadium
- Alpha Lipoic Acid
- Vitamin E
- Magnesium
- Zinc
- Biotin
- Fish Oils
- B Complex and B6

PANCREAS

ACUPUNCTURE

- CV 12
- Ear Points

SOFT LASER

BIOPHOTONS

PINEAL

- The hypothalamus is the body's primary organ of homeostasis, responsible for maintaining the equilibrium of most biological processes within a fairly narrow range, through its releasing factors. Some define aging as a loss of hypothalamic sensitivity to feedback loops involving hormone levels within the body.

PINEAL

- The Pineal Gland influences the Hypothalamus
- The Pineal is responsible for cyclical functioning of the entire neuro-endocrine system. This is called Hormonal Cyclicity.

CYCLES GOVERN OUR LIVES

- 365 DAYS TO A YEAR
- 24 HOUR DAY NIGHT CYCLE
- The lunar cycle
- The effects of the moon on low an high tides
- The cycle within sleep
- The menstrual cycle

Suggested Help

Dr. Galitzer's Pineal Met
Acupuncture

SUMMARY

All Bio-Identical Hormone Protocols work when:

1. You get the team to play well together
2. You optimize the function of the Star Player
3. You keep the Liver happy
4. You effectively use drainage, detoxification, and regeneration therapies
5. You use Saliva Hormone Analysis, Bio-impedance, Biological Terrain Assessment, and Heart Rate Variability to help assess the health of the patient and monitor their therapies.