

Natural Synergistic Hormonelike Compounds

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Introduction

Human sexuality is one of the fundamentals of life and existence. Sexual activity in animals and humans is the key indicator of reproductive potential as well as the main driving force in life. Once the adulthood is reached, we go through a long period of maturity where changes to the body are minimal. After that everything changes very quickly, especially in the fourth and fifth decades of our life, where serious physical, hormonal and mental decline begins. This great upheaval, or time of change, is referred to as the 'menopause' for women and 'andropause' for men. The menopause for a woman can sometimes occur over a period of less than two years. The sexuality of a man, however can be transformed in a matter of a few months, or deteriorate slowly over many years. This decline transition is a veritable touchstone in the aging process of an adult.

The hormone (*endocrine*) system becomes fatigued as the body ages. Decrease in hormone production reduces the ability to regulate and repair bodily functions. This could create chaos in the decline balance of the body's systems, manifesting as weight gain, visible aging of the skin, sexual breakdown, loss of libido, failing eyesight and hearing, memory problems, a general loss of interest in life ... and more. The struggle to maintain or increase sexuality and the vitality of youth has been going for generations before our time. Ancient Egyptian records describe the use of mystical herbs to preserve the vigor of the Pharaohs, even sealing them in their tombs to aid them in the afterlife. The Chinese have countless formulas of plants proven for over hundreds of years to keep their emperors young and able to sustain a hundred concubines.

Biochemical Mechanisms

Synergistic herbal complexes *AndroMax* and *EstroMax* are designed to improve the functioning of male and female endocrine systems without the use of synthetic drugs or hormones. The ingredients are proven to be able to alleviate the symptoms of aging caused by hormonal decline. These herbal complexes are proprietary formulations based

on the combination of special herbal extracts and Activated water. Activated water enhances the physiological efficiency of the herbs and works as a catalyst for assimilation and transportation of nutrients in the body. The herbal extracts used for these dietary supplements are based on recipes that have anti-aging properties and were used in Russia for several generations. Most of them were based on the recipes from very rare XVII century manuscript "Travnik" kept in Central Library in Moscow at the department of rare books and manuscripts.

AndroMax is a synergistic supplement based on the combination of Activated Water and herbal extract derived from three selected herbs:

Slippery Elm – Astringent, Digestive, Diuretic, Aphrodisiac, Emollient.

- Principal ingredients: polysaccharide, starch, tannin, calcium oxalate, sterol, phytosterol, and amino acids.
- Softens and relaxes inflamed tissue, having an emollient effect.
- In Russian folk medicine it is used to control prostate enlargement and inflammation.

Saffron – Aphrodisiac, Hormonal.

- Contains the antioxidants Vitamin C and E, along with carotenoids, curcuminoids, natural cyclooxygenase inhibitors, fatty acids, and flavanoids.
- Known to reduce fevers, cramps, enlarged liver, and to calm nerves.
- Inhibits production of hormonelike substances produced by prostaglandins.
- It vitalizes blood, stimulates spleen, heart and liver functions.

Willow – Alliterative, Analgesic, Antiseptic, Hormonal, Tonic, Adaptogen.

- Principal ingredients: glucoside, salicin, tannin, and flavonoids.
- Stimulates functions of kidneys, prostate, urethra, and bladder.
- Helps to control fever, inflammation, relieve neuralgia and headaches.

EstroMax is a synergistic supplement based on the combination of Activated water and herbal extract derived from three selected herbs.

Peony – Antibacterial, Antispasmodic, Tran-quilizing, Hormonal, Circulatory stimulant.

- Used to relieve night sweats, dizziness, headaches, and female related problems.
- It is a good immunostimulant. It has high concentration of isoflavonoids.
- Helps to normalize blood pressure, spasms, improves blood flow to the uterus, and regulates menstruation.

Pumpkin Seeds – Hormonal, Mood Enhancer, Alliterative.

- Contains: tryptophan that boosts serotonin levels and elevates mood, amino acid, fatty acid, oleic acid, alpha-linoleic acid, and phytosterols.
- Stimulates production of estrogen and prolactin hormones in the body.

Willow – Alliterative, Analgesic, Antiseptic, Hormonal, Tonic, Adaptogen.

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- Stimulates functions of kidneys, urethra, and bladder.
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Recent studies suggest that some natural ingredients isolated from plants have the ability to affect hormone production in the human body. Herbs selected for the male formulation are rich with flavanoids, fatty acids, phytosterol, curcuminoid, linolenic acid, and vitamin C and E that are a powerful antioxidants providing numerous health benefits. Research suggests that naturally occurring flavanoids such as chrysin have the ability to inhibit the conversion of testosterone into estrogen, thereby making prohormones and free testosterone more effective, while reducing any estrogen effects. Studies show that androgen action in many organs, such as prostate and skin,

is dependent on the conversion of testosterone by 5 alpha-reductase to 5 alpha-dihydrotestosterone. Inhibitors of 5 alpha-reductase are useful for the selective treatment of benign prostatic hyperplasia, acne, baldness and female hirsutism, without affecting spermatogenesis, sexual behavior and smooth muscle growth. Certain unsaturated fatty acids, such as gamma-linolenic acid, are potent 5 alpha-reductase inhibitors, suggesting a linkage between unsaturated fatty acids and androgen action. The results of the binding assay and the enzymatic assay correlate well for unsaturated fatty acids and suggest their important role in the regulation of androgen action.

There are randomized, double blind, placebo-controlled studies of men with benign prostatic hyperplasia treated with the phytosterol. These studies were designed to assess the safety and efficacy of using beta-sitosterol in treating this condition. Parameters used to monitor the effectiveness of this novel treatment approach included postvoid residual urinary flow rate, peak urinary flow rate, and changes in the quality of life index value. Statistically significant results over the placebo control were noted. Quality of life scores and IPSS values also showed a statistically significant improvement. These results indicate that beta-sitosterol (*phytosterol*) is in fact an effective treatment option for men with BPH.

The herbal extract designed for the AndroMax formulation is also rich with curcuminoids, a class of phenolic compounds renowned for its free radical scavenging. Curcuminoids inhibit enzymes that synthesize inflammatory leukotrienes, prostaglandins and prostacyclins from arachidonic acid. Their antioxidant power also blocks serum lipid peroxidation, resulting in significant reduction of serum lipid peroxides and cholesterol level.

The herbs selected for the female formulation contain amino acids, fatty acids, flavanoids, tryptophan, cucurbitin, and vitamin C and E as antioxidant agents. There are randomized, placebo-controlled studies suggesting that tryptophan boosts serotonin levels in the brain and acts as an herbal mood enhancer, which also stimulates production of estrogen and prolactin hormones in the body. Tryptophan provides changes in follicle stimulating hormone (*FSH*), luteinizing hormone (*LH*), sex hormone-binding globulin, and vaginal cytology. Results showed that FSH and LH decreased and sex hormone binding globulin increased. It provided estrogenic effect on the liver and pituitary gland in postmenopausal women.

This herbal extract also contains amino acid cucurbitin. In 1991 A. Hasler, Ph.D. conducted a study in which he gave curcubin (*based on pumpkin extract*) to women suffering from vaginal disorders. Within three months their problems greatly improved.

Some researches indicate that naturally derived flavanoids such as isoflavones protein reduce bone loss in animal models of experimental osteoporosis and in postmenopausal women. Recent studies show that the health-promoting benefits of a plant-based diet may be due to the presence of plant-derived cholesterol analogs known as sterols and sterolins. Although absorbed at a rate 800 to 1,000 times less than cholesterol, they appear to have important immuno-modulatory and hormone activities in human and animal physiology. Plant sterols and sterolins are thought to be responsible for the health benefits of a variety of herbs including pumpkin seeds, peony, saw palmetto, willow, and Siberian ginseng. They have adaptogenic properties, which make them an essence of an optimum diet.

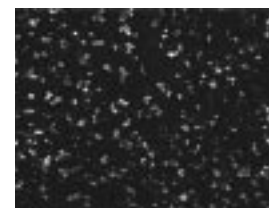
Another of the very important ingredients in this formulation are naturally derived vitamins C and E. In vitro experiments with PBMCs showed that combination of these potent antioxidants reduced polysaccharide, induced prostaglandin E2 production, and enhanced TNF-alpha production. The enhancing effect of supplementation with a combination of vitamin C and E statistically significantly correlated with peak plasma alpha-tocopherol and ascorbate levels and the lowest plasma lipid peroxide concentration.

Activated Water is a basic delivery agent for both the AndroMax and EstroMax formulations. It is a scientifically based fact that water plays the most important role in the vital activity of living systems, since they contain about ten thousand molecules of water per one molecule of protein. Water molecules participate in cell communications and in principal metabolic functions. Activated Water is produced with the help of patented, non-chemical Molecular Resonance Effect Technology.

The basic idea of Molecular Resonance Effect Technology is the direct transmission of prerecorded molecular activity signals to biological systems with the help of Activated Water. These messages are imprinted in water during the process of activation. The effect of Activated Water on molecular complexes, such as bacteria, viruses, and abnormal cells, can be explained by the fundamental physical phenomenon of electromagnetism, such as resonance, constructive

and destructive interference. Activated Water is transducing to the body beneficial energy and information specified to eliminate a number of problems and to improve the health conditions.

Physical and biochemical advantages of Activated Water are described in my article published in *Explore! For the Professional Journal*, Volume 11, Number 1, 2002. The process of water activation induces the formation of water molecular clusters similar to water molecular structures found in living cells. Long-range molecular structures in Activated Water contain stronger hydrogen bonds, rather than short-range structures in regular water. The energy and the level of absorption in Activated Water is higher than in regular water. These properties contribute to accelerated transportation of nutrients, and as a result better assimilation of nutrients in the body.



Regular water



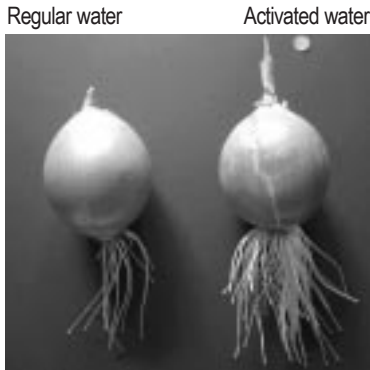
Activated water

The photographs (*prior page*) taken through a phase contrast darkfield microscope at 4000x-magnification show the changes to the micro cluster structures of regular water. The image of Activated Water shows the increased, more organized structure. It also shows that the micro clusters of Activated water are significantly smaller than the micro clusters of regular water. This fact in part explains the enhanced absorption level in Activated water.

A number of tests confirm the advantages of this water. It accelerates and enhances the growth. The same timeframes were observed in each of the following examples, utilizing onions.

Regular water Activated water



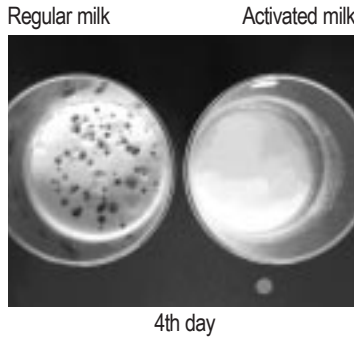


Onions irrigated with this Water show enhanced and accelerated growth of roots and sprouts. It is a result of enhanced absorption of this water formula that improves biochemical reactions in living systems (*photographs show 1st, 7th, and 16th day respectively*).

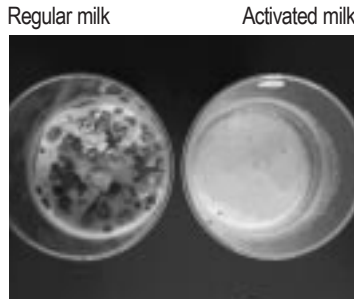
Molecular Resonance Effect Technology affects liquid substances other than water in a similar way, by changing their molecular organization. A lot of food products on the market including milk contain preservatives. They make more difficult the processes of fermentation and food assimilation, and as a result slow down metabolism. For instance, holistically oriented Medical Doctors do not recommend drinking the processed milk available on the market at all, because the body practically can't absorb it. The process of activation changes the structure of milk. It prevents the harmful effect of preservatives and induces the process of fermentation.



1st day



4th day



9th day

In Activated processed milk fermentation started on the 4th day and in regular processed milk it did not start at all. As a result, the process of activation makes easier the absorption of milk, and enhances and accelerates metabolism. Activated milk did not start molding till the 9th day of the test. By that time regular milk was totally covered with mold and has strong rotten smell. This test proves that the activation process accelerates and enhances fermentation and prevents rotting. As a result it improves assimilation of nutrients in the body.

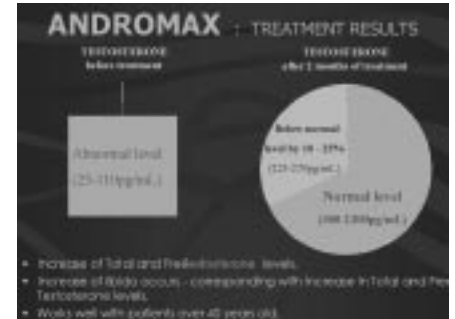
In the same way Activated Water enhances the efficiency of herbal components in *Andromax* and *Estromax* formulations playing the role of an agent for transportation and assimilation of nutrients in the body.

The Natural Way to Achieve Optimum Vitality

Clinical studies were conducted in the Medical Academy of St. Petersburg, Russia with men and women having low levels of testosterone and estrogen respectively. The sex hormones levels normalized after two months of ingestion of AndroMax for the majority of men and EstroMax for women. Most symptoms and discomfort associated with sex hormone deficiency for both men and women disappeared.

AndroMax herbal complex proved to be efficient for men suffering from sexual dysfunction. The symptoms included erectile dysfunction, the loss of libido, ejaculatory insufficiency, anemia, male climacteric impotency, etc. Sexual dysfunction was caused by the low level of testosterone, the male hormone produced by Leydig cells of

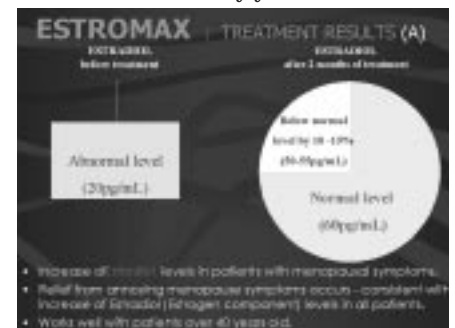
the testes and also secreted by adrenal glands. The level of testosterone in this particular male group of patients was in the range of 70% to 90% below the normal. After two months treatment with AndroMax the level of testosterone came to normal in 2/3 of cases and in 1/3 of cases it increased to the level of 10% to 25% below normal.



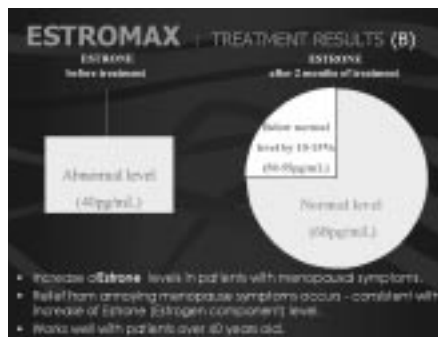
Most of patients reported that all disturbing symptoms had gone away, and that they experienced the increased sex drive and enjoyed the intercourse without fatigue and any fear of failure. Others admitted that they felt themselves much better and stronger during the intercourse, they were not anemic any more and the most part of embarrassing symptoms disappeared.

EstroMax herbal complex proved to be efficient in cases of premature menopause. Menopause usually occurs around the age of fifty. Premature menopause occurs secondary to the failure of the ovaries to produce female hormones estrogen and progesterin. The women under this clinical test were from 40 to 42 years old and had the premature menopause. They suffered from a multitude of annoying symptoms such as sweating, hot flashes, fatigue, vaginal drying, pain with intercourse, low sex drive, depression and premature aging.

The conventional treatment consists in taking hormones: estrogen or the combination of estrogen and progesterin. It stops these symptoms, but unfortunately there are some potential disadvantages of increased risk of endometrial and breast cancer. A general consensus is that the risk is increased by about 25% if estrogen is taken for ten to twenty years.



The women going through this testing had the low level of estrogen components: estradiol and estron. The level of estradiol was around 70% below normal. After two months of treatment with EstroMax in 3/4 of cases the level of estradiol came back to normal and menstrual periods reestablished. In 1/4 of cases the content of estradiol increased to the level of 10% to 15% below the normal.



The level of estron was around 30% below normal. After two months of treatment with EstroMax in 3/4 of cases the level of estron came back to normal and menstrual periods reestablished. In 1/4 of cases the content of estron increased to the level of 10% to 15% below the normal. All

women reported that the annoying symptoms had gone away. They looked and felt themselves stronger and younger and enjoyed the higher then ever before sex drive.

This particular herbal complex also proved to be effective in cases of infertility, when the infertility occurred as a result of abnormal production of female hormones by the ovaries. It helped elderly women diagnosed with osteoporosis. This problem is usually caused by the fact that women are losing estrogen after the menopause occurs. It is a long-term problem. As a result of it the bones lose calcium and become thin and brittle. People are suffering from severe pain syndrome and are subjected to the increased risk of bone fractures. Estrogen replacement therapy stops the rapid bone loss and reduces hip fractures by 25% and spine fractures by 50% according to general consensus. Unfortunately the process of osteoporosis is not reversible with estrogen replacement therapy. There is also potential risk of breast and endometrial cancer. The six months course of EstroMax and Activated water substantially improved the health conditions of women suffering from osteoporosis. All uncomfortable symptoms including severe pain and fatigue syndromes disappeared. ♦

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