

# HORMONE REPLACEMENT THERAPY: Summary for Standardized Protocols

by Dr. Bruce Shelton

The release of a recent government study by the Journal of the American Medical Association (JAMA) in the application of Hormone Replacement Therapy (HRT) has stirred much controversy in this field of traditional medicine.

The long-term use of two popular forms of HRT – estrogen and progesterin – has been found to increase the risk of stroke, heart disease and breast cancer. The results of the study, which focused on the Wyeth-produced drug Prempro®, has led millions of women to seek out alternative treatments in an effort to avoid the potentially serious side effects of the traditional medications.

Statistics reveal that 30% of menopausal women use some type of alternative therapy – a number that is likely to increase following the recent governmental findings.

Heel offers the following side effect-free remedies in protocol format for immediate integration into your practice and the successful treatment of your patients.

In pre-menopausal and peri-menopausal women where ovarian function is still possible and desirable HORMEEL/ORMEEL 10 drops at 8AM and 4PM plus KLIMAKT-HEEL tablets at noon and 8PM daily plus OVARIUM Compositum oral vials/ALVIUMEEL drops at bedtime 3x/week.



In post-menopausal women, stimulation of the natural internal hormone production is vitally important. In order to stimulate and regulate the function of endocrine glands, it is important to use the basic and advanced forms of homotoxicological therapy. The following should be instituted:

1. To promote drainage and detoxification, add 30 drops of the three products found in the Detox-Kit (Nux vomica-Homaccord, Berberis-Homaccord and Lymphomyosot/Lyphosot) to a liter of water and sip mixture throughout the day.
2. To promote excretion of toxic metals (which depress adrenal function) and to stimulate absorption of necessary trace element minerals, MOLYBDÄN Compositum tablets should be taken daily with a good mineral supplement.
3. To promote adrenal function TONSILLA Compositum\* oral vials 3x/week at bedtime.
4. To promote aerobic metabolism and the intracellular mitochondrial efficiency of all cells use oral vials of COENZYME Compositum/UBICOENZYME on Monday and Thursday mornings and UBICHINON Compositum/UBICOENZYME on Wednesday and Saturday mornings.

It needs also to be pointed out that it may take 3-4 months for good adrenal function to return and that it may be desirable to work with a good compounding pharmacist and offer the available SAFE natural estrogens, progesterone and testosterone (for libido), especially in women that were previously taking the now forbidden hormone products.

Additional Heel products to aid with the symptomatic treatment related to menopausal problems:

1. Nervoheel/Nereel and BHI Calming/Calsom for anxiety relief.
2. Ignatia-Homaccord for depression relief.
3. BHI Feminine\* and BHI PMS-Mulimen\* for the pre- and peri-menopausal situations where a non-prescriptive formula is desirable.

\* Not available everywhere.