



Made for men's health:  
ProGen™ and Mister™

Andropause has received little attention because it sneaks up on its victims. Unlike a woman, whose sex hormones drop abruptly during perimenopause, a healthy man's total plasma testosterone level declines very slowly with age.<sup>3</sup>

The gradual loss of muscle mass, increase in fat, loss of libido, changes to skin and hair are often assumed to be "normal" results of stress and aging.

**References**

<sup>1</sup>Novak A, Brod M, Elbers J. Andropause and quality of life: findings from patient focus groups and clinical experts. *Maturitas*. 2002 Dec 10;43(4):231-7.  
<sup>2</sup>Male Menopause - fact or fiction?  
<sup>3</sup>Wespes, E., Schulman, C.C. Male andropause: myth, reality, and treatment. *Int J Impot Res*. 2002 Feb;14 Suppl 1:S93-8. Review.  
<sup>4</sup>Burns-Cox, N., Gingell, C. The andropause: fact or fiction? *Postgrad Med J*. 1997. ep;73(863):553-6.  
<sup>5</sup>Yes, there is such a thing as a male menopause. And yes, there's a cure. *Observer*. March 26, 2000.  
<sup>6</sup>Somers, S. *The Sexy Years*. Crown Publishers. New York. 2004.  
<sup>7</sup>Ebeling PR. Osteoporosis in men. New insights into aetiology, pathogenesis, prevention and management. *Drugs Aging*. 1998 Dec;13(6):421-34.

**The Change of Life—  
It's Not Just for  
Women Anymore**

Ever wonder what happened to the lean, energetic, fun-loving guy you used to be? Does your zest for living seem to have evaporated along with the years? Is your couch the place where you now make your greatest impact?

If so, you may be experiencing "andropause," the male version of menopause. Caused by declining testosterone levels, this constellation of symptoms diminishes the quality of life for millions of men.<sup>1</sup> The degree to which men experience a wide range of symptoms is illustrated by this information from a recent London study:

	Percentage of Subjects Who Experience Specific Andropausal Symptoms <sup>2</sup>		
fatigue	82%	aching, stiff joints	63%
depression	70%	in hands and feet	
irritability	61%,	increased sweating	53%
reduced libido	79%	esp. at night	
awareness of	43%	classic hot flushes	22%
premature aging		erectile dysfunction	80%

**Risks of Hormone Replacement Therapy Now Available to Men, Too**

While the medical profession is just beginning to define andropause, doctors are prescribing medical testosterone via pills, patches or injections.<sup>4,5</sup> While testosterone therapy helps to manage symptoms, there are serious potential side effects, as with women's hormone replacement therapy. "Androgen supplementation could have adverse effects on different organs, namely, the liver, lipid profile, cardiovascular disease, prostate, sleep disorders and emotional behavior."<sup>3</sup>

For those who don't find those health risks acceptable, the following selection of Young Living essential oils and supplements may naturally support your body to increase its production of testosterone. As the hormonal system is very complex, we recommend you begin by locating a specialist in men's health to determine your testosterone level.

**Carol Ann Snodgrass, R.N.**  
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## RADIANT HEALTH NEWS

### Men's Hormonal Health Kit

**Mister** essential oil blend was formulated especially for men. **Mister** contains phytosterols which may block excess estrogens in the body. Apply topically on the male reproductive VitaFlex points on the inside of your ankles. (Locate by drawing a line from the ankle bone to the corner of the heel. In the center of that line is the reflex point.) May be taken internally (20 drops/capsule/day) with a full glass of pure water.

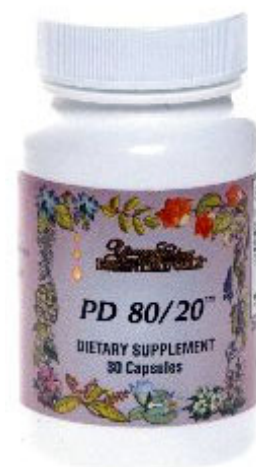
**ProGen** capsules contain saw palmetto, zinc, L-arginine and essential oils. The best known use of saw palmetto is for the treatment of prostate enlargement. It has also been proven to be as effective as prescription phytosterols (at considerably less expense).<sup>7</sup>

### Men Need MegaCal™ to Fight Osteoporosis

Andropause, like menopause, causes a decrease in bone mineral density, resulting in osteoporosis. Protect those bones with MegaCal, which includes the most important bone-building minerals in a bioavailable, liquid form.

**PD 80/20™** is Young Living's most powerful hormone product (especially for men) and well worth the price. It is definitely a "youth-maker." A blend of 600 mg of pregnenolone and 200 mg of DHEA.

**Progessence™ skin cream** delivers 400 mg of progesterone per ounce. A phytosterol, it elevates mood, increases bone mass, uses body fat as a source of energy and increases libido (for both men and women). Gary Young suggests a very small dose of 1/16 tsp. or less every other day.



### Tell Me Something I Don't Know

Lifestyle choices make a huge impact on the health of our hormonal system. Getting adequate nutrition, exercise and managing your weight all contribute to more balanced hormones, thus fewer and milder symptoms.

Special thanks to  
**David Peterson** for his  
contribution to this issue.

Product Name	Code # Size	Prices Customer Pref Cust Wholesale
Mister essential oil blend	#3381 15 ml	\$32.89 \$28.95 \$25.00
ProGen supplement	#3233 60 caps	\$33.55 \$29.53 \$25.50
MegaCal supplement	#3280 15.6 oz.	\$43.09 \$37.92 \$32.75
PD 80/20 supplement	#3263 30 caps	\$80.26 \$70.63 \$61.00
Progessence skin cream	#3725 1.4 oz.	\$34.87 \$30.68 \$26.50
Men's Health Kit Total		

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