

Case Histories

Case History – Raising Testosterone Naturally

Gender, Age, Occupation, Nationality, height and weight.	Mr G.W. is a 51 yr old businessman, living close to London. He has a family with his two teenage children at home. He is 6 ft 1, weighing 13 st 6 lbs (185 cm, 85 kg).
Presenting complaint – list and duration	<p>Mr G.W. presented with fatigue, excessive stress, excess abdominal fat, diminished muscle mass and reduced sex drive and function.</p> <p>He also had disrupted sleep, found himself to be more irritable than before, and felt 'flat' a lot of the time.</p>
Any Investigations	<p>G.W. had visited his GP. who said there was nothing wrong with him, which was almost certainly correct from a pathology perspective, but no tests were conducted. G.W. concluded that perhaps he was experiencing a mid-life crisis.</p> <p>I recommended him to undertake saliva testing for cortisol, DHEA, free testosterone, & melatonin – the Genova Test panel is called Male Hormones Plus.</p>
Strategy	<p>The first goal was to rule out the presence of under active hormones, and then to provide the optimal approach to correct any imbalances with diet and supplementation, as well as some fundamental advice about lifestyle, which G.W. was already taking on board.</p> <p>The exercise in which G.W. engaged was to be changed from cardio / aerobic exercise to resistance exercise, for a shorter time, and a maximum of 3 times per week.</p> <p>Re-testing would confirm changes, and hopefully improvements in the hormones and would be correlated with improved symptomology.</p> <p>G.W.'s cortisol was low with a total of 9.1 for the day, with 4 readings being 3.9, 2.2, 2.2, 0.8. His DHEA was low in the range.</p> <p>The free testosterone was 45 in a range of 70-250.</p> <p>His melatonin was normal for the 3 samples over the day night cycle.</p>
Diet & Supplements: name and dose	<p>G.W.'s diet was very sound, with a well balanced breakfast: eggs on wholemeal toast or yogurt & fruit smoothie or porridge with honey. He ate this at about 9 am after being at work from 7 am. His lunch was either a one to two course business style lunch with meat and two veg and some carbs, for example, or a 'healthy' brown bread sandwich. He ate a piece of fruit or two during the day and then had a wholesome cooked dinner at home such as salmon with new potatoes and broccoli. He worked from 7am until 6 or 7 pm. He drank 2 glasses of wine a night, on average, sometimes had none but equally sometimes had 4 on a Friday or Saturday night. He drank 1 coffee in the morning, and 2-3 teas during the day and a glass of water or two in addition.</p>

Three to four times a week, usually during a lunch hour, but sometimes after work, G.W. would run on the treadmill or use the cross-trainer for 45 mins at a time.

Once the results came back, there were changes made to his diet, supplements were recommended, and his exercise regime was fundamentally altered.

The key dietary change was to stop all alcohol for a trial month, to ensure that he did not overeat at dinner, not to have any caffeine beyond 12 noon, and to ensure he drank at least 1 litre of water at his desk from 12 til the end of the working day.

The supplements recommended are shown here

Future Formulations – Adrenal Rebuilder – 2 with breakfast, 2 with lunch, 1 at 5 pm

- Dr Wilson's glandular formula containing adrenal cortex, gonad and hypothalamus and pituitary glandular extracts – hormone-free.

Allergy Research – [Stabilium](#) – 4 caps on rising for 2 weeks, then 2 caps

- Contains a high concentration of small peptides similar to pituitary and hypothalamic stimulating peptides which act as hormone precursors to neurotransmitters such as GABA, encephalins and endorphins which can all support the nervous system and help to adapt to stressful conditions.

Biotics Research – [b-VITAL](#) – 2 caps with breakfast & 2 with dinner

- Contains Peruvian Maca to support healthy testosterone levels. This is a patented formula with humanely collected deer antler shown to augment free testosterone.

Biotics Research – Stamina Caps - 2 with breakfast & lunch, 1 mid afternoon

- Contains vitamins B1 & B5 with small dose of CoQ10, Carnitine & octacosanol from rice – which may help with increased oxygen utilisation by muscle and nerve tissues.

Second Programme

After 5 weeks, the programme was altered only slightly.

Reduction in Adrenal Rebuilder from: 5 to 4 per day

Reduction in Stabilium from: 4 caps to 2 caps per day

Introduction of this supplement:

Body Bio – Methylcobalamin B12 – 1 lozenge a.m. in the morning

Duration

The first programme was for 5 weeks, and then the second programme was for 10 weeks, followed by a re-test of the salivary hormones.

A follow up took place after 5 weeks, and then a telephone appointment 3 weeks after that and then after a further 3 weeks then the third face to face meeting after 4 more weeks. There was also email contact during this time, and a few brief telephone calls, so that there was never a period of 2 weeks without some form of contact.

Outcome

G.W. took on board the temporary alcohol 'ban' and recognised that this was going to be an issue. He told me later that he found it easier to do than he had expected. He enrolled his PA to help him with his water consumption and his wife to help him with dinner portions. He was in a position to engage a personal trainer to teach him how to do a 30 minute resistance exercise programme and he did this 2-3 times per week. At first he complained that he felt like he wasn't getting a workout because he wasn't dripping with sweat and I had the conversation with him about how steady state exercise taxes the adrenals. As with the alcohol, we agreed that this change would be for a 4-5 week period of time and it would be reviewed.

At the 5 week follow up G.W. was feeling noticeably better in his mood and energy. He had lost a little abdominal fat – his trousers were looser, but he had not weighed himself. He felt less anxious and less irritable too. His demeanour and 'palour' were noticed by others as being different – in a good way – which provided him some important positive feedback. However, he still reported that he couldn't feel the 'zing' (his word) he used to have.

His sleep suffered during the first week, but then had settled to become as sound and refreshing as it had been for years. This may have been an adjustment to no alcohol on the one hand, or the effects of the supplements too.

It was too early to tell if there were any differences in his sex drive and function.

He then reported that he had indigestion and burping after meals and that this had been present for some time but that he had not mentioned it before either in conversation or on the questionnaire. I wondered whether low HCl was a factor and he undertook the Gastro-Test and tested out using the pH stick as a green marker, reflecting too high a pH, too low a level of stomach acid. Since he also had the odd burning sensation, HCl Acid supplements were not recommended. However, due to the potential for poor absorption of vitamin B12, despite a good dietary intake, a well absorbed, useful dose of B12 was recommended for the next phase of his programme.

Body Bio – Methylcobalamin B12 – 1 lozenge a.m. in the morning

I also recommended he concentrate on relaxing before meals and chewing his food well too.

Ten weeks later, we met for the third time, and based on his improvements, a re-test was recommended.

G.W. had experienced a gradual improvement in how he had been feeling over these ten weeks, which I had learned about in the telephone conversations. His strength, energy, mood, sleep and general vigour had really been quite different, and he was very surprised that relatively simple changes and a few supplements could produce such good results.

He had continued to avoid alcohol during the week, but had a glass or two on a Friday or Saturday night. He now noticed that he didn't feel so bright in the mornings the day after drinking.

He continued with the resistance exercise, and told me he was sure this was partly why he had more energy, and he could see his muscles again and felt stronger for it, but was still concerned that he was not working hard enough on his cardio. I told him to hold off any cardio until his next results were back – which was to be in another 12

days time.

He told me that he had noticed improvements in his sex drive and function and he told me he thought it was due to his having more energy.

He had taken the supplements over 90% of the time.

He had lost 8 lbs of weight but had gained some muscle too resulting in a noticeable change of shape.

There had not been any more stress than usual at work, and he still had long days.

The second results showed these changes.

Cortisol went from 9.1 to 18.4 (9.3, 5.4, 2.8, 0.9)

Representing an almost exact doubling.

Testosterone went from 45 to 109 (70-250)

Representing an increase of almost 150%.

Melatonin remained normal with no change in pattern.

The results were very gratifying for G.W. who again expressed surprise at how these hormones could be manipulated with non-hormonal nutritional therapy.

G.W. could not be sure, but he felt that the B12 lozenge helped to give him back the spring in his step, giving him a certain sense of well-being that he could not pin down more than that.

G.W. continues with a reduced supplement programme that is effectively half of the doses he was taking, but he takes the B12 lozenge every day. The Adrenal Rebuilder is taken at the full dose for one month and then stopped for a month and then again for the following month, and so on.

G.W.'s outlook is so much brighter and more positive than it was, and is appreciated by his whole family.

Comments

Many men of a certain age experience what G.W. went through in terms of diminished well-being and altered body shape and reduced sex drive / function. Many do not know to seek help of any kind but accept this as part of the aging process. However, so much can be done potentially, and this case highlights that the quality of life improvements that can be achieved through modest diet & lifestyle changes and the appropriate supplementation.

The use of lab testing here proved to be a very useful tool for both motivation purposes and for honing the recommendations.

b-VITAL (BR) has consistently proven itself in its ability at raising low free testosterone.

Adrenal Rebuilder (FF) is understandably Dr Wilson's favoured product to do just that – rebuild and heal the adrenals.

Stamina Caps (BR) is another product that brings consistent results in improving

energy as well as stress resilience.

Stabilium (AR) has time and again shown itself to be able to improve energy, stress tolerance and sleep.

The active form B12 was a fortunate introduction, based on an almost throw-away comment G.W. made at the follow up. We did not test his B12 with a urinary MMA analysis to determine his needs, but it appears to have contributed to his improvements.

This combination of products represents an excellent foundation to achieve improvements in energy, well-being, sleep, mood & body composition, and libido.

Practitioner

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