

There's Nothing More Beautiful Than The Human Female

By Lane Sebring, M.D.

I once wrote a short story that began with the words, “There is nothing more beautiful than the human female.” These were the words of a young boy that told the story. What does a young boy see in a woman or a young girl that he finds so beautiful? I suspect the beauty he saw was a natural beauty. He doesn't know it is a healthy testosterone level which gives her the fullness of her lips and the sparkle in her eyes or that the estrogens help to maintain the elasticity and lucency to her skin and keeps it attached to the muscles underneath. He doesn't know that it is growth hormone that also helps to maintain the tension in the skin to keep it smooth, and also prevents the thinning of the skin as she ages. He only sees the results and he finds that there is nothing more beautiful. He's not supposed to notice (but he does) the roundness and fullness of her breasts and the curve of her hips. He does not know that it is estradiol that maintains their fullness and suspension and that estrone determines the fullness of her hips. He doesn't know that it is the proper balance and function of these hormones along with good nutrition and exercise, which gives her the grace and quickness of her movement. He only sees and appreciates the results (and so does his father).

Beauty is a result of nature at its finest. Though the beauty of an individual changes throughout life, the unmistakable thread through it all is the underlying health and vibrance of the individual.

Bio-identical hormone replacement uses the body's own chemistry to keep it healthy and balanced. This, along with nutrition and a moderate amount of resistance and aerobic exercise are the most powerful tools we have for achieving and maintaining internal and external beauty. In fact, feeling good and feeling good about yourself is the most attractive thing about you.

Bio-identical hormone replacement is the use of the exact same hormones our bodies make such as: testosterone, estradiol, progesterone, growth hormone, thyroid hormone and cortisol. These hormones can be evaluated by a physician and maintained at their optimal level, which can be done through your entire life. It results in a healthier, higher functioning individual (And it shows). In virtually every study that has been published on bio-identical hormone replacement, everything that was measured was either improved or unchanged. Let me repeat that statement, even in the woman's health initiative, the women that got the estrogen only, had 22% less breast cancer than the women who took no hormones. Only when they added in an altered hormone, medroxy progesterone acetate for progesterone, was there an increase of 34% in breast cancer. The message is clear that we should use human hormones in humans. The research that has been published of recent years use altered hormones because bio-identical hormones are no longer patentable and there is no profit to be made.

Like other hormones estrogen accomplishes its effects by attaching to receptors strategically located throughout the body. Estrogen has two major receptors: an alpha-receptor and a beta-receptor. The alpha-receptor tells cells to grow and multiply which gives women their feminine shape while the beta-receptor tells cancer cells to self-destruct. Many of the synthetic estrogen replacement molecules, created by the pharmaceutical industry, stimulate the alpha-receptor but

not the beta-receptor.

The brain shrinks as we get older, but this shrinkage is greatly minimized by the maintaining of youthful hormone levels. If bio-identical hormones are started prior to menopause, then this rapid loss in size at menopause can be avoided. When testosterone levels fall, libido falls as well. Testosterone is the hormone of desire. Estrogen makes a woman feel mentally sharp and alive. Progesterone has a calming effect. A person low on thyroid, typically has a hard time starting the day and a hard time shutting it off. People low on cortisol experience stress more intensely and can usually start off the day doing well, but usually crash in the evening, often craving carbohydrates. People low on growth hormone have generalized complaints of fatigue, brain fog, achiness, and often difficulty sleeping. People with growth hormone replacement heal faster and have more energy throughout the day.

A man with low testosterone can be spotted in the crowd. He typically has a big belly, is pale, and his libido has left him. His muscles don't have the bulk that they had. His cholesterol is often high and he either has or is on his way to diabetes and heart disease.

Beauty and health are inextricably woven together; a glowing skin and sparkling, focused eyes. There is truly nothing more beautiful than the human female.