

Symptoms of Hormone Imbalance

Women	Men
Mood swings	Feel burned out
Hot flashes	Abdominal fat
Night sweats	Prostate problem
Fatigue	<u>Decreased:</u>
Headaches	<ul style="list-style-type: none"> • sex drive
Depressed	<ul style="list-style-type: none"> • mental clarity
Anxious	<ul style="list-style-type: none"> • strength
Nervous	<ul style="list-style-type: none"> • stamina
Irritable	<ul style="list-style-type: none"> • urine flow
Tearful	
Memory lapse	Increased urinary urge
Weight gain	Difficulty sleeping
Premature aging	Irritable
Heavy menses	Depressed
Decreased sex drive	Night sweats
Vaginal dryness	Poor concentration
Osteoporosis	Erectile dysfunction
Water retention	
Incontinence	
Premature aging	Difficulty sleeping



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Hormonal Imbalance & Weight Management



SUPPLEMENTS FOR ESTROGEN DOMINANCE	
Progesterone Cream 25 mg	
Progesterone Cream ___ mg	
Calcium D-Glucarate	
Cal:Mag	
7-Keto DHEA	
Chitosan	
Diindolylmethane (DIM)	
B Vitamins	
Vitamin E	
DSF	
Night Rest w/ melatonin	
Siberian Ginseng (2 gm three times per day)	
5-HTP 50 mgs per day	
Seditol 365 mgs @ bedtime for 10 nights	

SUPPLEMENTS FOR HIGH CORTISOL	
DSF	
Cal:Mag	
Core Level Health Reserve	
B Vitamins	
Phosphatidylserine (PS) 100mg	
Siberian Ginseng 2 gm, 3 times per day	

SUPPLEMENTS FOR ADRENAL FATIGUE	
DHEA	
Testosterone	
Hydrocortisone	
Vitamin E	
Pregnenolone	
Progesterone	
Night Rest w/ melatonin	
Seditol	

Core Level Health Reserve	
SUPPLEMENTS FOR LOW TESTOTERONE	
DHEA	
Tribulus Terrestris	
Testosterone Cream	
Progesterone cream nightly (1-2mg/ml)	
Saw Palmetto (160mg BID)	
Co Enzyme Q 10	
Core Level Health Reserve	
Horney Goat Weed	

MALE SUPPLEMENTS TO REDUCE CONVERSION OF TESTOSTERONE TO ESTROGEN	
DSF	
Chrysin	
Melatonin	
Finasteride/Proscar	
Saw Palmetto (160mg BID)	