

Listen to Your Hormones

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Abraham Kryger, DMD, MD

Publishing company info from Dr. K

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What people are saying about *Listen to Your Hormones*

Absolutely essential information about hormones and the good life.

Andrew Van Goethem
English Professor, Japan

An insightful owner's manual for anyone with hormones.

Patrick Ian Cowan, Ph.D., Executive Director
New Hampshire Institute for Therapeutic Arts

Easy to understand, up-to-date, well researched.

Howard Wynne M.D., Assistant Clinical Professor
UCLA School of Medicine

Better than a prescription—this book puts you in charge of your own hormones.

Duncan McGillvary, Chief Executive Officer
Sunshine Healthcare Group, Phoenix

A quick guide out of the mumbo-jumbo of popular hype about hormones.

Scott L. Hershberger, Ph.D. Professor of Psychology
California State University, Long Beach

A hormone guidebook for everyone.

Leslie Lundt, M.D., Psychiatrist, Boise, Idaho

Read this if you care about your future.

Demetrios Perdikis, M.D., Mercerville, New Jersey

A treasure of facts and interesting explanations.

Patrick Knost, M.D., Family Medicine, Placerville, California

Everything you always wanted to know about your hormones but didn't know whom to ask.

David Prince, M.D., Internist, New York City.

A first step to great sex and long life.

Bob Flynn, Paramedic
Salinas Fire Department

Dr. Kryger hammers home the key facts you need to know to manage your hormones effectively.

John Robbins, author, *The Food Revolution*

The complex universe of human hormones comes to life in this book.

Andre Guay, Endocrinologist
Harvard University

Highly recommended for anyone who wants better sex and a longer life.
Evelyn Waterman, PhD. Psychotherapist, Santa Monica , California

Listen to Your Hormones is an important book for men who are suffering from hormone deficiencies that are adversely affecting their lives. Once diagnosed, male hypogonadism is an easily treated condition, the challenge is to accurately make a clinical diagnosis. Dr. Kryger's book clearly explains the signs, symptoms, causes, and effects of sex hormone deficiencies allowing his readers to initiate intelligent discussions with their health-care providers.

As a physician, it is gratifying to care for well informed patients and I am sure that this book will be responsible for many frank and open discussions between patients and their physicians. Hopefully, many of the thousands of hypogonadal men in America will have a higher quality of life once they are properly identified and treated. This book will make a significant contribution towards the accomplishment of that goal.

David Z. Prince, MD, FAAPMR
New York, Assistant Professor, Department of Rehabilitation Medicine
Clinical Instructor, Department of Internal Medicine

Foreword

It has often been said that Rachel Carson launched the modern environmental movement more than 30 years ago with her seminal book *Silent Spring*. Her book detailed what was known then of the harmful effects on human health of pesticides and other toxic chemicals. She focused on pesticides, but she warned also of the ever growing plethora of untested chemicals that are increasingly concentrated in our bodies and environment. She focused on cancer, perhaps because she was suffering from it herself, but she warned also of birth defects, disrupted endocrine systems, sexual difficulties, and reproductive failures. *Silent Spring* opens with "The Fable For Tomorrow," and speaks of a farm where hens lay eggs that do not hatch, and farmers complain that they are unable to raise any pigs. The litters are small and the young survive only a few days.

Since Rachel Caron wrote, manmade chemicals have continued to spread across the planet, permeating every living creature and the most distant wilderness. Today, we are witnessing increases in birth defects, sexual abnormalities and reproductive failures in wildlife, and these are being traced with ever growing certainty to synthetic chemicals that mimic natural hormones, upsetting normal reproductive, sexual, and developmental processes.

Humans are not separate or immune. We are part of this planet as surely as the Florida alligators whose penises are one-third to one-half normal size. We are part of this planet as surely as the Beluga whales whose tissues are contaminated with toxic chemicals including DDT, PCBs, and mercury, and who suffer from malignant tumors, breast tumors, abdominal masses, ulcers of the mouth, esophagus, stomach and intestines, and some of whom have been born not only with testes and other normal male equipment, but also with a uterus and ovaries. We are part of this planet as surely as the panthers in Everglades National Park, who are experiencing an extraordinary level of sperm abnormalities, low sperm count, impaired immune response, and malfunctioning thyroid glands.

The manmade chemicals that are now disrupting the endocrine and reproductive systems of wild animals are also disturbing the species that has manufactured these compounds and introduced them into the environment. That's us. They are threatening our fertility, our intelligence, and our survival.

Even humans living in the most remote parts of the planet are effected. The Inuit people of Greenland are as far removed from the pollution of modern urban society as anyone on Earth. They are closer to the North Pole than they are to any city, factory or farm. Their language contains no word for contamination. If anyone would be spared the ravages of industrial ills, you might think it would be the Inuit. But even these remote and hardy people can no longer escape the chemical pollution that so effects our modern world.

A year-round ice sheet covers eighty-five percent of Greenland. In places, it is more than mile thick. There are very few trees, almost no grass, virtually no vegetable gardens or grain fields or fruit orchards. The Inuit depend almost entirely on the sea for their food. They eat as their ancestors have for tens of thousands of years. Only now they are perched atop the increasingly contaminated global food chain.

Recent exhaustive studies have found the bodies of Greenland's Inuit people (and other Arctic peoples) to contain some of the highest human concentrations of industrial chemicals and pesticides found anywhere on Earth. These levels are so extreme that the breast milk and tissues of some Greenlanders could be classified as hazardous waste. Hundreds of hazardous compounds are found in their blood, organs, and tissues.

The chemical contamination of the Inuit has occurred primarily through the whales, seals, fish, walruses and songbirds they eat. But the chemicals themselves originate in the cities of North America, Europe and Asia, and now permeate the lives and cells of all animals everywhere on Earth.

Whether we know it or not, you and I and the Inuit and the alligators are experiencing hazardous effects from exposure to endocrine-disrupting synthetic chemicals. These man-made compounds are scrambling the chemical messages that guide our development and sexuality. They are damaging our reproductive systems, altering the function of our nervous systems and brains, and impairing our immune systems.

In the landmark book *Our Stolen Future*, Theo Colborn and other experts on endocrine disrupting chemicals tell us of emerging problems:

Synthetic chemicals can derail the normal expression of sexual characteristics of animals, in some cases masculinizing females and feminizing males... Exposure to hormonally active chemicals parentally or in adulthood increases vulnerability to hormone-

responsive cancers, such as malignancies in the breast, prostate, ovary, and uterus.

One of the most troubling consequences of the spread of hormone disrupting chemicals during the last half century has been a precipitous drop in male sperm counts. Perhaps the most comprehensive study of this worldwide phenomenon was published in the *British Medical Journal* in 1992. Researchers systematically reviewed the international scientific literature on semen analysis, and based their findings on sixty-one studies involving fifteen thousand healthy men from twenty countries and seven continents. (To be safe, the study excluded men sampled at fertility clinics who might have particularly low sperm counts.)

The findings were dramatic. Worldwide, between 1940 and 1990, the average number of sperm in a milliliter of male semen dropped 45 percent. At the same time, the volume of semen ejaculated dropped by 25 percent, making the actual drop in sperm count more than 50 percent. Meanwhile, the percentage of men with extremely low sperm count tripled.

Stunningly, if this downward trend has continued since 1990—and there is substantial evidence that it has—the average male born in 1975 has, at the age of thirty in 2005, a sperm count only one-fourth of the average male born in 1925.

For too long we have had elected officials whose priorities have reflected the short term interests of the chemical industry rather than the greater good of public health. The current system assumes that chemicals are innocent until proven guilty. But the burden of proof should work the opposite way. At this point, the evidence implicating hormonally active chemicals in human and animal health and reproductive damage has become overwhelming.

Fortunately, Dr. Kryger points out there are things you can do to defend and protect yourself and your family. There are ways you can greatly reduce your exposure and harm.

Eat low on the food chain. The most effective way to reduce your intake of toxic chemicals is to minimize your intake of meats, fish, dairy products and eggs—particularly those from modern factory farms. The Council on Environmental Quality states that meat and dairy products account for over 95 percent of the US population's intake of DDT. A study reported in the *New England Journal of Medicine* found that the breast

milk of vegetarian mothers has less than two percent as much contamination as the breast milk of meat-eating mothers.

Decrease consumption of animal fat as much as possible. Eating less animal fat will greatly reduce exposure to hormone-disrupting chemicals. The EPA says that meats and cheeses are the major source of dioxin exposure in the US today.

Whenever possible, eat organic or pesticide-free produce and grains. Choose organic particularly with imported foods such as coffee, sugar, and bananas, because farmers in tropical countries often use much greater concentrations of toxic chemicals than are used in domestic food production. Supporting organic agriculture will reduce you and your family's exposure to toxic chemicals directly, by ensuring that residues aren't on or in the foods you eat, and indirectly, by helping to protect local water supplies.

Drink water that is clean and pure. If your water comes from a community source, find out what's in it. Find out if water officials are testing for hormone-disrupting chemicals, notably herbicides such as atrazine and dioxin. You may want to invest in a home water distillation or reverse osmosis system. Don't rely on inexpensive filters that are designed to remove chlorine and unpleasant tastes and odors, because they may not remove hormonally active synthetic chemicals. Bottled water is not necessarily an answer, because the standards it must meet are no higher than those for tap water.

If you are going to eat fish, be sure it's wild not farmed. Farmed fish has far greater levels of chemical contamination than wild fish. Avoid those types of fish that are highest in mercury and other forms of chemical contamination. (The highest mercury concentrations are found in large predatory species, particularly swordfish, king mackerel, shark, tilefish and opah. Medium to high levels are found in fresh and canned albacore tuna, red snapper, grouper, and orange ruff. The safest fish, in terms of mercury, are salmon, shrimp, crab, light canned tuna, sea bass, herring, catfish and tilapia.)

If you are going to eat fish, watch for warnings about contamination. Public officials are concerned about lost license revenues and tourist dollars, and are reluctant to make these warnings unless the danger is dramatic. Children of mothers who ate even small amounts of Great Lakes fish while they were pregnant were born with smaller heads and reduced intelligence. Children who eat fish from Lake Ontario have been found to have reduced stress tolerance.

Don't heat or microwave food in plastic containers or with plastic wrap. Use glass or porcelain for microwave cooking. Hormone-disrupting chemicals can leach out of some plastics, particularly the softer ones.

Wash your hands often. Theo Colborn and her coauthors in *Our Stolen Future* tell us, "Many synthetic chemicals vaporize and then settle on indoor surfaces—kitchen counters, tables, furniture, clothes—where they can be readily picked up by those who touch them. In fact, indoor air experts now sample for contamination in buildings by wiping surfaces with special equipment."

Minimize your use of pesticides and household chemicals around the home. EPA researchers have found that products designed to kill fungus on fruits and vegetables can interfere with the synthesis of steroid hormones in animals (presumably including humans). Children and dogs living in homes that use pesticides in lawns and gardens have higher rates of cancer.

Listen to your hormones. This book by Abraham Kryger, M.D., contains a wealth of information, and provides practical ways that men can begin to rebalance their hormones and rebuild their health.

Recent research is making it increasingly clear that many middle-aged and older men could benefit from supplemental bio-identical testosterone. Dr. Kryger's book explains why, and introduces Testocrema, a compound that appears to have significant advantages over all the other testosterone products available today.

I am pleased to write the foreword for *Listen to Your Hormones*. It is an informative guide for the male who does not wish to remain a victim of pollution, but wants to understand his hormones and bring them back into a more natural and healthy functioning. The benefits of doing so can be extraordinary.

— John Robbins

John Robbins is the author of five international best-sellers, including *Diet for a New America*, and *The Food Revolution*. The founder of EarthSave International and Board Chairperson of Youth For Environmental Sanity (YES!), he also serves on the boards of many other nonprofit organizations working for a safer and healthier world. Widely recognized as one of the most eloquent spokespersons for a thriving, just, and sustainable future, he is the recipient of countless awards, including the Rachel Carson award, the Albert Schweitzer Humanitarian award, and the Peace Abbey's Courage of Conscience award. Further information about John Robbins and his work can be found at www.foodrevolution.org.

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It would be impossible to list the names of the many patients who have made this book possible by telling me their personal stories and innermost thoughts. The names of those mentioned sending emails or from interviews have been changed to protect their confidentiality. If any of them read this book, they might recognize themselves but their stories are universal

This book is dedicated to my wonderful mother without whom I would not have been able to write or even exist. Mrs. Guta Kryger—“Jean,” as she liked to call herself—was a grand old lady of eighty-four when she passed on. I was fortunate enough to share her last few months and moments with her and I am forever grateful for that final gift. She was very generous and often gave gifts to others.

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I honor those researchers who have done all the hard work and developed their unique concepts in genetics, environmental toxins, human sexuality, sleep disorders and neuropsychiatry that have provided the material to substantiate my theories. Jeff Bowles, John Manning, Dennis McFadden, Lisa Tenover, Steven Krimsky, Theo Colborn, Deborah Cadbury, Joe Thornton, Meir Kryger and Owen Wolkowitz are each great scientists and innovators in their own right.

A deep bow to John Robbins, who kindly wrote my foreword, and to Charles Patterson, Andrew Weil, and Paul Burwash who were responsible for upholding my vegetarian lifestyle and organic advocacy. These gentlemen have increased my awareness and respect for all animals and the unique role they play in our food chain which keeps our world in balance. An exceptional individual, John Robbins has greatly contributed to the conscience of the world through his writings and work with EarthSave.

The development of a topical testosterone cream, used in my research with my patients, would not have been possible without the close association and talents of Dana Gordon, a superb compounding pharmacist, in Pacific Grove, California. The talented attorneys David Makous, James Ross and David Osborne were instrumental in protecting my intellectual property rights once this product, named Testocrema®, was submitted for patent. I again thank all those individuals who have contributed from the bottom of my heart. I am grateful to the many others who have played a role anonymously in sustaining my research findings. You know who you are and again, I thank you all.

—Abraham Kryger, D.M.D., M.D.

Dedication

The book is dedicated to my mother,
Guta Jean Kryger,
without whom I would not be here
to write it.

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