

# Frequently Asked Questions

## *How often will I need pellets?*

For women: usually every 3-6 months. For men: usually every 5-6 months.

## *Why are pellets better than patches, shots or pills?*

They are pure hormone that is not metabolized into byproducts by going through the liver, stomach or skin. This delivery system allows your body to use the right amount of hormone from the pellet as the blood flow surrounding the pellets picks up what is needed.

## *Where do the pellets go?*

Because they are pure hormone without fillers or synthetic ingredients, they completely dissolve.

## *How long will it take for my body to get back to lean normal?*

That depends on how much you exercise and work out with weights, as well as your age. Testosterone decreases fat and increases muscle and lean body mass. Testosterone also increases your natural growth hormone and therefore will improve your stamina to work out and increase muscle mass.

## *Are there any side effects and/or complications?*

There are fewer side effects than traditional hormone therapy.

## *How long will it take for the pellets to get into my system and work?*

24-72 hours. Optimal effect occurs three weeks after insertion.

## *I have no libido - what will this do for that, if anything?*

Good hormone balance will greatly improve your libido; the addition of testosterone in pellet form will change everything for the better!

## Specifically for Women:

### *I get horrible headaches - will they help me?*

Yes! We have had great success, especially with women who have menstrual migraines, and new migraines that appear after age 35.

### *Do I need to take other medication?*

If you still have a uterus, you will need to be on natural progesterone as well.

### *Why do I need estrogen?*

Estrogen is the most important hormone for a woman. It protects her against heart attack, stroke, osteoporosis, and Alzheimer's. It also keeps us looking young and healthy.

### *Why do I need testosterone?*

Testosterone is the third female hormone and is as essential as estrogen and progesterone. We need this hormone to keep our thought process quick and our libido healthy. It improves bone density, muscle mass, strength and prevents some types of depression. It is also the source of energy and solid sleep!

### *Will I grow unwanted hair from testosterone?*

There is less chance of excess hair growth with natural testosterone than with synthetic hormones. Facial hair will grow with testosterone pellets but normally not worse than when you were in your thirties.

## Specifically for Men:

### *Does testosterone cause prostate cancer?*

No. Metabolites of testosterone, Dihydrotestosterone and estrone cause prostate enlargement and contribute to prostate cancer. Estrone increases and testosterone decreases as men age and as men gain belly fat. Testosterone pellets are the only replacement that reverses that trend.

### *How do I take testosterone pellets and not convert them to Dihydrotestosterone and estrone?*

Your blood levels of estrone and DHT are checked after treatment to see if they are elevated. Some men still convert to these metabolites even on testosterone pellets. If they are converting, we troubleshoot with natural supplements such as DIM and Saw Palmetto, or an aromatase inhibitor prescription.

### *What if I have prostate enlargement already?*

Testosterone pellets will make it better, if you do not convert it to DHT; we will treat that if it happens.

### *Will my testicles shrink while I take the testosterone pellets?*

Yes, they will. Testicles are suppressed by taking any kind of testosterone and they will not make as much testosterone while the pellets are working. This is not permanent and the testicle retains its ability to produce testosterone.