

## **Gynecomastia (Male Breast Enlargement) - Non Surgical Treatments**

### **Use of Natural Progesterone in treatment and prevention of Gynecomastia**

The root cause of Gynecomastia is estrogen dominance in males (a wrong ratio of female hormone estrogen to male hormone testosterone) and / or a very low level of total and free testosterone which makes estrogen dominance a more probable cause.

Correction of estrogen dominance can be achieved by the topical application of bioidentical progesterone gel directly to the enlarged breast area in the morning (after bath) and leaving it overnight for better results. The transdermal penetration of progesterone will offset the activity of estrogen (even if it is synthetic i.e. xenoestrogen in nature - from exposure to petrochemical products in our environment). A starting dose of 10 mg of bioidentical progesterone would be good way to commence the treatment and observe its effect over a 4 to 12 week period.

One of the benefits of progesterone is its ability to simultaneously raise the total and free testosterone levels in males, by two routes. One is the prevention of the conversion of Testosterone to DHT, which is responsible for male pattern baldness and the other is the lowering of estrogen levels (which we have already discussed above), so that the effect of the existing levels of testosterone will be more prominent, leading to a male pattern of behavior, which is perhaps lacking in many of these type of patients.

### **Use of Iodine for the treatment and prevention of Gynecomastia**

Canadian research indicates that iodine may be effective in fibrocystic breast disease (FBD), a mildly uncomfortable to severely painful benign cystic swelling of the breasts. The theory is that an absence of iodine renders the epithelium more sensitive to estrogen stimulation. This hypersensitivity can produce excess secretions over the limit of absorption, thus distending the breast ducts to produce small cysts and later fibrosis (hardening of the tissue because of the deposition of fibrin similar to the formation of scar tissue).

Iodides correct the cystic spaces and partially correct the excessive cellular reproduction, elemental iodine corrects the entire disease process. Thus elemental iodine is the preferential form for breast metabolism.

These methods of treatment of Gynecomastia are more in depth and a preferred way, as it prevents the recurrence of Gynecomastia in the future and also helps to improve the quality of life of the patient as they will be more male oriented in their behavior pattern.

### **Use of Testosterone as an active form of treatment**

Use of topical Testosterone Gel will not only counteract estrogen dominance, but will also actively increase testosterone levels in males to speedily correct the ratio of male hormone testosterone to female hormone estrogen. The effect of the topical application of testosterone bio-identical gel will be more pronounced and speedy than the application of progesterone alone.

### **Prevention of Breast Cancer in Males**

Higher levels of estrogen in males, which cause gynecomastia, also eventually results in cases of male breast cancer. The use of progesterone may (as a side benefit) may help prevent the occurrence of such cancers in males, due to the natural anti-cancer properties of progesterone.

The above are some of the non surgical methods of treatment and prevention of gynecomastia, which when used singly or jointly (depending on the case history and investigation) may benefit patients suffering from gynecomastia.

Please check with your local health provider for the suitability of these optional and alternative treatment procedures in your particular case.

For online consultation please go to:

<http://www.space-age.com/consultform01.php>

Blessings,

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