

The Mac Protocol

Hormone Self Test

Check yes or no if you experience the symptoms listed below each hormone

Estrogen

Symptom	Yes	No
Are you experiencing hot flashes?		
Do you feel exhausted on a daily basis?		
Do you suffer from headaches/migraines		
Do you suffer from night sweats?		
Are you experiencing vaginal dryness?		
Have you noticed mild losses of bladder control?		
Are you noticing bouts of mild to severe depression?		
Have you had a history of urinary tract infections?		
Has there been an increase in forgetfulness		
Are you having trouble concentrating?		
Have you noticed a decrease in your ability to explain things?		
Do you suffer from occasional bouts of rapid heartbeat?		
Are you more moody?		
Do you cry easily?		

- A score of 0-4 Most likely no need of estrogen bio-identical hormone replacement therapy
 A score of 5-8 Most likely a need of estrogen bio-identical hormone replacement therapy
 A score of 8+ No doubt there is a need of estrogen bio-identical hormone replacement therapy

Progesterone

Symptom	Yes	No
Are you noticing lumpiness in your breasts?		
Are you experiencing anxiety?		
Do you have a problem with bloating?		
Do you become easily stressed?		
Are you increasingly with age becoming moody?		
Are you experiencing breakthrough bleeding?		
Do you suffer from menstrual cramps or PMS?		
Do you suffer from Low body temperature?		
Do you have or have a family history of endometriosis?		
Do you suffer from sleep disturbances?		
Do you have heavy periods?		
Do you snore?		
Are you experiencing pain in multiple areas of your body?		
Have you had an increase in weight?		

- A score of 0-4 Most likely no need of progesterone bio-identical hormone replacement therapy
 A score of 5-8 Most likely a need of progesterone bio-identical hormone replacement therapy
 A score of 8+ No doubt there is a need of progesterone bio-identical hormone replacement therapy

The Mac Protocol

“An anti-aging weight loss system”

Thyroid

Symptom	Yes	No
Are you sensitive to cold?		
Do you suffer from cold hands and feet?		
When you wake, do you have a puffy face and swollen eyelids?		
Do you put weight on easily?		
Do you have dry skin?		
Do you have trouble getting up in the morning?		
Do you suffer from constipation?		
Do you wake with morning stiffness?		
Do you feel like you're walking through mud?		
Have you have fibromyalgia?		
Are you forgetful?		
Are you nervous?		
Are your muscles cramping?		
Do you feel weak?		

A score of 0-4 Most likely no need of thyroid bio-identical hormone replacement therapy

A score of 5-8 Most likely a need of thyroid bio-identical hormone replacement therapy

A score of 8+ No doubt there is a need of thyroid bio-identical hormone replacement therapy

Testosterone

Symptom	Yes	No
Has your sex drive decreased?		
Have you noticed increased belly fat?		
Have you noticed an increase in the size of your breasts?		
Are you developing cellulite?		
Have you had a decrease in self esteem?		
Do you feel like flopping onto the couch after work?		
Are your eyelids drooping?		
Have you noticed that your hair is thinning?		
Do you feel hypersensitive?		
Are you gaining weight?		
Are your muscles turning to flab?		
Do you have high triglycerides, high LDL & low HDL?		
Do you suffer from ED or decrease in hardness?		
Do you have diminished Physical Performance?		

A score of 0-4 Most likely no need of testosterone bio-identical hormone replacement therapy

A score of 5-8 Most likely a need of testosterone bio-identical hormone replacement therapy

A score of 8+ No doubt there is a need of testosterone bio-identical hormone replacement therapy

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“An anti-aging weight loss system”

Hypo-Cortisol

Symptom	Yes	No
Are you noticing a loss of appetite?		
Are you experiencing fatigue?		
Do you have muscle weakness?		
Are you losing weight without trying?		
Is your skin darkening?		
Are you experiencing hyper pigmentation of skin folds, lips, nose?		
Do you suffer lightheadedness?		
Do you feel faint on rising from sitting or lying?		
Do you crave salty foods?		
Do you suffer from low blood sugar?		
Do you suffer from loose stools?		
Do you suffer from stomach pains?		
Are you having a difficult time concentration?		
Are you irritable?		

A score of 0-4 Most likely no need of cortisol therapy

A score of 5-8 Most likely a need of cortisol therapy

A score of 8+ No doubt there is a need for cortisol therapy

Hyper-Cortisol

Symptom	Yes	No
Are you noticing weight gain around your mid-section?		
Are you suffering from acne?		
Are you suffering from back pain?		
Are you suffering from headaches?		
Are you developing a buffalo hump?		
Are you having increased facial hair?		
Do you suffer impotence or ceasing of menstrual cycles?		
Are you gaining weight?		
Do you have a moon shaped face?		
Do you have darkened stretch marks on your belly, breast/chest, etc?		
Do you bruise easily?		
Have you noticed a change in our attitude?		
Do you have red marks on your skin?		
Are you noticing skin flushing?		

A score of 0-4 Most likely no need of cortisol therapy

A score of 5-8 Most likely a need of cortisol therapy

A score of 8+ No doubt there is a need for cortisol therapy

If you have found that you may be hormonally challenged, The Macs can test your hormones in the convenience of your own home. Click on button below to learn how you may qualify for discounted lab tests that will test your sex and adrenal hormones, or if you would like to learn more before testing your hormones, below is our E-Book for your convenience.

The Mac Panels

The Mac Philosophy of Female Hormone Therapy

The Mac Hormone Optimization Protocol is made up of four tiers. The first tier balances your sex hormones to eliminate estrogen dominance; the second tier optimizes the sex hormones to increase your motivation and optimize life, the third tier optimizes of the precursor hormones such as pregnenolone, DHEA, melatonin and thyroid. The fourth tier is where we place the fun hormones, like oxytocin and GH. This tier handles cosmetics issues, physique enhancement and improves sexual performance.

Tier One: Estrogen Dominance

The problem we see in nearly everybody that has excess fat on him or her is estrogen dominance. Estrogen dominance occurs when estrogen is out of balance, being too high in comparison to progesterone in women and testosterone in men. Estrogen makes fat and fat makes estrogen and estrogen makes fat. It is important to eliminate excess fat first or sex hormone optimization will be much more difficult.

Yes, estrogen dominance makes you fat, but worse, it sucks the life out of you, your zest for life. It is the syndrome that is making women's and men's moods go bipolar. It also causes PMS, PCOS, endometriosis, and a multitude of cancers, such as breast cancer in women and prostate cancer in men. You can see why we work at balancing hormones first. If you have excess fat, we have developed The Mac Diet to eliminate excess fat and eliminate estrogen dominance. If you are interested only in losing fat, then click here: [The Mac Diet](#).

Tier Two: The Sex Hormones

The first hormone we will be discussing is estrogen. There are many different kinds of estrogens but we will only be concentrating on three of them. The first is estrone. This hormone we usually have too much of. It is the hormone that is made from your fat cells. If you have excess fat you have excess estrone. The other estrogen is estradiol. This is what we call the pretty hormone. This hormone makes you have pretty hair, and pretty skin, and breasts, both men and women. This hormone is the best anti-aging hormone, especially when it comes to our appearances. It keeps us young looking. The fatter you are the more of this hormone you have. That is why those with excess fat have what we call 'baby faces.' The next estrogen is estriol. This hormone is primarily used to correct a woman's plumbing. As estriol decreases, the vagina ages rapidly. Lubrication decreases and the vaginal wall becomes thin. This makes intercourse painful. The thinness of the wall also causes a woman to have incontinence. She will lose a little bit of urine when she laughs, sneezes or coughs. Urinary tract infections will also become more frequent with the thinning of the vagina's epithelial lining.

The second hormone that we will be optimizing is progesterone. This is the happy hormone. When a woman is in her thirties, progesterone starts to decrease. This is the time in a woman's life where she goes to her physician and complains of sleeping disorders, anxiety and depression. Their physician will offer an antipsychotic, like Xanax or Prozac. All she really needed was five dollars worth of progesterone. Xanax and Prozac are billion dollar industries and have much more influence over the physician than non-patented bioidentical progesterone.

Progesterone is the hormone that makes you want to be touched. It is the make-out hormone. It is not a sexual hormone. It is the foreplay hormone. It is the cuddle hormone. It makes you to want another person in your space. When you are low on progesterone, you have them sleep over on the other side of the bed, 'way over there, please.'

The third sex hormone is testosterone. Testosterone is sex drive! It is also belly fat, self-confidence, self esteem. Women have high levels of progesterone and low levels of testosterone. Progesterone gives a woman that 360-degree vision that all our moms have. It's the eyes in the

back of the head hormone.

Men have high levels of testosterone and low levels of progesterone. High testosterone individuals have 20-degree vision. You can recognize high testosterone individuals when they say 'better pee right now, because we're not stopping until we get to Disneyland.' High testosterone individuals see only the result, the end. Testosterone is success; it is a large part of the motivational result we want from our hormone optimization protocol.

Tier Three: The Precursors

Many natural hormone practitioners will start hormone therapy with these hormones. the problem is that if your sex hormones are not optimized, these hormones will roll over into the sex hormones. These hormones have great benefits, so we do not want them to convert. Therefore, we start with the sex hormones and fill those jars first, and then when we add the precursors. This protocol allows us to reap the benefits the precursors have to offer.

Precursor: Pregnenolone

Pregnenolone is the grandmother of all hormones. It is the brain hormone. It is the hormone that makes you smart. When it is too low you will start having memory problems and you will suffer from brain fog. Pregnenolone converts into DHEA when the sex hormones are non-optimal.

Precursor: DHEA

DHEA is the mother of all hormones. It is the most abundant hormone in your body. We use DHEA primarily for weight loss and in adrenal fatigue cases. The problem we have with DHEA is that we see androgenic signs in women who have too much DHEA. These signs include hair growth on a woman's chin and nipples, and in some cases enlargement of the clitoris. This occurs because DHEA converts into testosterone in a woman. The interesting fact is that DHEA does the opposite in a man. It will convert into estrogen. The American male's estrogen levels have become alarmingly high in the past decade or two. The last thing we want is to increase is estrogen levels in men.

When we do use DHEA in women, we use very low doses trans dermally. We recommend DHEA for women who test low on DHEA and have low testosterone signs and symptoms. You can visually diagnose low testosterone by observing a sparseness of pubic hair.

Melatonin

Melatonin is a great hormone. God made it so melatonin turns on when the sun goes down and turns off when the sun goes up. The problem today is we have florescent lights, computer screens, and televisions. Melatonin is not a sleep aid! It is a rhythm aid. Melatonin is the hormone associated with the circadian rhythm. Many of us today are 'out of rhythm.' Melatonin helps with putting us back into rhythm. It is also a great anti-oxidant. The problem we have with melatonin is in its manufacturing process. The half-life of most of your over the counter melatonin is approximately 2 hours.

Thyroid

I always make a joke about thyroid. Everyday I come home with makeup on my collar from women that are ecstatic about their results while on our protocol. I get hugs and kisses all day long. Don't worry, I work with my wife and we love it that we are literally together 24 hours a day 7 days a week. Getting back to the joke. I rarely get any makeup on my shirt from women on our thyroid protocol. You can give them thyroid medication and take it away and give it to them again and none of them will see or know the difference. We have found that hypo-thyroid is usually not caused by the thyroid but by the liver. Upon treating the liver first, we see a majority of the hypothyroid symptoms dissipate. The liver is in charge of converting T4 to T3. If the liver is malfunctioning, which occurs quite frequently in our modern society, then T4 is not converted effectively to T3.

The Fourth Tier

“Harry Meets Sally”

Many of our clients come to us because they have lost their sex drive. With patience and hormone optimization, these clients find that their sex drives return. The problem is that many of our women clients have been submitting, doing their duty, when it came to sex, sometimes for decades. They did not care if they climaxed. Guess what happens when she gets her sex drive back? Yeah, she cares! We can use hormones to get the climax back. The good news is once it returns, she has it back and she no longer will need the climax hormones.

Youth Juice

The hormone that is the most sensational is growth hormone. I caution anyone who wants to take GH. The main reason is that it is synthetic. All the other hormones we use are either real human hormones or bioidentical, meaning they have the same exact structure of the God made hormone. Synthetic means that they do not have the same structure as God made hormones. Anytime you place synthetic anything into your body, you are playing with fire.

If there is an old fart playing professional sports against young athletes and he or she is beating them, you can bet sometime in the future we are going to hear about his or her growth hormone use. The other caution is that GH is very expensive. If you took a normal dose that is recommended at the A4M (American Academy of Anti-Aging Medicine) conferences, it would cost you \$1000 to \$2000 a month. I tell clients to go lease a Maserati, take the top off and you will get more bang for your buck.

So do I use GH? You bet! I'm an old fart and I use very, very, very, small doses. I work out with a personal trainer several times a week, and he can't make me sore. I'm stronger now than when I was in college, and I played on a nationally ranked rugby team. BUT, it still scares me. I tell everyone to do his or her research. If you are over 50 years old, eat a clean diet, don't smoke or drink, and have a low IGF-1, work out or live a very active life, or have had brain damage, than I will teach you what I know about growth hormone.

We have several celebrity clients. Take a look at some of those beautiful actresses that are in their mid forties or even fifties. Many are more beautiful now than they were when they were in their twenties. Do you know how? Hormones! Yes many didn't even need to get augmentation, because high dose hormones therapy will make her breasts enlarge naturally. We do not believe in using high doses, even if your career depends on your looks. We know ways to keep you beautiful without high doses.

The Secrets to Hormone Therapy

First, use only God made hormones or hormones that have the same molecular structure of God made hormones.

Second, use low doses only. Hormones should be the primer not the fuel. We believe in stimulating hormone production, not turning off hormone production. We will teach you how to do this. We have found that the doses prescribed by conventional medicine are way too high. Many women quit because they do not like the way the higher doses make them feel.

Third, you must be your own doctor. Everyone is screwed up differently when it comes to your hormones. You need to experiment with your doses until you find the dose that works for you.

This Mac Hormone Optimization Protocol only works when you are educated about hormones and have immediate access to a hormone expert. We, "The Macs," provide our personal cell numbers to our patients and encourage you to contact us at any time you wish. Think of us as your personal hormone coaches.

If you have any questions please

Call (800) 788-7454 Today

The Mac Low Dose Hormone Protocol

Can be done in office or online!

There are six steps of The Mac Female Hormone Optimization Protocol.

We test your blood or saliva or both for hormone levels.

We compare your levels to those found to be optimum for your age

If you are in emergency or estrogen dominant we start you on The Mac Diet

We gently optimize the sex hormones of Estrogen, Progesterone & Testosterone

We then start you on the third tier of hormones, DHEA, Pregnenolone, Melatonin & Thyroid

We then have fun with hormone optimization for cosmetic, anti-aging, and other reasons.

Now that you have familiarized yourself on hormones, please click on this button below!

[**The Mac Panels**](#)