WHAT ARE BIO-IDENTICAL HORMONES?

"Hormones" are protein molecules secreted by cells in our bodies. They carry a message telling another cell or another organ what to do, like a letter, fax, or e-mail.

Hormones are generally divided into two types:

1. Bio-identical hormones, which are identical to the ones in our bodies. They are identical in terms of chemical structure and biological functions. These hormones are safe to supplement when their levels are low, as long as there is no overdose. (Even an overdose of food or water can cause harm, let alone hormones.)
2. "Designer" hormones, so called because they do not exist in nature. They are designed and created by a scientist or pharmaceutical company. These drugs "act like" hormones. They almost always cause harm or cancer when taken long-term (with the exception, perhaps, of birth control pills.)

Almost all hormones require a prescription by a doctor under federal law in the US. The only exceptions are DHEA, melatonin, pregnenolone, and thymus proteins.

However, ONLY bio-identical hormones can activate telomerase. Designer drug-like hormones cannot communicate at all with telomerase. Therefore, they have no place in maintaining youth or creating longevity.

One easy way to tell if the hormone you are taking is bio-identical is to take the name off the label of your bottle and ask a hospital or medical laboratory to test the level of "this substance" in your body. If the hospital or laboratory can perform the test, the hormone you are taking is bio-identical, because hospitals and laboratories commonly perform tests on hormones in our bodies for our doctors. If the hospital or laboratory cannot or will not perform the test, it must be a designer drug, because doctors normally do not test the level of designer drugs in our bodies.

It is very important to periodically check the levels of bio-identical hormones that control aging. It should be part of our annual physical check-up, like cholesterol and blood sugar. A disease may manifest in the form of high or low hormone levels many years before the disease becomes clinically apparent.

Keeping our bio-identical hormones optimal will keep our telomeres long, and long telomeres keep us healthy and young.