

The Consequences of Blocking Estrogen in Men

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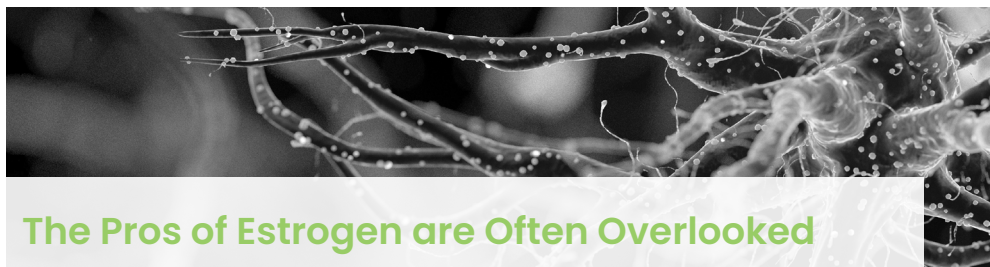
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WHEN IT COMES TO HORMONES, IT'S ALL ABOUT OPTIMIZING

Contrary to popular belief and old medical teachings, we now know that estrogen is a vital hormone for MEN as much as WOMEN! Not having enough (or any) estrogen isn't good for many reasons.

The truth: Men need estrogen to support heart, bone, brain and sexual health. That is why therapies that block estrogen may put your health at risk.

What many men don't know is their bodies make estrogen naturally via an enzyme called aromatase. We've been taught that testosterone is a male hormone and estrogen is a female hormone. In fact, the two hormones often work hand in hand to support total body health. Our bodies were designed to convert certain amounts of testosterone into estrogen for many health reasons outlined below. Estrogen has even been shown to help boost lean body mass in men.



The Pros of Estrogen are Often Overlooked

Estrogen blockers are prescribed for a number of reasons. One reason people think estrogen blockers are prescribed is to treat swelling of breast tissue in males (gynecomastia), a rare medical condition where a young male grows breast tissue that resembles female breast tissue. This condition is extremely rare in older males, even males on testosterone therapy.

Sadly, many other reasons are not rooted in science. It all goes back to the myth that “testosterone is good,” and “estrogen is bad” for men. It is assumed that estrogen is causing the problem, even when it is not.

For example, estrogen blockers may be prescribed with testosterone replacement therapy to treat “Low T.” Some doctors do so, even without testing the patient’s estrogen levels. This is unfortunate because testosterone and estrogen have a synergy. They work together to treat many symptoms of “Low T.” Estrogen on its own has also been shown to support many health goals of men.

Consequences of Blocking Estrogen (Estradiol) in Men

Research shows that estrogen may help prevent disease and offer anti-aging improving sexual health. Having low levels of estradiol due to aromatase inhibitors (AI), or estrogen blockers like Arimadex and Femara, may lead to:

Sexual Health Disorders
Prostate issues
Poor cardiovascular health
Altered cholesterol levels (good and bad)
Decreased bone mineral density, AKA osteoporosis (fracture risk)
Poor insulin resistance (decline in lean muscle mass, increased belly fat and risk for diabetes)
Compromised brain health and cognition issues

The Other Con of Estrogen Blockers? Side Effects

Some doctors prescribe AIs to block estrogen conversion from testosterone, wrongly thinking high estrogen levels are to blame for symptoms. Along with blockers like the AIs can also have side effects.

Common Side Effects of AIs	
Erectile dysfunction (ED)	Flushing
Headaches	Thinning hair
Insomnia	Body aches and pains
Feeling tired or weak	Breast pain, tenderness
Excess sweating	

What are the Risks of Elevated Estrogen Levels?

While any form of medical treatment comes with risks, no studies exist that show increasing estrogen levels in men causes harm. Some case studies have actually shown heart disease by giving oral estrogen to men.

There is also no research that shows men benefit from lowering estrogen levels with AIs. In fact, there are many studies that show HARM from blocking estrogen in men and many studies that show increased risk of all causes of death in men with low estrogen levels.

Disclaimer: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

RESOURCES

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