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TOTAL HORMONE REPLACEMENT THERAPY

ABSTRACT OF THE INVENTION

A hormone replenishment method particularly useful in maintaining the body's neuroendocrine clock at optimal levels and combating conditions associated with advancing age is disclosed. The method includes determining that the level of human growth hormone and at least two other supplemental hormones are below optimal physiological levels for an adult human. Once it has been established that the level of human growth hormone and at least two of certain supplemental hormones are below physiological levels, the method includes establishing a regimen for the replenishment of the level of the deficient hormones to optimal physiological levels. The supplements hormones include the sex hormones, namely testosterone, progesterone, and estrogen, the pineal hormone melatonin, the adrenal hormones, namely DHEA and pregnenolone, the thyroid hormone, and the thymus hormone. A method of increasing life expectancy and life span by determining the level of human growth hormone and at least two of the supplemental hormones and establishing a regimen for the maintenance of the level of human growth hormone and supplemental hormones at optimal physiological levels is also disclosed.

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