

Women's Health – Men's Blessing

A Primer on the “Biological Terrain” for Mature, Loving Relationships

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Few are the men or women who understand the dynamic biological change of life that so dramatically affects mature relationships. Biologically, both women and men are 'defined' by their hormone balance between estrogen and testosterone with about 60%/40%, respectively, for women, and 40%/60% for men.

In about the same proportions, women tend to 'think' with their feelings, i.e., they're right-brain dominant. And men tend to 'feel' with their thinking, i.e., they're left-brain dominant. Exceptions to this rule include 'Alpha females'—a strong masculine soul incarnate in a woman's body, and 'Omega males'—with a strong feminine soul incarnate in a man's body.

***“You don't have a soul.
You are a soul.
You have a body.”***

~ C.S. LEWIS

So hormonally, we are 'wired differently.' This is psychologically controversial but biologically irrefutable.

**Both men and women
go through hormonal
reversal later in life.**

We all know that woman go through menopause—a 'pause' in their production of estrogen. But did you know that men go through 'testerpause'? The media rarely mentions 'testerpause,' as if women have more difficulty with the 'big change'



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than men do. Not always.

Women's health is their greatest wealth and a blessing for men. Most women understand that intuitively. Most men are hormonally clueless. Laugh if you will, but it helps to understand this important dynamic in relationship health.

The role that hormones play in mature relationships includes a natural process of 'role reversal' as the balance of estrogen and testosterone are reversed. But only until the last few generations have we humans lived long enough for this natural process to be well fulfilled and acted out—often with big drama.

**This reversal in hormonal
balance can trigger a mid-life
crisis, and is often when
most divorces occur.**

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A healthy immune system secretes sufficient hormones to self-regulate during 'the Big Shift.' A weak, nutrient-deficient immune system doesn't adapt so well and will likely result in some form of 'dis-ease.'

It's natural that men become more sensitive with lower testos-



terone levels and higher estrogen levels. They tend to express feelings more, cry easier, and reflect on their life with more regret for lack of sensitivity to the women in their life.

Men's blessing for embracing their 'feminine side' is to soften their heart, to experience unconditional love, and to rejuvenate their constitution. Women's health in a relationship with a mature man will experience what he is experiencing—and visa versa. When 'the Big Shift' happens to either, it naturally affects the other.

There are two repercussions to all of this. One is that women become more masculine and assertive in the relationship, and that causes an identity crisis in some men. The other is that when men become more feminine and sensitive, women are more likely to share unresolved 'hard feelings' caused by their partner in the past. Ideally both partners will 'hold the balance' for each other, with understanding and forgiveness that redirects behavior for the good of both. That's what any good marriage relationship does—all sexism aside. Two-in-One is the same 'heavenly principle' found in our Universe where binary solar systems are the norm... but I digress.

Hormonal balance is the Holy Grail of both a healthy endocrine system and the immune system. But hormonal harmony for a strong immune system is not well understood as a big factor in mastering 'the Big Shift' in mature relationships. We can't ignore the hormonal terrain that goes with the territory, so to speak.

Is it true, as numerous studies show, that

optimists live far longer than pessimists? Are you aware that this is also true of loving relationships? And can we agree that what we do to improve our immune system also improves how we adapt in any relationship? Adaptogens are nutrients that help the body compensate for excess cortisol stress hormones that raise blood pressure, cause inflammation, impair cognition, and lower immunity.

For many years, I did custom manufacturing for nutrition companies, formulating products high in superior adaptogens like Siberian Ginseng and Swedish Pollen Extract (SPX) royal jelly. After decades of research and product development, what I've found is that there is no adaptogen for humans more effective than SPX for feeding the endocrine system, glands, and hormone production, and governing self-regulating homeostasis, and holistic health.

Whether in a relationship with a significant other—or with Your Self—stay in tune with your body. Adjust and adapt to the hormonal changes that occur in maturity. Be compassionate with others as you are with Your Self. And read more about SPX at PollenX.com to see how it keeps your immune system—and relationships—strong. ■

Swedish Pollen Extract (SPX) a royal jelly superfood and hormonal adaptogen



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