



# AMCHARA

## HEALTH RETREATS

### Article References for:

<https://www.amchara.com/hormones/hormone-imbalance-in-men>

#### References

1. Aachen F R, Doris R, Friedrich J et al (1989). Ginkgo biloba extract in therapy for erectile dysfunction. *Journal Urology*. 141, 188A.
2. Adaikan PG, Srilatha B. Oestrogen-mediated hormonal imbalance precipitates erectile dysfunction. *Int J Impot Res*. 2003 Feb;15(1):38-43.
3. Anghelescu IG, Edwards D, Kasper S & Seifritz E. Stress management and the role of Rhodiola rosea: a review. *Int J Psychiatry Clin Pract*. 2018 Jan 11:1-11.
4. Bajaj JK, Salwan P, Salwan S. Various Possible Toxicants Involved in Thyroid Dysfunction: A Review. *Journal of Clinical and Diagnostic Research : JCDR*. 2016;10(1):FE01-FE03.
5. Barada J H, Goldstein I, Fawzy A et al (2004). Prevention and treatment of erectile dysfunction using lifestyle change and dietary supplements; what works and what is worthless, part II. *Urologic clinics of North America*. 31, 259-273.
6. Braue A, Makelainen H, Mann N, Roper J, Smith R I, Varigos G. A pilot study to determine the short-term effects of a low glycemic load diet on hormonal markers of acne: A nonrandomized, parallel, controlled feeding trial. *Molecular Nutrition & Food Research* 2008; 52 (6): 628-740..
7. British Nutrition Foundation. <https://www.nutrition.org.uk/healthyliving/healthydiet/starchyfoods.html> [accessed 19.10.18].
8. Cichon M J and Kessenich C R (2001). Hormonal decline in Elderly Men and Male Menopause. *Geriatric Nursing*. 22, 1, 24-27.
9. Dharia S, Parker CR (2004). Adrenal androgens and ageing. *Semin Reprod Med*. 22, 4: 361-68.
10. Davey RA & Grossmann M. Androgen Receptor Structure, Function and Biology: From Bench to Bedside, *Clin Biochem Rev* . 2016 Feb; 37(1): 3–15.
11. Gaitan E. Goitrogens. *Baillieres Clin Endocrinol Metab*. 1988 Aug;2(3):683-702.
12. Gould D C, Petty R (2000). The male menopause – does it exist? *For Against*. *British Medical Journal*. 320, 858.
13. Guay A, Munarriz R, Jacobson J, et al (2004). Serum androgen levels in healthy premenopausal women with and without sexual dysfunction: Part A. Serum androgen levels in women aged 20-49 years with no complaints of sexual dysfunction. *Int J Impot Res*. 16, 2, 112-20.
14. <https://www.hormone.org/audiences/international-resource-center>. [accessed 18.10.18.]
15. McKay D (2004). Nutrients and botanicals for erectile dysfunction: examining the evidence. *A Journal of Clinical Therapeutic*. 9, 1, 4-16. [Abstract]
16. Meikle AW. The interrelationships between thyroid dysfunction and hypogonadism in men and boys. *Thyroid*. 2004;14 Suppl 1:S17-25.

17. Melnik BC & Schmitz G. Role of insulin, insulin-like growth factor-1, hyperglycaemic food and milk consumption in the pathogenesis of acne vulgaris. *Experimental Dermatology* 2009; 18: 833-841.
18. Philip P S, Tan R S (1999). Perceptions and risk factors for andropause. *Arch Androl.* 43, 97-103.