

**Dr. Alex
Jimenez
Presents:**

**Hormonal Imbalances In Men
&
Chiropractic Care**

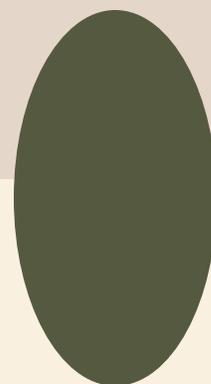
Dr. Alex Jimenez D.C.

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01

Hormone Imbalances



Dr. Alex Jimenez, D.C., presents how to look for signs of hormonal imbalances in men and how different treatment strategies, like chiropractic care, can help regulate hormonal functionality in the body. We direct patients to certified providers that provide functional hormonal replacement treatments that can restore body functionality. We acknowledge each patient and their symptoms by referring them to our associated medical providers based on their diagnosis to understand better what they are dealing with. We understand that education is a tremendous way to ask our providers various questions that apply to the patient's knowledge. Dr. Jimenez, D.C., applies this information as an educational service. [Disclaimer](#)

Dr. Alex Jimenez, D.C., presents: Today, we will be looking at how to look for the signs of hormonal imbalances in men and how chiropractic care can help with the symptoms associated with hormonal imbalances. We need to understand the subtypes of hormonal deficiency to enable appropriate treatment strategies like chiropractic care. So when it comes to hormones in the body, it is important to know how hormones function in the body and what happens when comorbidities are associated with hormonal imbalances. The hormonal imbalances in the male body could cause physiologic effects of low testosterone correlating with disruptive factors.



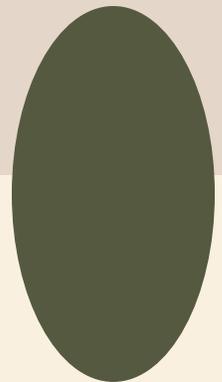
Now hormones in both male and female bodies provide various actions that make the body functional. This includes:

- Regulating body temperature
- Sexual function
- Work with other hormones (insulin, DHEA, cortisol)
- Support the major body systems

When it comes to the male body, the two main hormones, androgen and testosterone, can help with cognitive function. However, when the body begins to age naturally, the hormonal process begins to decrease in the male body and causes chronic illnesses to start to cause problems in the body. When this happens, it can cause the individual to be in pain and disrupt daily activities.

02

Environmental Disruptors & Low Testosterone Levels



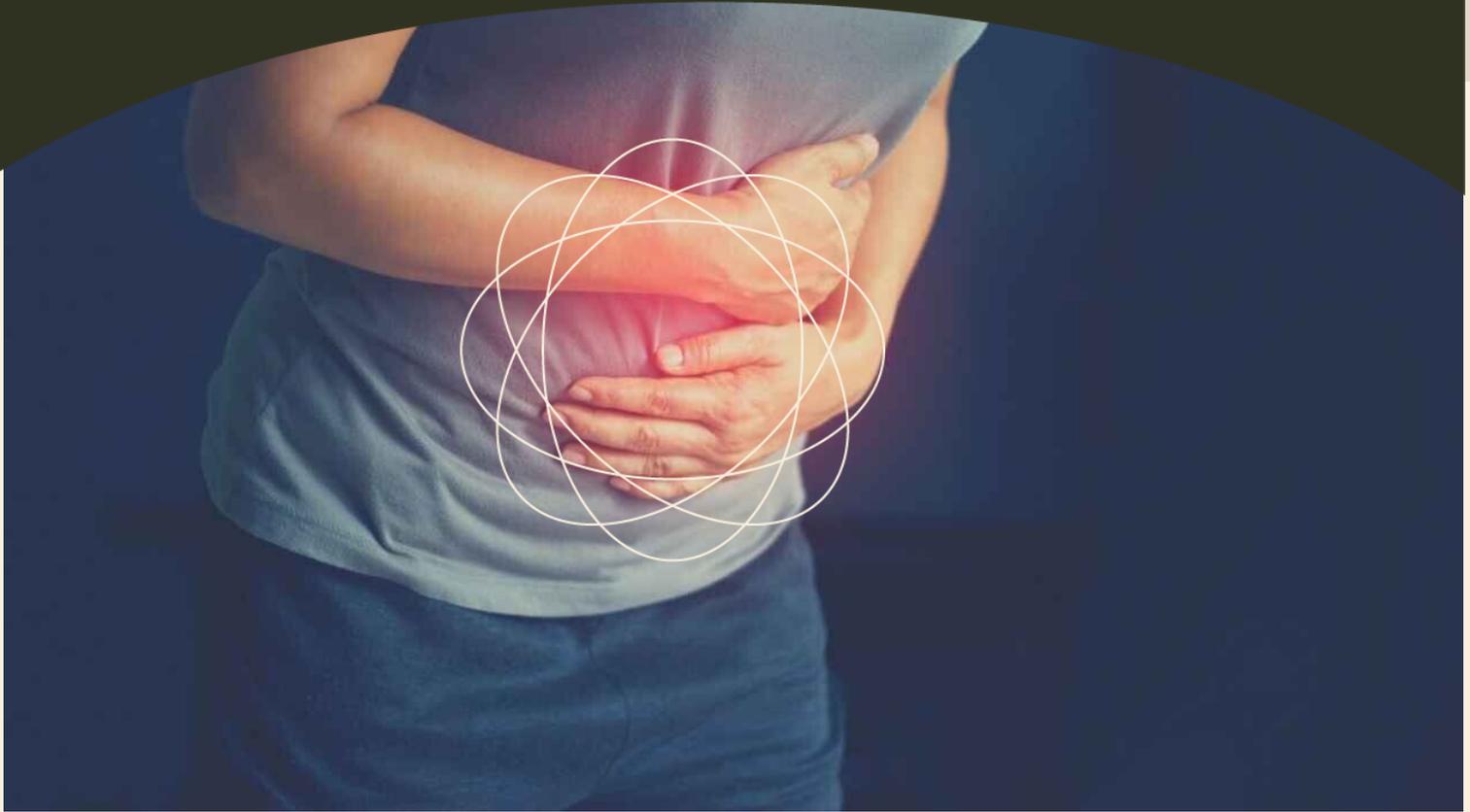
Dr. Alex Jimenez, D.C., presents: Since many environmental disruptors can affect the body and cause hormonal imbalances, they can cause various symptoms in many test results when patients are being examined by their primary doctors. Signs of chronic fatigue, brain fog, depression, increased muscle mass, and low libido correlates with testosterone deficiency and can make the body dysfunctional. And if there is chronic hormonal dysfunction in the body, it can also lead to inflammation associated with hormonal deficiency. When inflammation starts to affect the muscles and joints of the male body, it can lead to issues affecting the back, hips, legs, shoulders, and neck that can cause limited mobility, muscle fatigue, increased body fat, and a decrease in bone mineral density.

Low testosterone levels in the body can overlap with pre-existing conditions that correlate with metabolic syndrome associated with hypogonadism. Hypogonadism is when the body's reproductive organs produce little to no hormones for sexual function. Hypogonadism can affect about 30% of all males between the ages of 40-79.

To that point, it causes the male body to produce more leptin hormones and can negatively affect the brain when it comes to releasing these hormones to the body. At the hypothalamic level of gonadotropin-releasing hormones, we have increased sensitivity at the hypothalamus to negative feedback from androgens. This can be many factors that can contribute to low male testosterone levels:

- Diet
- Stress
- Toxin exposure
- Osteoporosis
- Decreased hair density
- Erectile dysfunction
- Andropause

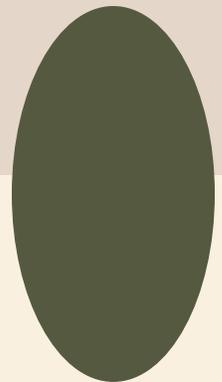
When the reproductive organs produce little to no hormones, they can develop andropause and cause testosterone levels to diminish. Andropause is the male version of menopause for females, which can contribute to other conditions like dementia, Alzheimer's, diabetes, and metabolic syndrome.



How is metabolic syndrome associated with andropause when it comes to hormone imbalances? Well, low levels of testosterone in the body can increase insulin levels, causing insulin resistance, which then leads to an increase in BMI in the body. To that point, disorders like chronic stress can lower DHEA and testosterone hormone levels, which can then increase insulin levels and cause more pain-like issues in the body.

03

Chiropractic Care & Hormones



Dr. Alex Jimenez, D.C., presents: Now all is not lost, as there are ways to improve hormone production in the body. Many individuals can exercise regularly to lower cortisol and insulin levels while boosting testosterone levels. Another way to improve hormone dysfunction is by going to various therapies like chiropractic care to help reduce some of the symptoms associated with hormonal imbalances. Now how would chiropractic care be correlated with hormonal imbalances? Isn't just manual manipulation to the back?

Surprisingly chiropractic care is more than just manipulating the spine when it is in subluxation. As stated earlier, hormonal imbalances can lead to chronic muscle and joint stress that can become inflamed and lead to chronic issues. When hormonal imbalances in the body cause low testosterone production, it can cause stress on the muscle groups and affect the joints. To that point, the body will be in constant pain or succumb to various injuries. So, incorporating chiropractic care as part of treatment can help improve the body's musculoskeletal structure and how to deal with stress, allowing the nervous system, where hormones are being sent to different areas in the body, to function properly and operate normally. Chiropractic care enables the musculoskeletal structure to be pain-free from musculoskeletal dysfunction associated with hormone imbalances and can be combined with other treatments.

Utilizing and incorporating chiropractic care and hormone therapy can allow the body to function with normal hormone levels and reduce the pain-like symptoms that may affect the body's muscles and joints. Chiropractic care combined with a nutritional diet that helps with hormone regulation and physical therapy can help the body's hormone levels to be normal. To that point, this combination of treatments can improve muscle growth and reduce the symptoms associated with hormone imbalances that can cause muscle and joint pain associated with other pre-existing conditions related to hormone balance.

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We provide copies of supporting research studies available to regulatory boards and the public upon request. We understand that we cover matters that require an additional explanation of how it may assist in a particular care plan or treatment protocol; therefore, to further discuss the subject matter above, please feel free to ask Dr. Alex Jimenez DC or contact us at 915-850- 0900. We are here to help you and your family. Blessings Dr. Alex Jimenez DC, MSACP, CCST, IFMCP*, CIFM*, ATN*
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