
Subject: Finasterid und BetaSis - Hormonvergleich
Posted by [tristan](#) on Fri, 20 Jan 2006 15:30:04 GMT
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habe per Zufall nen älteren Beitrag auf Hairsite gefunden wo einer seine Hormonwerte unter Fin und anschließend mit Betasis etc verglichen hat.
Ziemlich merkwürdig:

"

Before I got on finisteride, I had small lump (NOT FAT but kind of hard) behind my nipple. I believe I have some glandular tissue (gyno) behind my nipple. I was always aware of the lump. After one year of finisteride, the lump got bigger! I am not exactly sure if I have gyno, but if the lump keeps getting bigger, I WILL have man breast. I also have 'extreme' fatigue that I believe is due to fin (high estrogen).

Since then I got my blood test result back AND I got another blood test result after 1 month and 19 days on the natural regime. Below is my test result:

1 year on finisteride. Test result on 10/04/05:

TOTAL Testosterone 896 (normal 280 - 1100 ng /dl)

Estradiol 15.0 (normal 21 - 76 pg/ml)

DHT 19 (normal 25 -75 pg/ml)

all other thyroid, metabolic panel profiles are within normal range.

Quit finasteride since 10/04. Started Beta-sitosterol, at 250 mg, 2x per day (500 mg per day) and other other items:curcumin extract (500 mg, 2x per day), DIM (100 mg, 2x per day), and flaxseed ligans (1/4 cup ground flexseed). Test result on 11/23 (1 month and 19 days):

TOTAL Testosterone 696 (normal 280 - 1100 ng /dl)

Estradiol 27.0 (normal 21 - 76 pg/ml)

DHT 44 (normal 25 -75 pg/ml)

Serum Estriol (E3) <0.1 (normal 2.0 mg/dl)

SO THE BIG MOMENT:

BETA SITOSTEROL DOES NOT DO ##### FOR MY DHT LEVEL. FINISTERIDE lowered my DHT level to 19 pg/ml while one month and 19 days on BETA SITOSTEROL (without finasteride) could not keep my dht level down. It climbed to 44 pg/ml.

What is this mean? I dont know. Just because beta sitosterol could not keep my DHT level down, it does not mean it does not benefit the hair. Maybe it works at a more localize level (prostate and hair follicle). In the same token, maybe it is WORTHless and does not help to keep my hair. I

DONT KNOW.

What is strange after quitting fin is that my Estradiol level actually went from 15 pg/ml to 27 pg/ml
!!!!

MY ESTRODIAL LEVEL WENT UPPPP after quitting fin. What the hell. What is weird is that my gynο got slightly better despite the higher estradiol level after quitting fin."
