

MEDIA RELEASE

THE CHEMISTRY OF SIZZLING SEX

Couples suffering from a “ho-hum” sex life may have lost their chemistry, according to Australian hormone expert, Dr Peter Tunbridge.

Dr Tunbridge said declining hormones play a vital role in libido and sexual function and should be routinely checked over the age of 50.

To speak at the 2009 AustralAsian Academy of Anti-Ageing Medicine Conference in Melbourne on October 3, Dr Tunbridge said many couples just accept waning libido and erectile dysfunction as a part of “ageing”.

Dr Tunbridge will lecture health professionals on his highly effective long term treatment programme for the reversal of erectile dysfunction and low libido.

“Scientific studies have shown that libido and sexual function are governed by a complex combination of many hormones,” Dr Tunbridge said.

“Testosterone is often seen as the hero but oestadiol and insulin are also key to getting the sexual chemistry right.

“In men suffering from erectile dysfunction, doctors may check testosterone levels and these may be normal.

“However, the balance of testosterone, oestradiol and insulin in men is very important. As we age, the ratios of these hormones change and can create issues for erection and libido.

“Many men turn to pharmaceutical solutions, like Viagra and nasal delivery, without ever looking at the underlying issue.

“Similarly, female libido also drops after the menopause and some turn to testosterone replacement to pep up their desire.

“This is not the only answer. Libido in women is controlled by a range of factors including testosterone, oestrogen, progesterone and even cortisol (the stress hormone).

“Women in menopause still produce all the same hormones as in their youth. The balance is just out of whack and can lead to hot flushes, insomnia, fatigue, mood swings, weight gain and loss of sexual desire.

“If you get the body chemistry right, sex can be as exciting in your twilight years as in your youth,” Dr Tunbridge said.

Dr Peter Tunbridge - Resume

Dr PETER TUNBRIDGE is an international speaker on Bio-identical Hormone Therapy and oestrogen related illnesses. He is a Senior Lecturer in Clinical Medicine at the University of Adelaide . He is a member of the International Hormone Society . He practices in Norwood in South Australia

Before studying Medicine , he trained as a scientist graduating in Immunology and Embryology and worked at the Institute of Medical and Veterinary Science in the area of aging and folic acid metabolism .

He has recently completed writing 5 books which will be released over the next 2 years. You are welcome to view this on his web site , which is www.petertunbridge.com

Dr Tunbridge has completed a 5 year meta-analysis of nearly 2000 medical, scientific and veterinary peer reviewed published papers and has published the findings of this in a book called :THE HUMAN CODE" which he hopes will revolutionise the understanding of inflammatory disease in humans!

Dr Tunbridge is a speaker at the 3rd Annual AustralAsian Academy of Anti-Ageing Medicine Conference in Melbourne (October 3 – 4 2009).