How to Use the Wiley Protocol for Men®

You have received one burgundy and one blue mylar package.

The burgundy package has burgundy plunger syringes with black lines filled with Testosterone in a cream base. The syringes hold a total of 3cc's or 30 "lines" each of 0.1ml equal to 10 mg per line.

The blue mylar package has blue plunger syringes with black lines with DHEA is in a cream base. The syringes hold a total of 3cc's or 30 "lines" each of 0.1ml or 10 mg per line.

The dosing Schedule which has been prescribed by your physician for each hormone’s daily amount is printed on the back of the mylar bags.

Which Calendar to Use?

There are two calendar options located at the bottom of each calendar page: Circannual Lunar Calendar and Personal Calendar. You will cycle with your most consistent sex partner.

- If you do not have a consistent sex partner, you will cycle with the appropriate Circannual Lunar Calendar.
- If your female partner is on the Wiley Protocol, then you will cycle with the appropriate circannual lunar or personal calendar starting on day one. Follow her rhythm.
- If your partner is not on the Wiley Protocol®, you will cycle with the appropriate Lunar Calendar. Check the website message ticker at the top of the home page for the current Day of the Lunar Calendar at thewileyprotocol.com and jump on the cycle on that Day or wait until the next Day One.
- If your female partner is not on the Wiley Protocol®, and her cycles are erratic or less than 28 days contact us caren@thewileyprotocol.com.
- If she has an early or late period, you both may lose the Lunar Rhythm, and revert to her Personal Calendar with her own individual cycle.
- If you are in a same sex relationship, both of you can be on the appropriate Circannual Lunar Calendar.
- Blood work can determine your partner’s personal cycle for you to follow.

Effective Application of the Creams

Place the plunger on the palm of your hand and place your first and second fingers on the barrel. Push the plunger carefully with the thumb of the same hand. The plunger can be sticky and unpredictable. You can give the plunger a quarter twist in either direction. Try not to use your thumb to measure the dose.

Squeeze the number of lines for your application of Testosterone. To practice controlling the plunger in the syringe, make a dot of cream on your hand for each line of hormone that you measure out. Note: Each tiny line on the syringe is 0.1ml = 10 mg.

Deposit the cream in the bend of your leg and inner thigh use your hand to work the cream avoiding your scrotum. The larger the application area, the better your absorption will be. Rub the cream into your skin well, until it disappears. DON'T MIX or layer over with other creams of any kind.

Aply DHEA to the areas marked on your lower back in the same way in the morning only. Use the testosterone on one side of your inner thigh, alternating sides each week.

IMPORTANT:

Do not bathe for forty minutes after applying the hormones.

Do not exercise for two hours after applying your hormones; doing so might cause you to sweat the hormones back out of your fat base.

Cover thighs with boxers after application if you are in direct skin-to-skin contact children, animals, or others until most of it is absorbed (1 hour).

The First Three Months

- There is an adjustment period as your system adapts to the prescription. Both components of this prescription are termed “androgens” and are steroid hormones, but not to be confused with synthetic anabolic steroids used by athletes. All sex hormones are classed steroids.
- The side effects of the Wiley Protocol for Men® are unknown. However, side effects of the gel-based, soy-derived, statically dosed AndroGel® testosterone replacement therapy have been reported to be: nausea, vomiting, headache, dizziness, hair loss, trouble sleeping, change in sexual desire, redness/swelling of the skin, change in skin color, or acne breast pain/enlargement, swelling of the feet/ankles (edema), weight gain, very slow/shallow/difficult breathing (possibly while sleeping), (e.g., depression, agitation, hostility) mental/mood changes, trouble urinating, change in size/shape of the testicles, testicle pain/tenderness, stomach/abdominal pain, dark
urine, yellowing of eyes/skin, change in the amount of urine, calf tenderness/swelling/pain and weakness may occur.

- A few men have noted a change in size/shape of the testicles on the Wiley Protocol for Men®. (reduction?)

- If any of the above listed side-effects occur, notify us at caren@thewileyprotocol.com and your doctor or pharmacist promptly.

- Androgens may DECREASE blood glucose, and therefore lowering insulin requirements in diabetic patients as well as LOWERING blood pressure, changing dosages of all classes of blood pressure medication over time.

- Increases in hemoglobin and hematocrit, reflective of increases in red blood cell mass, may require lowering or discontinuation of testosterone. Increase in red blood cell mass may increase the risk for a thromboembolic event.

- Use of testosterone with ACTH or corticosteroids may result in increased fluid retention, particularly in patients with cardiac, renal, or hepatic disease.

- Changes in anticoagulant activity may be seen with androgens. More frequent monitoring of INR and prothrombin time is recommended.

- Androgens may decrease levels of thyroxin-binding globulin, resulting in decreased total T4 serum levels and increased resin uptake of T3 and T4. Free thyroid hormone levels remain unchanged.

- Any serious “Adverse Events” such as newly diagnosed illnesses occurring while taking the Wiley Protocol for Men® must be reported to oncologist@thewileyprotocol.com

EXOGENOUS TESTOSTERONE HAS BEEN EXONERATED BY CLINICAL STUDY FROM IMPLICATION IN CASES OF PROSTATE CANCER

- Endogenous Hormones, Prostate Cancer Collaborative Group, Roddam AW, Allen NE, Appleby P, Key TJ.

- Endogenous sex hormones and prostate cancer: a collaborative analysis of 18 prospective studies.


KEEP AWAY FROM PREGNANT OR BREAST FEEDING WOMEN. TESTOSTERONE MAY CAUSE FETAL HARM.

By month three, a full compliment of receptors should be up and running and then it is time to start adjusting the dose for your individual needs. Blood testing is in order to give your information to your doctor to adjust your hormone needs.

Blood Testing Procedure

By month three and every six months thereafter, you are to get your blood tested. Blood testing is always done on days 16-19.

1: First Thing in the Morning

Get up and go straight to the lab before you put on any hormones.

Contraindicated Medicines and Supplements

All prescription medications and supplements, available to the public, work across hormone receptors to be effective.

- Therefore, all medications, supplements, and herbs can have an effect on hormone receptors. Pcs, Lignans, Red Clover, Flax, Saw Palmetto, Chrysin, oral DHEA, Selenium, Zinc, Ginsing, Androstenedione, Mawuag, Ephedra, Ginkgo, Grapefruit juice, high fiber herbs such as Fennel Seed, St. John’s Wort, Creatine, isoflavones, Pygeum, Stinging Nettle, and Rye Pollen. Some plant extracts that have also been studied include Beta Sitosterol, Genistein, Daidsen, Quercetin, Rosaminic acid, Lycopene, Licorice root, Yohimbe Bark, Damiana, Sarsparilla, Muira Puama, Horny Goat Weed, Suma, Schizandra, tribulis, Ashwagandha, Korean Red Ginseng, Capsicum, Codonopsis, Bala, Stiffcock Strongback, Gotu Kola, Cinnamon, Cocculus root, Vamsa Rochna, Wisa, and Catuaba all have hormonal effects and could interfere with the Protocol.

- Check constituents of all combination” products from healthfood stores, naturopathic, chiropractic and Oriental Medicine practitioners.

Medications that are contraindicated on the Wiley Protocol include:

Flutamide, Bicalutamide, Nilutamide, and Cyproterone acetate, Finasteride, Meroxyprogesterone acetate, Megace, Zolex, Ketoconazole and Aminoglutethimide, Abarlex is an example of a GnRH antagonist, while the GnRH agonists include Leuprolide, Lupron, Goserelin, Triptorelin, Buserelin, Casidex, Diethyilstibesterol (DES), Ethinyl Estradiol. Testosterone may enhance the effects of Clopidogrel (Plavix®) including Indomethacin and Warfarin.

With time, you may find that you need less of certain conventional medications such as anti-depressants, especially SSRI’s, all classes of Blood Pressure medication and Statin drugs like Lipitor.

Do not alter your prescriptions intake without consulting your physician.

The following products have been shown to present no problems with the Wiley Protocol: Magnesium, B-vitamins, Omega 3’s and 6’s, Lithium, Anti-psychotic drugs, Anti-epilepsy drugs, and common sleep medications like Ambien, Tylenol PM, Melatonin, Restoril and Xanax.

IN CHOOSING THE WILEY PROTOCOL® YOU HAVECHOSEN AN INDIVIDUALLY STANDARDIZED, COMPOUNDED, NATURAL BIOMEMTIC HORMONE RESTORATION THERAPY REGIMEN PRESCRIBED BY YOUR DOCTOR AND MADE WITH FDA APPROVED PHARMACEUTICAL GRADE INGREDIENTS.

DISCUSS ALL QUESTIONS AND DECISIONS ABOUT YOUR HEALTH WITH YOUR DOCTOR.

DO NOT MAKE CHANGES TO YOUR WILEY PROTOCOL WITHOUT DISCUSSING WITH YOUR PHYSICIAN FIRST.

http://www.thewileyprotocol.com