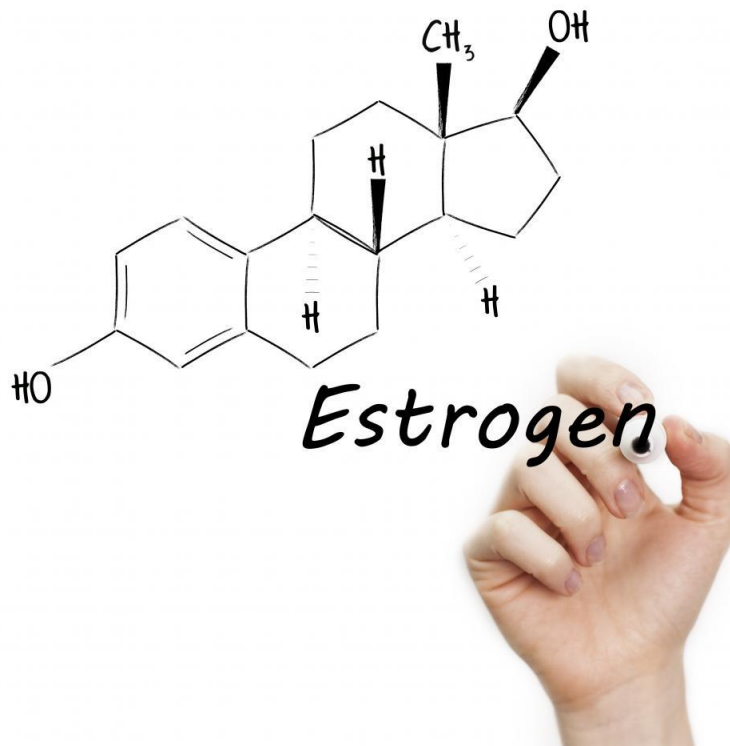


Important for both men and woman...

ESTROGEN – Vital or Dangerous?

Estrogen is secreted by the ovaries and is the primary female sex hormone. It is responsible for the development and regulation of the female reproductive system and secondary sex characteristics such as the widening of the hips and the development of the breasts. There are three major endogenous estrogens in females that have **estrogenic** hormonal activity: estrone (E1), estradiol (E2), and estriol (E3).



Another type of estrogen called estetrol (E4) is produced only during pregnancy. Quantitatively, estrogens circulate at lower levels than androgens in both men and women. While estrogen levels are significantly lower in males compared to females, estrogens nevertheless also have important physiological roles in males.

Estrogen is also responsible for helping with the growth and development of the follicle in the ovary as well as thickening the endometrial lining of the uterus so that an egg, once fertilized by a sperm, can implant into the wall of the uterus and grow a placenta. Estrogen levels then continue to rise during pregnancy along with rising levels of progesterone to help the fetus to grow and to increase the vascular system of arteries and veins to and from the fetus. If there is too much estrogen to progesterone, this can cause a miscarriage.

In addition to their role as natural hormones, estrogens are used as medications, for instance in menopausal hormone therapy and hormonal birth control.

EXCESS ESTROGEN or ESTROGEN DOMINANCE

Estrogen dominance refers to the syndrome where there is too much estrogen in the body, relative to (mainly) progesterone or testosterone.

Estrogen dominance symptoms include **PMS symptoms** such as headaches, irritability, breast tenderness, bloating, menstrual cramps, high blood pressure, blood clots, stroke, endometriosis, increased fat deposition, low libido and infertility.

In the same way that Estrogen increases blood flow and development of new arteries in the growing fetus, excess estrogen can also help aid the **growth and development of cancer cells and tumors** such as fibroid tumors, ovarian cancer, breast cancer and cervical cancer.

Estrogen may cause the receptors for Aldosterone in the Kidneys to become overstimulated. This will increase the physiological processes associated with Aldosterone function, such as increased **water retention**, increased Sodium retention, and increased Copper retention, along with excess elimination of Magnesium, Zinc, and Potassium through the urine.

This increase of Water retention can **raise blood pressure**, cause swelling and edema, increase cyst formation such as fibrocystic breast disease or Polycystic Ovarian Syndrome (PCOS). Excess water retention also affects the fluid levels in the inner ear and can cause Meniere's syndrome with symptoms such as vertigo, dizziness, ringing in the ears, and nausea.

Excess estrogen may also promote **thyroid conditions**. Estrogen hormones bind to the Thyroid hormone receptor sites on the cells, blocking T3 thyroid hormone from being able to gain entry into the cells, causing a functional hypothyroidism which will slow down the metabolism, lower body temperature and can cause growth and **developmental retardation** in growing children.

Estrogen side effects also include **anxiety, insomnia and depression** due to its ability to block the formation of GABA (gamma amino butyric acid) in the brain. GABA is the most powerful calming and tranquilizing neurotransmitter that the brain produces and if its levels are too low in proportion to Glutamic acid, can result in seizures and epilepsy.

In men, excess estrogen can cause **low sex drive, erectile dysfunction, infertility, gynecomastia (male breasts) and prostate cancer**.

ENVIRONMENTAL ESTROGEN

Since the 1940's pharmaceutical companies have been manufacturing **synthetic estrogen compounds** and selling them to women as a form of birth control or also in HRT (hormone replacement therapy).

These compounds of Estradiol and Estrone forms of estrogen have been excreted into the environment through our plumbing system as these synthetic compounds do not breakdown. They are found **in our water and soil**. They are in the food we eat, the water we drink and many household products we use daily. Our entire planet is being polluted with these known carcinogens. Birds are hatching prematurely because the eggshells are too thin and brittle and male alligators in Florida now are exhibiting testosterone levels so low that they are sexually impotent.

Along with the gross prolific use of birth control pills and hormone replacement therapy, other synthetic compounds such as pesticides, perfumes, plastic bottles, PCB's, detergents, paints, nail polish, and all derivatives of plastic manufacturing and petrochemical refineries give off estrogen-mimicking compounds into the environment which are called "**Xeno-estrogens**".

Industrial farming practices which feed our livestock pesticide laden grain along with **estrogen-like growth hormone injections** is directly putting these "Xeno-estrogens" into our food supply and going directly into our bodies.

Some foods contain **phytoestrogens**, which may affect levels of **estrogen in the body**: cruciferous vegetables, soy and some foods containing soy protein, berries, seeds and grains, nuts, fruit, etc. Some scientists consider phytoestrogens to be endocrine disruptors. They appear to have dual functions at times, able to increase and decrease estrogen activity.

It's a common misconception that phytoestrogens negatively impact health. Research confirms that the foods containing phytoestrogens may lower cancer risk, reduce hot flashes, improve other menopausal symptoms, and provide other health benefits.

The effects of soy's phytoestrogens depend on the type of soy being studied, and this has led to inconsistent findings. Soy protein isolate will have a different impact than whole soy foods for example.

Our **non-organic fruits and vegetables** are also bathing in **pesticides** and therefore increase estrogen in our body.

While estrogen is a vital hormone for growth and development, excess estrogen can have detrimental effects on our body.

A female patient of mine, Dorothy (age 50), exhibited many PMS symptoms in addition to being diagnosed with fibroids, endometriosis and stage I ovarian cancer.

Dorothy had been on synthetic hormones (Premarin) for years and was prescribed steroids on/off for pain and discomfort. She experienced some short-term relief but her condition has been gradually worsening over the years.

We tested her hormone levels, including estrogens, testosterone, progesterone, DHEA, cortisol and thyroid hormones (T3, T4, TSH) among others.



The results indicated estrogen dominance and low levels of testosterone and progesterone. Her estrogen (E3) was 98 when it should have been less than 9 and her progesterone and testosterone were at the levels of a senior citizen!

This is what we did to quickly balance her hormones:

1. Supplement with a potent topical progesterone crème.
2. Increase testosterone levels (injections).
3. Reduce estrogen with a professional grade supplement.

Dorothy's PMS symptoms quickly improved. She also experienced additional benefits of more energy and focus.

4. Replace all house-hold products and personal care products containing xeno-estrogens.
5. Install a high-quality water filter for drinking and cooking.

6. Increase the intake of organic foods (avoid pesticides, GMO etc.) and decrease the intake of high-estrogenic laden foods.

For the fibroids, endometriosis and ovarian cancer, we assisted with:

7. Effective strains of medical cannabis / full-spectrum hemp oil.
8. Include a potent fibrolytic supplement.
9. A juicing regimen and IV-therapy (increase antioxidant profile, reduce inflammation and reduce acidity).
10. Customized meditation program (evolve to mind over matter).

When we repeated the hormone profile 6 months later it was almost perfect. Dorothy has had no further PMS complaints and is eternally grateful that she came to us for wholistic advice and treatment. Her only regret is that she didn't do it sooner.

Being mindful of the early signs and supporting your body with the nutrients that your body is asking for, makes a big difference in your health and wellbeing.

Even when you do not have any symptoms, it's sound practice to check your sex hormones and look for excess estrogen.

If you have any questions or need help, **please contact us.**