

## Women's Hormonal Health

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- **Preventing hormonal catastrophe: endometriosis, cancers of ovary and breast, PMS, menopause**
  
- **Reduce exposure to xenoestrogens:** mimic and alter estrogens and E cell receptors
  - **Plastics:** esp. microwaved frozen dinners; plastic water bottles, dental fillings, etc.
  - **Pesticides, insecticides:** in butter, cheese, and meat fat more than in produce.
  - **Heavy metals: silver fillings, tuna, coal-fired power plants, etc.**
  - **Cosmetics? Dioxins**
  
- **Standard American Diet (SAD)** high in sugar, saturated/trans fats, low fiber & nutrients is a recipe for disaster.
  
- **Enhance hormonal detox mechanisms:**
  1. **Address liver congestion via detoxification** (see Detox Protocol with NOW products)
  2. **Clean bowels: fruits, fiber, high fiber cereals**
  3. **Probiotics:** helps remove excess hormones/reduces recycling  
Plain yogurt, kefir, acidophilus, bifidus, etc.
  4. **Cruciferous veggies and/or I3C (Indole-3 carbinol) or DIM**

I3C helps to regulate cell growth rates, and helps to change a strong and inflammatory form of estrogen (estradiol) into a safer, less aggressive form (estrone). The regulation of estrogen-related cell growth is a factor in whether one is more prone to develop certain cancers. I3C influences the 2-hydroxylation metabolic pathway to increase the ratio of 2-hydroxysterone to 16 $\alpha$ -hydroxyestrone. I3C helps trigger cell death in abnormal cells so they won't become a bigger problem over time. I3C has the same protective effects for testosterone as for estrogens, so it's protective for both men and women.

### 5. Flaxseed lignans

Recent research suggests that adding one to two tablespoons of flaxseed to your diet may provide some extra protection against breast cancer. Lignans are strong antioxidants and phytoestrogens (plant estrogens), which means they can have balancing effects on hormones. Lignans have a chemical structure similar to the estrogen produced in our bodies and this allows them to compete with estrogen for binding sites. So lignans can work against estrogens in our body that promote the growth of certain cancers. University of Minnesota, researchers gave postmenopausal women either 5 or 10 grams (about one rounded tablespoon) of ground flaxseed a day for seven weeks. At the end of the study, the women who ate flaxseed had improved estrogen profiles, suggesting a decreased risk of breast cancer. **Those who ate 10 grams of flaxseed had a greater response than those who ate 5 grams. Flaxseed also improved estrogen profiles in premenopausal women.**

The lignan found in flaxseed is called *secoisolariciresinol diglucoside* (SDG), a type of polyphenol. Interest in SDG arose in the 1980's when investigators reported that the level of lignans in the body were lower in patients with breast cancer than in tumor free patients. When the plant lignan SDG (from flaxseed) is ingested, it is converted in the colon by bacteria to the mammalian lignans *enterodiols* (ED) and *enterolactone* (EL). Concentrated flax lignans are also available in capsule form.

## 6. Calcium D-glucarate helps regulate estrogen

**Calcium-D-glucarate** is the calcium salt of D-glucaric acid, a substance produced naturally by humans and also found in the highest concentrations in **oranges, apples, grapefruit, and cruciferous** vegetables. Calcium-D-glucarate has been shown to inhibit beta-glucuronidase, an enzyme produced by colonic microflora and involved in liver detoxification. Elevated beta-glucuronidase activity is associated with an increased risk for hormone-dependent cancers such as breast, prostate, and colon. Inhibition of beta-glucuronidase results in decreasing the risk of carcinogenesis.

## 7. Progesterone Cream

“As an alternative, I have treated a number of endometriosis patients, some after failed surgery, with natural progesterone and have observed considerable success. Since we know that estrogen initiates endometrial cell proliferation and the formation of blood vessel accumulation in the endometrium, the aim of treatment is to block this monthly estrogen stimulus to the aberrant endometrial islets. Progesterone stops further proliferation of endometrial cells. I advised such women to use natural progesterone cream from day six (6) of the cycle to day twenty-six (26) each month, using one ounce of cream per week for three weeks, stopping just before their expected period. This treatment requires patience. Over time (four to six months), however, the monthly pains gradually subside as monthly bleeding in the islets becomes less and healing of the inflammatory sites occurs. The monthly discomfort may not disappear entirely but becomes more tolerable. Endometriosis is cured by menopause. This technique is surely worth a trial, since the alternatives are not all that successful and laden with undesirable consequences and side effects.” *Dr. John Lee*

Dioxins are among the most toxic substances known to man. Exposure to high levels of dioxin in humans causes a severe form of persistent acne, known as chloracne [4]. Other effects may include:

- Developmental abnormalities in the enamel of children's teeth.<sup>[12][13]</sup>
- Cancer
- Central and Peripheral Nervous System pathology
- Thyroid disorders
- Damage to the Immune systems.<sup>[14]</sup>
- Endometriosis
- Birth defects
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetes
- And at least in laboratory animals, increased rates of liver, lung and thyroid cancer are observed<sup>[15]</sup>