



Sensible Philosophy

Sensible News aims to provide important health information that may not be readily available from conventional sources. Articles are factual. Any references not listed are available on request.

Drowning in Estrogen

Estrogen mimics in the environment are a serious health concern for women and men of all ages. Estrogen mimics include conventional HRT, the contraceptive pill, organochlorine pollution, sunscreens, plastics and pesticides. Some of these molecules are 1000s of times more potent than human estrogen (1).

Estrogen, even our own milder estrogen, is a strong hormone. It lowers metabolism by suppressing thyroid function and by storing blood sugar as fat. Estrogen also stimulates the growth of breast and uterus tissue.

All of these effects are supposed to be balanced by progesterone, but in most women, they are not.

Appointments at Sensible-Alternative Naturopathic Clinic are available weekdays from 8am to 8pm. 498 Miller St. Cammeray

Call **02 9922 4009**

web: www.sensible-alternative.com

email: lara@sensible-alternative.com

INSIDE THIS ISSUE

- 1 Drowning in Estrogen – Missing Progesterone
- 1 Saliva Hormone Testing
- 2 Estrogen Dominance Quiz
- 2 Vitamin D – you heard it here first!
- 2 Treatment for Estrogen Dominance
- 2 Upcoming Public Lectures

Missing progesterone

Progesterone is supposed to protect breasts and uterus from the cancer-promoting effects of estrogen. It should increase metabolism, burn fat, relieve depression and anxiety, act as a natural diuretic, normalize blood clotting, stimulate new bone formation, and stabilize blood sugar. Successful ovulation is required for the ovary to produce progesterone.

For many women, ovulation is inhibited by estrogen mimics and by the presence of insulin (see Issue 3 of Sensible News). This results in inadequate progesterone production. Progesterone is further depleted by stress, which converts progesterone to the stress hormone cortisol.

The result of too much estrogen relative to progesterone is Estrogen Dominance. It is the chief cause of PMS, fibroids, endometriosis, PCOS, infertility and other hormonal imbalances. Under the influence of too much estrogen, women feel bloated, irritable, fatigued, and crave sugar. A full list of symptoms can be seen in the Estrogen Dominance quiz on page 2.

Saliva Hormone Testing together with symptom analysis is the best way to diagnose estrogen dominance.

Levels of hormone in saliva do vary from day to day. This is a common criticism of saliva testing. The main reason that blood levels are more stable, however, is that most of that hormone is bound to storage proteins, and is not active in the body.

Saliva tests measure the amount of hormone that your body is actually experiencing. It is the best way to measure the ratio between estrogen and progesterone. It is also a convenient way to collect a sample at home during the days and times in which hormone imbalance is suspected. Saliva levels of testosterone, melatonin, cortisol and DHEA can also be tested.

Sensible-Alternative uses Analytical Reference Laboratories in Melbourne.

Estrogen Dominance Quiz

Anxiety before period	5
Autoimmune disorder	5
Breast Cancer	20
Cervical Dysplasia	15
Contraceptive pill ever taken for more than 6 months	5
Depression before period	5
Dry eyes	5
Endometriosis	10
Fatigue	5
Fibrocystic Breast Disease	5
Fibroids	10
Gallbladder disease after HRT	5
Infertility	10
Irregular menstrual cycles	5
Insomnia before period	5
Miscarriage (1 st trimester)	10
Osteoporosis	10
PMS	10
Polycystic Ovary Syndrome	20
Low Thyroid function	5
Cyclic Water retention	5
Weight gain in hips and thighs	5
Yellowish skin discoloration	5

Total	
-------	--

Score: 10-20 – Mild Estrogen Dominance
 Score: 20-40 – Moderate Estrogen Dominance
 Score: 40+ – Severe Estrogen Dominance

Results should be confirmed by Saliva hormone testing.

References:

1. Lee, John R. "What your doctor may not tell you about Breast Cancer" 2002. Penguin Books Australia.

Treatment of Estrogen Dominance

- Increase your body's own progesterone:
 - Lower the progesterone competitor cortisol by managing your stress.
 - Ensure ovulation by avoiding estrogen mimics and avoiding bread and sugar. (see Issue 3 of Sensible News)
 - Use vitamin B6, and the herbs Chastetree or Lady's Mantle
- Supplement bio-identical progesterone.
- Minimize exposure to estrogen:
 - Avoid pollution, pesticides, solvents, and plastics as much as possible.
 - Avoid HRT and the contraceptive pill.
 - Improve liver clearance of estrogen by avoiding alcohol and processed food.
 - Exercise
- Protect yourself with mild plant estrogens.
 - Plant sterols in soy, linseed, and red clover are not true hormones. They are mildly estrogenic, which acts as a buffer against chemical estrogen mimics.

Mild and Moderate Estrogen Dominance may improve without bio-identical progesterone. More severe cases require the prescription hormone.

Sunshine prevents cancer! The ABC extols the benefits of Vitamin D (Catalyst, 27 June). You heard it here first in the January Edition of Sensible News.

Upcoming PUBLIC LECTURES

April 5 - **Detoxify!** Release your vitality by removing stored residues of HRT, pesticides, and pollution.

May 3 - **Eat Right for your Metabolic Type.** Improve energy and weight loss by knowing your oxidizer type, blood type and hormonal type. FREE blood typing after the lecture.

May 10 - **Bowen Therapy** Demonstration. See this amazing therapy in action. Bring your aches and pains.

All lectures: Saturday - 11:30am-12:30pm

Sensible-Alternative Naturopathic Clinic

498 Miller St. Cammeray NSW

\$5 Admission.

Information/registration: **9922 4009** or lara@sensible-alternative.com

Obtain back issues, or subscribe to the latest issue of Sensible News straight to your email.

Visit our website: www.sensible-alternative.com