



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.

Teflon: Another Hormone Disruptor

The American Environmental Protection Agency is just about to ban toxic fluorinated compounds used in non-stick coatings such as Teflon, scotchguard, nail polish, and the lining of pizza boxes and popcorn bags (1). There is growing evidence that fluorinated compounds damage the thyroid gland, disrupt male hormones, and cause reproductive cancers.

Comment: This is another example of hormone disruption, similar to the effect of chlorinated compounds such as DDT and dioxins. (Teflon is being called the DDT of this generation.)

Hormone disruptors are redefining toxicology, because unlike other toxins which are dose-dependent, these molecules cause serious problems even when the dose is only a half-part per million.

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Leptin: The Weight Loss and Fertility Hormone

Leptin is a hormone produced by fat cells. It reduces hunger by suppressing the appetite centre in the hypothalamus. The hypothalamus is a part of the brain that connects to the pituitary, and it controls more than appetite. In many ways, the hypothalamus is the metabolic centre of the body. Leptin affects many other aspects of metabolism including fertility and bone density.

Leptin important for weight loss: Drug companies are trying to develop a synthetic version of leptin to market as a weight loss drug. It may not be this simple however, because overweight people are usually leptin resistant, not leptin deficient. Those with a history of an eating disorder are particularly at risk for leptin resistance later in life.

Sleep helps leptin sensitivity: Leptin is suppressed by the sleep hormone melatonin. This is a good thing because it prevents leptin resistance. This is one of the reasons that sleep helps with weight loss.

Leptin prevents bone loss:

According to new research from France, leptin shows a significant protective effect for bones in post menopausal women (2). The hormone changes the way that the nervous system turns on or off bone resorption.

Leptin and fertility:

Leptin levels fluctuate during the menstrual cycle, and peak during the late luteal phase (just before the period). This is believed to assist with implantation. (3)

Leptin resistance causes PCOS:

Leptin resistance appears to play a role in PCOS. (4)

Leptin affects IVF outcome

Women with lower leptin at the start of the IVF cycle were more successful at becoming pregnant. (5) (Lower leptin implies that the women are not leptin resistant.)

Comment:

Researchers have discovered a protein that helps to overcome leptin resistance, but it is still under development. In the meantime, I recommend using homeopathic leptin to resensitise leptin receptors.

Contact us at Sensible-Alternative clinic for:

- Blood tests for leptin,
- Treatment with homeopathic leptin



Your Questions answered:

Question from Sue in Sydney NSW:
 "Should I take thyroid extract?"

Answer: Thyroid extract, also called Armour thyroid or dessicated thyroid, is dried thyroid gland from a pig. It is a popular alternative to conventional thyroid replacement, or thyroxine, because it contains activated thyroid hormone (T3) as well as T4.

The T3 and T4 found in thyroid extract are not in themselves any more natural than conventional thyroid replacement. (The concept of "bio-identical" discussed in [Lara's Natural Hormone article](#) does not apply to peptide hormones like thyroid.) It is good to have a combination of T3 and T4, but that can be obtained in other ways, such as compounded capsule:

- 30mg of thyroid extract contains: 20mcg T4 and 5 mcg T3.

Apart from the hormones themselves, thyroid extract has another benefit. According to the principal of "glandular therapy", the *consumption of gland tissue will cause regeneration of the corresponding gland in the patient.* (Radioisotope studies have shown that molecules do migrate to the corresponding gland.) In North America, tablets of adrenal gland or thymus gland (from pigs) are taken for energy and immunity. Taking thyroid gland may mean that your own gland will recover, and you will not need to replace hormone.

It is not suitable for long-term use in Hashimoto's or Graves disease, because the pig tissue can aggravate the underlying autoimmunity. Hashimoto's patients do well initially on thyroid extract, but will worsen over time.

References:

- (1) Compound in Teflon A 'Likely Carcinogen'. Washington Post. June 29, 2005
- (2) Blain, H et al. Serum Leptin Level Is a Predictor of Bone Mineral Density in Postmenopausal Women. 2002. Journal Clin Endocrin Met 87 (3): 1030-1035
- (3) Geisthovel, F et al. Serum pattern of circulating free leptin, bound leptin and soluble leptin in the physiological menstrual cycle. Fertil Steril 2004. 81: 398-402
- (4) Moschos, S et al. Leptin and reproduction: a review. Fertil Steril. 2002. 77(3):433-44.
- (5) Journal of Assisted Reproduction and Genetics 2002; 19: 169-76

Saliva tests a better way to monitor your hormone treatment.

If you are using hormone creams or troches, a blood test is not the best way to monitor your levels, because it **cannot measure hormone attached to red blood cells.**

Hormones are transported three different forms: free hormone, hormone bound to protein, and hormone on the surface of red blood cells. Most of the progesterone that you take in a troche or cream ends up on red blood cells. Red blood cell hormone can be measured with a saliva test but not *a blood test*. This is why some saliva readings are much higher than the blood reading.

If we have used blood tests for you in the clinic, it was because we needed to include other parameters that cannot be tested with saliva (thyroid or insulin). We may suggest saliva testing for your next test.

New Clinic Reception Hours:

Sensible-Alternative Clinic is doing things differently. We have a new receptionist, Judy, who will be on the phones **Monday to Friday 10am to 3pm.**

This means that we are easier to reach. Making and changing bookings is quicker, and Suzie and I can be more efficient in helping you with your questions. **Call us at 9438 3448.**

Call for Feedback and Testimonials:

Sensible-Alternative welcomes your feedback. Please send us an email with any **compliments, suggestions or complaints.**

In particular, we need **testimonials from patients.** If we have helped you, please send us a couple of sentences describing your experience. We'd prefer to use your first name on the website, but you can remain anonymous.

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