

Bristlecone Med-fitness

"Damaging truth, I prefer it to advantageous error. Truth heals the pain which perhaps it evokes." -Goethe

ESTROGEN DEFICIENCY

WHAT'S IT ALL ABOUT?

"If people let the government decide what foods they eat and what medicines they take, their bodies will soon be in as sorry a state as are the souls who live under tyranny." (Thomas Jefferson) What a statement! Currently, the FDA is under excruciating pressure to eliminate compounding pharmacies. **Why?** Wyeth pharmaceutical, a large drug manufacturer, is exerting pressure on the FDA to stop the compounding of natural hormones. **Why?** **Natural hormones have become a threat to Wyeth's profits!** After the Women's Health Initiative documented that synthetic, chemicalized hormones were dangerous, the sale of Wyeth's *Premarin & Prempro* plummeted. With this exposure, natural, bio-identical hormones started making a resurgence. Suddenly, compounders became a threat to the profits of these large pharmaceutical companies. Only chemicalized, drug-like substances, like *Premarin*, are patented and sold through pharmaceutical lines. A natural substance cannot be patented; therefore, natural hormones do not promise large profits!

REAL VS. FAKE

Unfortunately, the FDA is a huge political machine, and it is not likely to vote against a powerhouse like Wyeth. Although the jury is still out concerning the future of compounding pharmacies, we do know the TRUTH about natural, bio-identical hormones.

Natural bio-identical hormones are precise replicas of your own hormones. Your body recognizes them and the results are magnificent! In Europe and many parts of the world, natural hormones have been a routine part of health care & restoration for more than 40 years.

Over the past several months, Julie & I have attempted to inform you about the basics of natural progesterone, and its powerful ability to balance estrogen dominance. Women commonly lose 75% of their progesterone between the ages of 35-50! More than 90% of our PT members were progesterone deficient when tested. This is startling when you understand that **progesterone is the only way the body has to prevent unchecked growth stimulated by estrogen.** Progesterone opposes estrogen by turning off the cell growth mechanism.

WINDOW OPEN...?

Progesterone makes cells stop growing! Progesterone is the great balancer. It is protective in nature & in its natural form, it is very safe. In fact, studies have documented an "estrogen window hypothesis" for breast cancer development. The reports define a window of 10-15 years, before menopause, where estrogen becomes dominant in the bloodstream causing breast tissue to grow unchecked by progesterone. Cancer cells typically double every 3-6 months, this results in a tumor large enough to be detected in about 8-10 years.

But, cancer is not the only malice of estrogen dominance. If we revisit the 2 component theory of hormone balance, you'll remember that sex hormones are on the anabolic side with insulin. When a woman's sex hormones are out of balance, the body responds by increasing insulin. And, as we all know by now...excess insulin = fat storage! This is the 10-25 lbs. that most women gain during pre-menopause! Adding natural progesterone solves a huge piece of this hormonal puzzle. As many of you are experiencing, it can bring relief to a myriad of hormonal symptoms!

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HIGH BODY FAT = LOW E2

But, progesterone alone cannot restore a hormonal deficiency. Estrogen deficiency causes many of our pre-menopausal woes! As progesterone declines, so does E2 (Estradiol), our youthful estrogen. This is the estrogen that keeps our skin from wrinkling, helps us think clearly & remember! E2 is produced by the ovary & production declines with age or as a consequence of waning progesterone, high cortisol, excess insulin & high (or too low) body fat %. It's the teeter-totter thing again! *Every hormonal action has an opposite & opposing reaction*. In fact, women in the U.S. are entering into pre-menopause earlier & earlier with each generation!

Adding natural progesterone does the big thing...it protects from estrogen dominance. But remember, the estrogen dominance is coming from E1 (estrone) made in the fat cells. Many women are still deficient in the good estrogen, E2, at earlier and earlier ages...primarily due to insulin, obesity & cortisol! Progesterone does nothing for an E2 deficiency that is common with E1 dominance! E2 deficiency causes abnormal fat gain, tiredness, bloating, hair loss, acne, insomnia, heart palpitations, night sweats, hot flashes,

E1, E2 OR E3...

Memory lapses, foggy thinking, flatulence, indigestion, high cholesterol, and joint pains. *Relief from most of the aforementioned symptoms will only come from natural, bio-identical estrogen supplementation.*

Up until 1966 doctors knew estrogen was safe, important & useful in its natural form. Then in 1966, a large pharmaceutical company received a patent on a synthetic version of estrogen called *Premarin*. **This was a turning point.** It meant huge profits for Premarin, and American women started equating estrogen with Premarin. The difference between natural estrogen made by our bodies and synthetic estrogen was blurred in the minds of the public. (Eventually in the 70's, progesterone was also cloned by an imposter ...Progestin.) Premarin contains equinil. Equinil, the horse specific estrogen, is a molecule foreign to our body. When it attaches to your receptor sites, your immune system tries to fight it off. Two scientific studies published in 1998 & 99 in *Chemical Research in Toxicology & Proceedings of the Society for Biological Medicine* proved that once equinil is broken down in the body, it becomes toxic to the DNA that is responsible for making us healthy or sick. All the studies that connect the use of estrogen to cancer refer to the usage of these synthetic estrogens, not natural!

FOLLOW EUROPE

The two natural estrogens that are commonly supplemented are E2, estradiol, and/or E3, estriol. E2 is the youthful estrogen made by the ovary. When E2 is supplemented with natural progesterone for balance, it is very powerful to protect the cardio system, restore memory, lower cholesterol, prevent strokes and much more. E3, estriol, is the estrogen that is abundant during pregnancy. It is a much weaker form of estrogen (99% weaker than E2); E3 has been used by menopausal women in Europe for more than 40 years to relieve symptoms of hormonal imbalance. Most reports indicate that women who add these natural estrogens, with natural progesterone, can lose up to 40% of the stubborn fat gained in pre-menopause. And, no if you're post menopausal the added estrogen will NOT cause you to cycle again. Menopausal women are given very minimal doses just to relieve symptoms. Our plan is to expand our teaching of natural hormones; bio-identical forms of estrogen will be our next topic! Watch for more details coming soon.

Julie & Kelly