

# Bristlecone Med-fitness

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

## ESTROGEN: FRIEND OR FOE?

When hormones are balanced life is great, but when hormones decline or excess it is weight gain, hot flashes & PMS! To avoid this hormonal chaos, it is essential for women to balance two primary hormones: **ESTROGEN & PROGESTERONE**.

Estrogen takes center stage as it relates to "estrogen dependent" cancers such as breast & ovarian. Tragically, the current medical approach is to scare women away from estrogen rather than educating them about it. The truth is...*estrogen is at its peak in women ages 18-34 & rarely do these women contract estrogen related cancers*. But rather, it is when hormones begin to get chaotic at pre-menopause (35-55), that cancer usually strikes.

## ESTROGEN: WHAT'S HAPPENING?

Estrogen is actually inclusive of a group of 3 hormones: E1, E2 & E3 as they are commonly referred. E1, or estrone, is made by the fat cells of the body. E2 is the youthful estrogen produced by the ovaries, and E3 is secreted by the placenta & it is only significant during pregnancy.

Although E2 levels drop 40-60% between the ages of 34 & 60, E1 levels rise continuously as body fat increases. It is this estrogen made by fat that is the culprit in "estrogen dependent" cancers. The problem becomes *balance*. As women age, all estrogen should naturally decline in order to maintain a proper ratio in the body. However, when body fat is over 25%, too much estrogen is made causing... **estrogen dominance**. This dominance becomes the fertile soil for estrogen cancers.

## PROGESTERONE: KEY TO BALANCE

Progesterone is the key to keep estrogen in balance. In ovulating women, progesterone is made by the egg each month. As long as an egg is produced, estrogen is balanced. However, in many women ages 35-55, ovulation becomes erratic although the cycle may seem totally normal. *This is when trouble begins!* After a few cycles without progesterone, the body becomes estrogen dominant. **The problem is not that estrogen declines, but that it does not decline in proper ratio to progesterone.** For example, at age 25 the pg/ml ratio should be 400:2, at 45 200:1, and 65 100:½. Estrogen declines but stays in proper ratio.

*"Difference of opinion leads to enquiry.*

*Enquiry leads to truth." Thomas Jefferson*

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## AM I ESTROGEN DOMINANT?

To avoid a fear based response about hormones, it is important to be educated about what a particular hormone *can do or not do* for the body. Women need to know their bodies & know the signs of hormonal excess or deficiency.

**The most common signs of estrogen dominance include:**

- Tender Breasts
- Irregular and/or long painful periods
- Insomnia
- Depression
- Hot flashes
- Weight gain/ fluid retention
- PMS / emotional instability
- Fibrocystic breasts
- Low libido
- Thyroid dysfunction
- Fatigue
- Hair loss / thinning
- Foggy thinking / memory loss
- Irregular blood lipids
- Sugar cravings / uncontrolled appetite

## PROGESTERONE: IS NATURAL BETTER?

If you suspect your body may be in estrogen dominance, the first thing to do is to have a **saliva hormone test** to check your progesterone levels. Saliva testing is easy, inexpensive & is the preferred way to measure the bioavailability of a hormone.

If your test results show a deficiency of progesterone, the next step is to begin supplementing with natural, bio-identical progesterone cream. Many women are scared of hormone replacement after the connection of synthetic hormone replacement to cancer. But, unlike man-made hormones, the body recognizes the natural. ***Natural progesterone is safe & extremely powerful at correcting estrogen dominance.***

## NOW WHAT CAN I DO?

Our *Bristlecone Bundles* include progesterone/estradiol saliva testing & instruction about how to recognize estrogen dominance & correct it through natural progesterone cream application. Watch for **BART & BOB** this fall. **BART & BOB** is a 6 week class series aimed at the practical balancing of hormones to achieve ideal body fat & optimal health.

*Our goal is to help you in this journey of health & balance...Kelly & Julie*