

Bristlecone Med-fitness

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

MORE FAT = MORE ESTROGEN!

Cancer initiation is due primarily to unopposed *estrogen* combined with lifestyle factors that predispose estrogen to become oxidized. In men, estrogen gradually rises with age, while levels of progesterone and testosterone gradually fall. Thus, natural aging will lead to male estrogen dominance. In men who are overweight (body fat % over 20%), estrogen increases quickly because the fat cells convert testosterone into estrogens. *Thus, the more fat a man carries on his body, the higher his estradiol levels are likely to be.* Even if a middle-aged man's testosterone levels are normal, if his estradiol levels are high, he can have estrogen dominance symptoms such as weight gain, larger than normal breasts, gall bladder problems, anxiety and insomnia, and prostate enlargement. A man's prostate gland is very sensitive to the hormonal changes that occur around middle age (declining testosterone and progesterone, rising estrogen).

FISH OIL...AGAIN!

The prostate is also very sensitive to inflammation. ***Researchers have proven that omega 3 oils inhibit prostate cancer.***

Considerable evidence now exists to show that prostate cancer is more likely to occur in men with high estradiol and low testosterone levels. Testosterone is a direct antagonist to estradiol. Men make estradiol, but throughout most of their lives they make more testosterone. *Thus, it is the ratio of testosterone to estradiol (T/E2) which is the major operant factor in male related cancers.*

Thus, maintaining good levels of both progesterone and testosterone should be the goal for prevention and treatment of prostate cancer.

KNOW YOUR T/E2 RATIO!

Male hormone balance is not about absolute concentrations of any given hormone. But rather, it is about the ratio of one hormone to another. True balance begins with saliva testing for testosterone and/or estradiol levels. A saliva test will measure the bioavailability of the hormone within the system. If testosterone deficiency or estrogen dominance is detected, natural progesterone cream is recommended. Natural progesterone cream inhibits 5-alpha-reductase, the enzyme that converts testosterone into DHT; thus, progesterone helps to maintain normal testosterone levels. Progesterone also opposes unchallenged estrogen in both men and women.

Saliva testosterone/estradiol testing is included in your *Bristlecone Bundle*.

For more information on prostate health and estrogen dominance search the web!

~~~~Kelly & Julie~~~~

"The same things that cause breast cancer, cause prostate cancer..." Dr. John Lee