



NATUROPATHIC WISDOM NOTES

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Quote

The best physician in us is love.

Paracelsus

ESTROGEN DOMINANCE

Estrogen dominance is a result of xeno-estrogens (exogenous estrogens from outside of our body) and endogenous estrogens (estrogens that are made inside the body) that accumulate and then act as endocrine disrupters (ED's). These ED's scramble the normal hormone responses in the body creating havoc. Estrogens can be dominant in the human body when compared with other hormones in men as well as women. We see estrogen dominance in men manifesting as prostate or testicular cancer. For the purpose of this newsletter I will be addressing estrogen dominance that occurs in women only.

Endogenous Estrogens:

In women estrogens from within the body (endogenous) dominate when ovulation does not occur regularly as during peri-menopause and menopause; in women who have a longer lifetime exposure to estrogens ie they started their periods before age 12 and go through menopause after 55 (pregnancy is a low estrogenic state); in women who are overweight; and in women who are not able to metabolize estrogens properly due to imbalances within the adrenal gland, liver or intestinal tract. Other health conditions that reflect estrogen dominance include fibrocystic breast disease and polycystic ovarian syndrome. These conditions are aggravated by exogenous estrogens.

Exogenous Estrogens or Endocrine Disrupters (ED):

We as a human race are swimming in a sea of ED's. They are in our food, water, air and in substances we touch. These chemicals look and act like hormones but they only serve to confuse the endocrine system causing havoc in the body. They contribute to: declining sperm counts, congenital malformations in children, cancers (breast, ovarian, testicular and prostate), endometriosis, uterine fibroids, lower onset age of puberty, retarded brain development in children causing impairment of memory and intelligence, premature labour and birth, weight gain and obesity, undescended testicles and breast development in men, excessive bleeding during menstrual cycle and compromising the immune system. Estrogen disrupting chemicals accumulate in the fatty tissue, have a long half life and their affects with each other can be magnified 100-1000 times. This endocrine disruption effect was first noticed in wild life for example in the frog population where amphibians are considered a "canary in the coal mine" for environmental damage. Frogs are sensitive to pollution, because they live at the meeting of two environments land and water and they can

easily absorb pollutants through their skin. The world's frogs, toads and newts and other amphibians are dying out, with populations falling each year, according to research. They are also very susceptible to deformities caused by environmental pollutants including ED's.

Over 100,000 synthetic chemicals are in widespread use through out the world since the advent of PCB's and DDT in the 1930's. Long after substances are banned from production they linger on in the environment and in human tissues. Most of these substances are not monitored for their long term effect on human health or the environment.

Chemicals that are ED's include: PCB's, heavy metals (cadmium: marijuana smoking contributes to this; lead, mercury, arsenic and nickel), organochlorines (used in pesticides, fungicides and herbicides), parabens (found in deodorants), plastics (phthalates), food preservatives and dioxins (a by product of chlorine bleaching), pharmaceutical drugs (birth control pills, fertility drugs, Depo Provera, HRT and hormones given to livestock) and detergents.

Drinking milk also increases estrogen dominance! In Ireland, Denmark, Netherlands and New Zealand where the consumption of milk is the highest, 8-10 pounds per day, they have the highest rate of breast cancer as well! Hong Kong, Mexico and Japan have the lowest consumption and the lowest breast cancer rates.

Can You Measure Estrogen Dominance? The 2/16 hydroxyestrogen ratio.

There is a urinary test to measure two markers of estrogen metabolism: 2 hydroxyestrogen (good) and 16 hydroxyestrogen.(bad). So if the ratio is normal at 1.38 to 1.90 then the body is generating lots of 2 hydroxyestrogen and breast cancer risk is lessened by three fold compared to a result of 1.38 or lower. To raise this ratio there are over 200 studies showing the benefit of eating brassica vegetables such as Brussel sprouts, broccoli, cauliflower, cabbage, kale and turnips. These lower the incidence of cancers of the respiratory tract from the mouth to the anus including colon and rectal cancers. Make sure these vegetables are organic and steam cooked in order to make them less goitrogenic (hard on the thyroid).

There are supplements such as DIM (di-endolmethane) and Cruciferous Complete (professional brand) that can also be used to normalize this ratio dramatically.

Calcium D glucarate (CDC): There is an enzyme in the intestines that if produced in large amounts will increase the risk of hormone related cancers such as prostate, breast and colon. Steroid hormones including estrogen bind with a substance in the liver making them more water soluble for excretion in the bile and the urine. If there is too much beta-glucuronidase in the intestines this will block this process and the estrogen is reabsorbed by the body.

CDC will prevent this from happening complementing the action of DIM and cruciferous complete in raising the 2/16 ratio to normal. Foods and herbs that lower beta-glucuronidase include brassica vegetables, apples of all varieties, cayenne pepper, milk thistle and licorice!. Antibiotics, low fiber, high red meat diets and a history of constipation will increase this enzyme.

Other ways to improve this ratio are: Optimize the livers ability to metabolize these estrogens using the nutrients B6, B12, folate, choline, magnesium and trimethylglycine (along with the brassica vegetables). Many of these nutrients are found in Methylmax (ask Dr. Pincott) which will not only help your liver detoxify so that you will lower incidence of cancers in general and estrogen related cancers in particular, but also it will normalize your homocysteine levels which is implicated in many chronic diseases of aging including heart disease, diabetes and Alzheimer's! Eating 2 teaspoons per day of fresh ground flaxseeds on soups or salads, exercise and a higher protein diet also raise this ratio.

Factors that make this ratio worse or decrease 2 hydroxyestrogens include drugs such as amiodarone, prozac, tagamet, ketaconazole, cipro, erythromycin and foods such as corn oil and being overweight.

What Can You Do?

Avoid bottled water stored in soft plastics. Store water only in glass if possible.

Avoid plastic containers when using the microwave. Always use glass, (especially plastic formula bottles for babies!)

Avoid storing food in plastic containers, plastic wraps and cellophanes.

Avoid the use of Birth Control Pills/Hormone replacement/Fertility Drugs for more than 5 years total in a lifetime.

Avoid dioxins (by products of chlorine bleaching) found in diapers and sanitary products and avoid chlorine in your drinking water.

Avoid chemicals in your food, in your house and on your garden.

Do eat organic animal products to eliminate another source of exogenous estrogen.

Do get tested regularly for 2, 4 and 16 hydroxyestrogen ratios to determine your risk

Do have your liver checked to ensure that you are detoxifying normally.

Do purify your water using the Reverse Osmosis method.

Do consume 30 grams of fiber per day to eliminate estrogens through the bowel.

Do maintain a healthy weight. Insulin resistance, the body's inability to metabolize sugar increases cancer rates.

Do consume healthy fats such as omega 3 purified fish oils such as Carlson's Cod Liver oil.

Do contact your doctor (in this case an ND) if you have symptoms of estrogen dominance: cysts of breast, uterus, ovary; heavy periods with clotting, PMS and weight gain. The last thing you need is to be put on the birth control pill to control these symptoms so see a naturopathic doctor (ND) instead!

New Recipe on the Website: (in keeping with getting more brassica foods in your diet)

Broccoli And/Or Cauliflower Soup

Delicious soup to use leftover broccoli or cauliflower. I have used both - alone and together. Try to use organic ingredients when possible.

6 cups water
5 cups cauliflower or broccoli
2 cups carrots
½ cup onions
1 teaspoon dried oregano
1 teaspoon dried basil
4 chicken bouillon cubes or 4 tablespoons chicken bouillon powder
salt & pepper to taste

1. Dice cauliflower and/or broccoli.
2. Slice 2 cups carrots, chop 1/2 cup onion.
3. In a 5 quart saucepan, add all ingredients except salt and pepper.
4. Cover and simmer until vegetables are tender (about 20 minutes).
5. Strain off and reserve most of the liquid. Place vegetables in a food processor and puree. {OR mash vegetables, still in pan with potato masher to desired consistency}.
6. Add pureed vegetables into the pot and add reserved liquid to desired consistency.
7. Add salt and pepper and re-heat.

New At The Office

Influenzinum 2006/2007 is in! This simple remedy is a homeopathic preparation of the current flu vaccine that when administered boosts the immune system without using the actual viruses and preservatives used in the injectable form. It is taken once per week for five weeks in the fall. Cost is \$15. 50 and can be shared by family members. Ask for details.

VerryBerry: This very strong bioflavonoid berry syrup mixture is selling like hotcakes! It is a delicious way to improve your anti-oxidant status as well as to cut the oil taste of the cod liver oil and works great for kids! Ask for our latest handout on it.

New Staff: We have been looking for a new staff member since August when Doris left us for more full time work. We are in the process of training our new staff member Michelle White and we kindly ask for your continued patience as she learns the ropes.

New Office: We are settling nicely into our new space and we appreciate your enthusiastic support of our move. We encourage our patients to take advantage of the parking reserved for you in the rear of the building as well as the handicap parking.