



THIS WEEK'S TOPIC

Newer Research Causing A Hormones Revolution

"A hormones revolution is brewing, and if we can understand and apply this knowledge, we will be at the forefront to help people optimize their health."

"You're just going to have to suck it up and get used to the idea that you will never be well again." That's the statement one of Dr. Berkson's doctors told her over 20 years ago. As a DES baby, she had 7 organs removed and multiple cancers, but she refused to believe him, and now she is filled with life and passion.

I'll be taking material from her 8-hour seminar titled:

"Hormones, everything you wanted to know about hormones and how their dependency relies on nutrition and the biome."

I want to share insights on ways to balance hormones, but first a refresher on the different types of estrogen and their receptor sites. Dr. Berkson studied with the scientists who discovered estrogen receptors alpha and beta. They drilled it into her head... it's not just that hormones are available in blood saliva or urine, rather that hormones must dock or sit in the receptor sites long enough to signal cells to act appropriately.



Different receptor sites transmit different signals to the cell. For example, when estrogen swims in and signals estrogen receptor alpha or ER-Alpha, it gives off growth signals, which is why it has been associated with cancer. When estrogen signals receptor beta or ER-Beta, the message is "controlled cell growth". That's why ER-Beta is considered anti-cancer. Most authorities agree ER-Beta is anti-proliferative, pro-apoptotic and has a tumor suppressor role.

The three types of estrogen: Estradiol, Estriol, and Estrone signal different receptors.

Estradiol or E2 signals 50% ER-Alpha and 50% ER-Beta. Estriol, E3, signals and binds mostly to ER-Beta in an approximate 4:1 ratio. That's why Estriol protects against cancer, is anti-inflammatory, heals the gut, and in fact is being used to treat autoimmune conditions. By the way, iodine helps the body make more Estriol. Estrone, E1, mostly binds to ER-Alpha in a 5:1 ratio. It predominates in menopausal women and it increases cancer risk in both men and women.

So, we want to evaluate estrone levels. When you check estrogen and whatever test we use, we want to make

sure Estrone is below the median point. We don't want to see Estrone levels higher than Estradiol in both men and women.

Here's something I found fascinating... fat cells make Estrone. That's why obesity is associated with higher levels of hormonally driven cancers. Estrogen upregulates adhesive proteins in the gut wall to maintain healthy permeability. It is also used to treat high zonulin, leaky gut, and blood brain barrier permeability. We want tight junctions to perform well as more recently we find ER-Beta supports barrier function.

Many of us have heard soy is cancer promoting because it upregulates estrogen. We now know soy stimulates ER-Beta, what I like to call the good estrogen. As we've discussed in the past, Receptor Detox clears receptors sites so hormones dock and stay in receptor sites long enough to signal cells effectively. The sister product Hormone Balance & Protect has a different mechanism. Let's take a closer look.

Not only as an Estriol booster, but we can use Hormone Balance & Protect to maximize the effectiveness and safety of our own hormones. 2 capsules of Hormone Balance & Protect contain: Vitamin A 1,500 IU, Vitamin C 125 mg, Niacin 10 mg, B5 as calcium pantothenate 100 mg, Vitamin B6 5 mg, Iodine 25 mcg, Magnesium 10 mg, Zinc 5 mg, PABA 150 mg, Broccoli seed extract 100 mg, Grape Seed Extract 70, Boron 1.5 mg, and a 335 mg proprietary blend of Panax Ginseng, Citrus Bioflavonoids, Stinging Nettle, and Milk Thistle. Dr. Berkson recommends two capsules, two times per day with food.

The focus of Hormone Balance & Protect is to feed and enhance the effectiveness of ER-Beta.

PABA is used to slow down hormone breakdown and keep hormones balanced throughout the day. It really is a hormone potentiator. Boron is used to improve the bioavailability of estrogen and testosterone. It also lowers sex hormone binding globulin which when elevated restricts the activity of hormones. Niacin and niacinamide in the exact dosages to promote steroidogenic enzymes as well as opening capillary blood vessels in the face for younger appearance. The proprietary blend of botanicals are present as growth controllers to support ER-Beta receptors which keep hormones safe. Iodine to control the architecture of reproductive tissues and is concentrated in the thyroid, breast, ovaries, and prostate. It also removes endocrine disrupting compounds in cell membranes. We all know about Milk Thistle as a liver cleanser, but most people aren't aware that Milk Thistle downregulates ER-Alpha and upregulates ER-Beta.

I hope you share in my excitement. Based on the newer research, a hormones revolution is brewing, and if we can understand and apply this knowledge, we will be at the forefront to help people optimize their health. Hormones are some of the most powerful biological signaling molecules in our bodies. These products are designed to keep hormones safe, balanced, and effective.

If you want to gain more expertise in this area, please see the link to the right and purchase this seminar, it has a money-back guarantee. I know I learned more from watching it slowly than I did the day of the seminar.

Thanks for joining me, I look forward to being with you again next Tuesday.