

**Newsletter Date  
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# Healthy Hormones (Part 1)

## Oestrogen

Estrogen is a household word but there is a staggering amount of just plain incorrect information among women and their doctors. Most women in our modern world are estrogen dominant and/or have imbalances in the 'good' to 'bad' oestrogen metabolites which can contribute to a range of health problems.

A key to healthy hormonal balance is the knowledge that when oestrogen becomes the dominant hormone and progesterone is deficient (in relation to the amount of oestrogen), the oestrogen becomes 'toxic' to the body. There are few western women truly deficient in oestrogen; most become deficient in progesterone in relation to their level of oestrogen.

In menopause only 1/3 of women are truly deficient in oestrogen (usually the thinner framed women). But many are low in progesterone.

Hormonal problems may be caused by estrogen-mimicking pollutants in our environment, use of the birth

control pill and HRT (hormonal replacement therapy in menopause), over-production of stress hormones, and poor liver and bowel detoxification.

Estrogen is a name for a group of hormones (there is more than just one estrogen) whereas progesterone is simply one hormone. It is not only the level of oestrogen in the body but the TYPE of oestrogen as there are different types of oestrogen. The different types of oestrogen have a different level of oestrogenic effect in the body (some mild some strong).

For example, oestrogenic substances found in certain food (called phytoestrogens) have only a mild oestrogenic effect in women who are low in oestrogen and at the same time BLOCK the effects of more potent undesirable oestrogens. Hence it can be useful in women with too low and too high levels of oestrogen (note: this area of phytoestrogenic foods have a great amount of confusion in the public and medical advice)

Many foreign chemicals (called xenoestrogens) can have an oestrogenic effect and can contribute to hormonal imbalances.

It is clear that excess estrogen with a lack of progesterone produces undesirable effects both in the short term and long term. Estrogen dominance is the ratio of too much oestrogen compared to progesterone. Historical estrogens have been considered the culprit in mediating health problems associated with elevated estrogen levels.

But evidence is now indicating it is the **balance of the different types of estrogen metabolites** (i.e. different ways estrogen is broken down by the body) that may be the real cause of health problems arising from hormonal disturbances.

A higher level of 'good' oestrogen as opposed to the 'bad' oestrogen metabolites may be protective against many of the common reproductive problems women experience.

Continues page 2.



### Inside this issue:

Estrogen Dominance	1
Regular customer 10% Off Metagenics	1
Environmental hormonal disruptors	2
Stress & hormones	3
Biotransformation & hormones	3
Tests for healthy hor- mones	3
Synthetic vs Bio-Identical Hormones	4
Diet & supplements for health hormones	4
SPECIAL OFFER from healthfood shop 15% off	4

## Great News!

### ATTENTION ALL

Regular customers

now receive

10% off all

**Metagenic Supplements**

At Tracey Lee Naturopathic Centre

### Health Packages

SAVE 15% off

**All consults, tests and supplements**

Ask at your next appointment

### Sydney Clinic

Next visit is

**22nd of September**

**BOOKED OUT next visit**

**late October**

## Oestrogen (continue from page 1)

Reproductive problems from irregular periods, heavy periods, PMS. Infertility, miscarriage, endometriosis, fibroids, cervical dysplasia, thyroid problems, menopausal problems, cancers especially breast cancer maybe associated with oestrogen dominance, unfavourable breakdown of oestrogen and/or deficiency of progesterone.

Men can also have problems from oestrogen imbalances (a contributing factor is from environmental exposure of xenobiotics and xenoestrogens) which can interfere with male sex hormones and the way insulin works in the body.

The misinformation comes when women are advised to take synthetic hormones (oral contraceptive pill or HRT) to 'balance' their hormones. Taking synthetic hormones can improve some of the symptoms of hormonal imbalance but it does NOT create a

Healthy balance of 'good' to 'bad' estrogen metabolites, further increasing your risk of developing reproductive problems listed above. It is important to weigh up the pro's and con's once you have all the correct information. Refer to Dr John Lee's book 'What your doctor may not tell you about premenopause' (also one on menopause and breast cancer)

I commonly recommend tests for women with hormonal and reproductive problems. The most accurate way of testing your sex hormone levels is via a saliva test. (blood tests from the doctor are not as accurate at indicating the level of bioavailable 'free' hormone which is not found in blood but is in saliva). The second test is a urine test to indicate the level of 'good' to 'bad' estrogen metabolites. Both tests are available at Tracey Lee Naturopathic centre

**THINK ABOUT IT!**  
Drug companies who make synthetic hormones do so because they cannot patent bio-identical hormones. There is no money, hence no encouragement to use bio-identical hormones. Has your doctor researched this area to make an unbiased choice as to what to recommend? You need to weigh up the pro's and con's once you have the correct information.



## Hormonal Disruptors; 1) Environmental Hormones.

We are exposed to unprecedented levels of environmental chemicals which have a hormonal activity within the body. This includes an oestrogenic-like effect in women AND men and children.

These chemicals are everywhere and unavoidable in our modern world but we can reduce our exposure and intake of them.

These foreign substances are called xenobiotics (having an hormonal effect within the body) and xenoestrogens (having an oestrogenic effect within the body). Some are lipophilic chemicals meaning they 'love fat' and build up in the fatty tissues of the body (humans and animals including meat and

chicken that we then eat).

All petrochemical products (and there are 1000's of them) have xenobiotic and xenoestrogenic substances including car exhaust, ALL PLASTICS, cosmetics and makeup, skin, all perfumes and fragrances and hair care products. All cleaning products (including laundry powder and especially fabric softener, throw it away!), all glues, paints, nail polish (is especially bad and how many teenagers have dozen of different colours), hair spray, soaps, dioxins and PCB's (industrial wastes), bleached paper (toilet paper, coffee filters, nappies, sanitary pads etc), food is probably one of the biggest due to pesticides we eat in food.

Then there is our drinking water; did you know that oestrogen in sewage water can NOT be filtered out. Thankfully Toowoomba voted against it. Oestrogen in our water can come from the millions of women taking the pill and HRT which is flushed out into the sewage system, plus all the chemical run off from farming & industry all of it ends up back in the water and eventually works its way back into the food chain.

**Throw out those skin creams (everything from sorbelen to the latest 'wrinkle free' cream), change your cosmetics (how much petrochemical based lipstick to you eat a year?), all fragrances and perfumes and hair care; all have chemicals that mimic estrogen in the body**

**To reduce your intake of environmental hormones; change to petrochemical free, animal free products for all skin creams, laundry detergents, cleaning products, all soaps, cosmetics/makeup, shampoo and haircare, reduce your plastic use especially food storage and most important eat organic food as much as possible.**

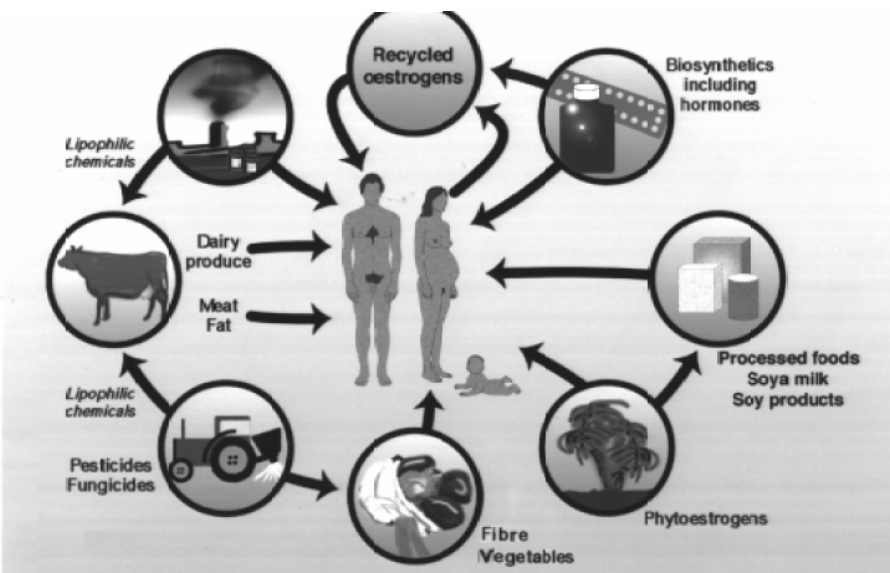


Figure 3 Diagrammatic representation of the many different routes via which humans are exposed to hormonally active chemicals via their environment. As man is at the pinnacle of the food chain, we are particularly at risk from lipophilic chemicals which bioaccumulate in fat, and there are numerous examples of hormonally active lipophilic chemicals to which we have been exposed over the past 50 years (e.g. DDT). Differences in dietary fat content and in body fat burdens between Western and Oriental countries are known to be important in the aetiology of reproductive cancers (see text).

## Hormonal Disruptor 2) Stress

Stress is a powerful hormonal disruptor of many hormones in the body including oestrogen and progesterone. .

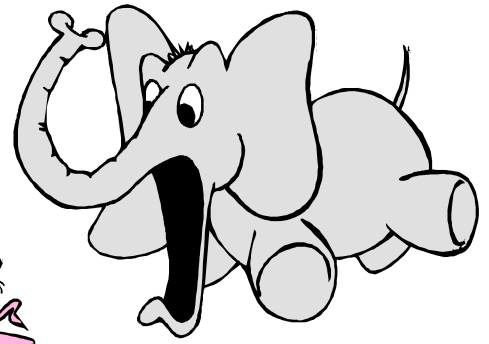
Stress causes an increase in oestrogen levels and adversely affects the balance of the 'good' to 'bad' oestrogen metabolite. Stress, xenobiotics xenoestrogens, poor liver and bowel detoxification can lead to a suppression of ovulation (especially women over 30yrs). If no egg is released each month the body's production of progesterone dramatically reduces. These women still menstruate regularly because oestrogen is still high but are oestrogen dominant and often have high 'bad' estrogen metabolites.

In one study of 18 normal healthy

women (average age of 29yrs) it was found that 7 did not ovulate (that is more than a 1/3). Dr John Lee believes that anovulatory cycles are epidemic among women in the industrialized countries.

There are a number of ways to check you are ovulating each month, including taking your temperature each morning, vaginal mucus patterns or salivary hormonal testing. Ask Tracey Lee for more information at your next visit.

In menopause the adrenal glands 'take over' and produce a small amount of hormones (see newsletter on menopause). Healthy adrenals function often improves menopausal symptoms.



To create a healthy hormonal balance use lifestyle changes, dietary changes, herbal medicine and supplements to support adrenal gland function and improve tolerance to stress. In some women I find treatment to improve their stress is all they need to balance hormonal problems .

## Hormonal Disruptors 3) Poor Detoxification

Optimal detoxification via the liver and digestive system is fundamental in maintaining a healthy hormonal balance. To reduce your body's levels of xenobiotics (foreign substances that can have hormonal effects in the body) and xenoestrogens (foreign substances that have an oestrogenic effect in the body) good digestive function will reduce their absorption into the body and good liver and gallbladder function will help remove them from the body.

About 25% of detoxification and removal of toxins occur in the intestines. Over the course of a lifetime the gastrointestinal tract processes more than 25 tons of food, which represents the largest load of xenobiotics confronting the human body. Adequate metabolism of xenobiotics by the gastrointestinal reduces your absorption of these substances from your food.. People who

have digestive problems and poor gut integrity (for example people with food allergies, irritable bowel syndrome and other bowel problems) will not detoxify xenobiotics in the intestines correctly. Causing a higher level of xenobiotics to be absorbed into the body.

To improve elimination, optimal liver and gallbladder function is required. Optimal liver function ensures that not only these 'badies' (xenobiotics, xenoestrogens, 'bad' oestrogen metabolites) are cleared more quickly but also improves clearance of 100's of other 'toxic' substances our body (i.e. from metabolic waste products, drugs, substances from food)

The common route of excretion of these substances (also called lipophilic toxins) is in the bile produced by the gallbladder. In poor gallbladder function these

Many women with hormonal and reproductive problems need a full bowel and liver detoxification program to improve the body's ability to eliminate and detoxify excess hormones (including xenobiotics) and their 'bad' metabolites. Ask for an urinary indican test at your next visit which will indicate if you need to detox.

toxins are not excreted and hence recirculate in the body and are retained in the liver. A common symptom of poor gallbladder function include intolerance or feeling ill after eating fatty foods.

To check your bowel toxicity a simple urine test called the urinary indican test can be performed at the clinic. This test will indicate if you need to complete a full detoxification program.

## How to check if you are detoxing xenobiotics and xenoestrogens correctly

The standard general pathology liver function test is a very limited test and does not truly reflect how well the liver is detoxifying. This blood test from your doctor is only indicative of liver DAMAGE or gallbladder disease. If you have a liver function test and all is clear it does not indicate that your liver is detoxifying well. As it has not tested the levels of the detoxification pathways of the liver especially phase II.

If phase II of liver detoxification is impaired (note which many people have) this will impair the metabolism of hundreds of different substances including xenobiotics, xenoestrogens, drugs and bowel toxins.

The most accurate test is a urine and saliva test done at home and sent to Melbourne for testing cost \$130 for adults and children.

The best and most accurate test for LIVER FUNCTION (to check if you are detoxing these xenobiotics and xenoestrogens and other substances) is a test called 'Functional Liver Detoxification Profile' performed by ARL pathology and will cost you \$130

# Synthetic verse Bio-identical Hormones

If you take hormones (i.e. HRT or the pill) it is important to test your 'good' to 'bad' oestrogen metabolites and take a nutritional and supplement program to reduce the side-effects of taking these hormones.

Provera is not the same as progesterone! If you are going to take hormones take the SAME hormones produced by the body (called bio-identical hormones). This applies to all women

(except those using them for contraception) from teens to menopause who take hormones to 'balance' their hormones and alleviate symptoms. Find a doctor who prescribes bio-identical hormones. They are safer and some evidence indicates they can be protective against excessive oestrogen dominance health risks. Think! Why does bio-identical progesterone help prevent early miscarriage but

synthetic progesterone (like provera) causes miscarriage? They cannot be the same nor have the same effect. Drug companies cannot patent these hormones so there is no money to be made in them. Where do many doctor receive the latest information re drugs? Drug companies. Has your doctor really researched this area to make an unbiased choice in what type of hormones to recommend?

## Creating Healthy Hormonal Balance

### Diet And Lifestyle

Reduce your stress and exercise daily  
Do you need a complete detox?  
Increase phytoestrogenic foods; flaxseed meal, tofu (fermented soy products only), parsley, red clover, (all act as buffers against chemical oestrogen mimics). Reduce your exposure to external oestrogens; clean 'green' reduce use of plastics especially food storage, read all labels of anything you put on your skin (look for petrochemical, paraben, animal free) See list below

The ideal approach for woman with hormonal and/or reproductive problems is a nutritional program that improves favourable oestrogen metabolism (i.e. breakdown) to 'good' oestrogen metabolites and suppresses the formation of 'bad' oestrogen metabolites. In addition to the suggestions below many women (and some men!) require individualized supplements and herbal medicine to balance the body's production of oestrogen and progesterone. If you are overweight it is important to lose weight as the fat stores actual make oestrogen!

### Supplements & Herbal Medicines

To improve oestrogen metabolites (i.e. more 'good' than 'bad') **Brands I commonly prescribe are:**

**Innovative therapy EstroFactors capsules**

**Innovative therapy IBC capsules**

Metagenics Thermophase Detox powder  
Innovative therapies Glutathione powder and Metagenics Cell Protect (especially if high exposure to xenobiotics)

Some of the many active ingredients are:  
Indole 3 carbinol; which comes from cruciferous vegetables but the therapeutic dose you would have to eat 500gm of broccoli a day so I recommend it in supplement form.  
Calcium-d-glucarate (has detoxing and anti-carcinogenic properties)  
Methylation nutrients (folic acid, 5MFHF, B12, B6, B2, B3, serine, betaine, magnesium, zinc, iron)  
Herbs; rosemary, red clover, resveratrol (from grapeskins) kudzu, schisandra, st mary's thistle, tumeric

Products	Brands to look for (most at Full of life or Synergy healthfoods)
Cleaning	Enviro or Herbon, Ecological or Natural instinct (note most of the supermarket 'green' cleaners are not necessarily great)
Skin and hair products and soaps	Haven scent (locally maded) <a href="http://www.havenscent.com.au">www.havenscent.com.au</a> MV Organics for skincare) <a href="http://www.mvskincare.com.au">www.mvskincare.com.au</a> Akin and Alchemy <a href="http://www.purist.com">www.purist.com</a> Natural Instinct <a href="http://www.naturalinstinct.com.au">www.naturalinstinct.com.au</a> Welda, Trilogy Rosehip Oil, Miessence, Herbon, Pure Earth
Toothpaste and sunscreens	Sunscreen; UV sunscreen Miessence toothpaste (many natural ones are not 'natural')
Cosmetic/ Makeup	Pure earth Natural foundations (healthfood) Dr Hauschka skin, hair/cosmetics <a href="http://www.drhauschka.com.au">www.drhauschka.com.au</a> Jurlique ( <a href="http://www.jurlique.com.au">www.jurlique.com.au</a> ) is 75% ok cosmetics/skin Ere Perez (cosmetics) buy at full of life <a href="http://www.ereperez.com">www.ereperez.com</a>
Fragrances and deodorants	Any 100% Aromatherapy oils are the best used 1-2 drops Haven Scent Body Butters (see above) Deodorants Miessence brand
For children and babies	Ask Full of life and Synergy has a full range Nature's child at <a href="http://www.natureschild.com.au">www.natureschild.com.au</a>
Organic food	Full of life and Synergy health foods Kenny Little's in Port Macquaire for fruit/vegetables

## HEALTHFOOD STORES FULLOF LIFE AND SYNERGY

### SPECIAL OFFER 15% OFF

When you buy three skin, hair, personal products or makeup, cosmetics. For the month of September only (just mentioned this adv)