

Lectures in Holistic Health

5th in a series

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AHMA

www.holisticmedicine.org

FoCuS

www.foothillsustainability.org

OuterAisle

www.tablemountain.com

Hormonal imbalance

- Hormones and their effects on well-being.
- Recommended reading : Natural Hormone Balance by Uzzi Reiss MD and What your doctor might not tell you about Menopause / Breast cancer by Lee MD

What are hormones

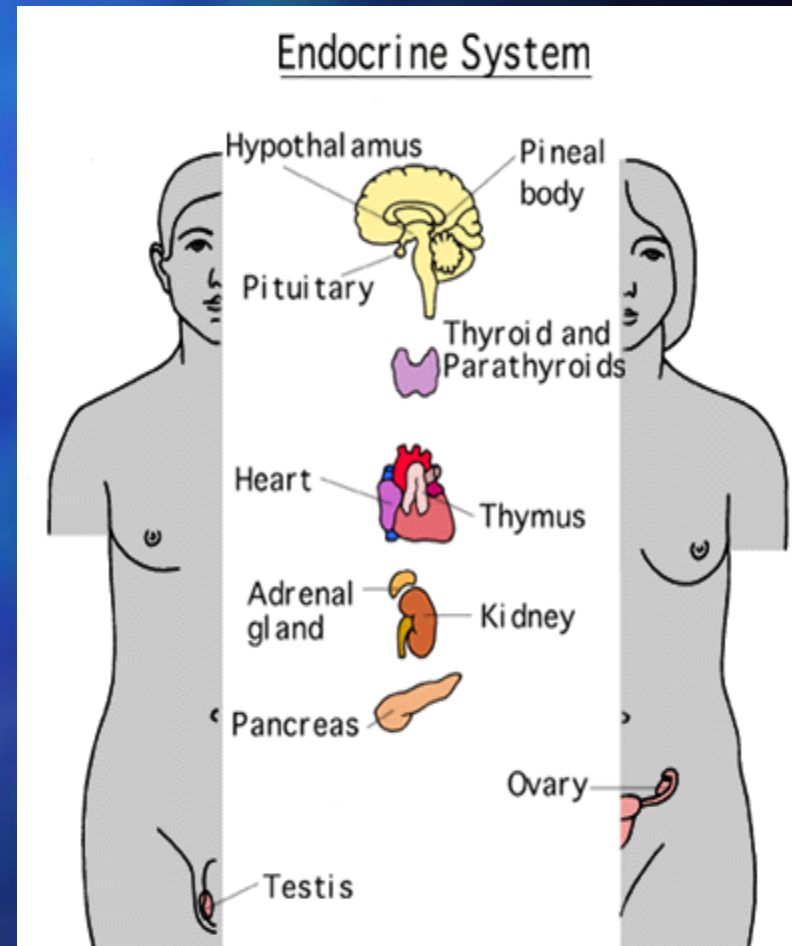
- Hormones are communication substances created in peripheral organs including thyroid, adrenals, pancreas, ovaries and testicles under the direction of the hypothalamus and pituitary gland.

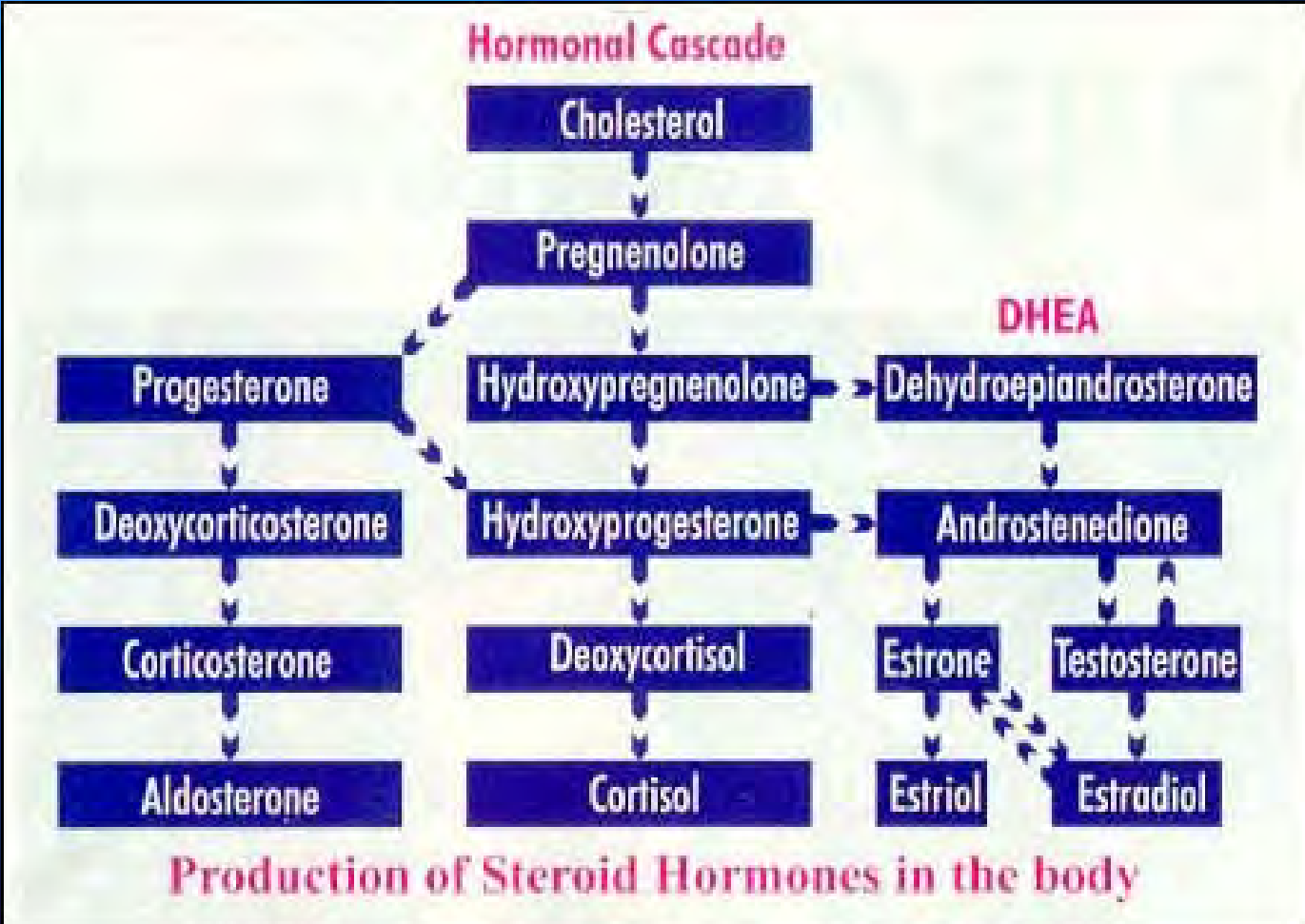
Who needs to pay attention?

- Everybody that menstruates or quit menstruating.

Examples of hormones

- T4 T3 (thyroid)
- Cortisol / DHEA-s (adrenals)
- Estrogen / Progesterone (ovaries / adrenals)
- Testosterone (testicles / adrenals)





Thyroid hormones

- The thyroid is the "master gland".
- It influences the functioning of every organ in the body, including the brain.
- Iodine and Tyrosine are the main building blocks.
- Other important co-factors are Selenium and Zinc

The stresssss organs !!!

- The adrenals are involved in 2 main functions : stress and sex hormone production.
- The older we get (decrease in ovarian and testicular function) the more of a central role in sex hormone production the adrenals are playing.
- Be nice to your adrenals!

Do you ever feel like this ?



The Estrogen / Progesterone balance

- Two main ways that the balance between Estrogens and Progesterone are disturbed :
 - Estrogen dominance
 - Failing liver detoxification
- Consequences are as follows :
 - FBD, Breast cancer (NEJM june 97)
 - Uterine fibroid tumors
 - Endometriosis
 - Increased blood clots, strokes (NEJM 91)
 - High blood pressure

Menopause as an illness

- 1938 Charles Dobbs synthesizes DES
- For "safe' pregnancy and "prevent miscarriages"
- 1960 rates of breast cancer up 40%,
offsprings rate of cervical cancer up
90%

Next contestant

- 1966 Feminine Forever by Robert Wilson
- Synthetic hormone study launched in Puerto Rico 20% of the 132 women suffered serious side-effects, 5 died.
- FDA approval was based on this one study.
- The positive were picked out (no hot flashes etc.) and the press ran with it (Vogue, Cosmopolitan etc.)
- Estrogen replacement was born.
- Better living through chemistry was a popular slogan then.

The truth revealed

- An article in NEJM in 1975 showed an increased risk of endometrial cancer by a factor of 14 (more than 7 years).
- Synthetic Progestin was then added to diminish this risk and now they called it Hormone Replacement Therapy (HRT).
- Sales went up again, et voila!
- Prevent heart disease was one main claim.

The money maker : Premarin

- Premarin = Pregnant mare urine
- Since 1993 among the top 3 most sold drugs
- 9 Million in advertising in 1992 alone.
- "Untreated menopause"
- 80 000 horses are used for production

The real horses behind the story



- 7 months of immobilisation
- Foals are "by-products"
- Increased UTIs due to catheter
- Been going on for over 50 years

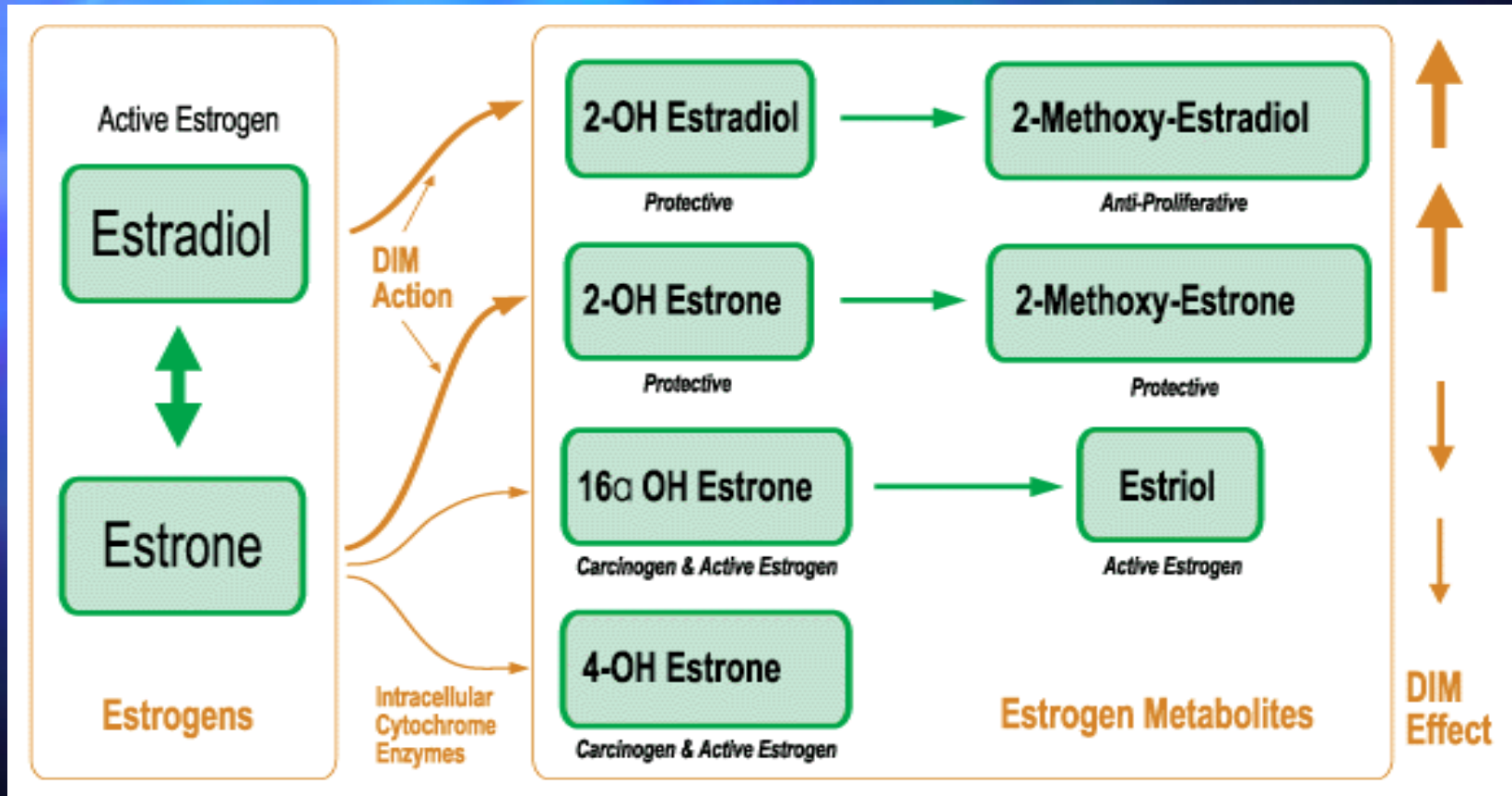
Estrogen dominance

- Definition : Estrogen levels are higher than Progesterone level.
- Vicious cycle :
Estrogen dominance \longleftrightarrow Hypothyroidism
- Causes :
 - Stress
 - Estrogen mimickers
 - Total hysterectomy
 - Menopause
 - Ovarian insufficiency / -failure
 - Overrefined diet / no exercise

A sea of Estrogen

- Hormones in meat
- PCBs
- Foaming agents in soaps and detergents
- Herbicides and pesticides
- DDT
- Cosmetics
- Plastic cookware
- BCP
- Unopposed Estrogen

Liver detox



Nature provides and speaks to us



- 2 DIM = 1 I3C
(Di-Indole-Methane)
- Main source are the cruciferous vegetables.

Estrogen

- 3 forms : Estrone (E1), Estradiol (E2) and Estriol (E3)
- Estrone and Estradiol in excess and unopposed cause breast and other hormone dependant cancers.
- Symptoms of too much :
 - Breast tenderness ! Water retention
 - Breast cancer risk increased
- Symptoms of not enough :
 - Hot flashes, night sweats, emotional

Estriol (E3), the good estrogen

- Does not get converted to E1 or E2.
- Rapidly metabolized by liver.
- Study done by Lemon et al showed arrest of growth of metastatic breast cancer in rats, then in humans.
- Japanese women have lower incidence of breast cancer and higher excretion of Estriol than western women.

Menopause 2004

More on Estriol

- Intravaginal Estriol decreased recurrent UTIs in menopausal women.
- 1 year post treatment normal vaginal flora reappeared.

NEJM 1993

More Estriol studies

- Estriol at 8mg per day decreased brain lesions and improved function in women with MS. (18 – 50 years of age).

Ann Neurol 2002

Progesterone :

The misunderstood

- Improves sleep quality and duration, Medroxyprogesterone does not.
J Am Menopause Society 2001
- Increases the function of oligodendrocytes expressing the myelin basic protein.
Hum Reprod 2000
- Decreases the risk for preterm birth with less complications in the newborn.
Acta Obstet Gyn Scand 2005

Other benefits of Progesterone

- The combination of Estradiol with Progesterone increases the exercise time to myocardial ischemia as opposed to Medroxyprogesterone.

J Am Coll Cardio 2000

Clinical experience

- Progesterone helps with :
 - Anxiety, irritability, mood swings
 - Insomnia
 - Foggy thinking, memory issues
 - Joint pain, decreased overall flexibility
 - Decreases breast tissue density
 - PMS

Thank you!
Questions?