

Nutrition for Your Health

Your guide to better living

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ESTROGEN WOES PART 1

Recently, there has been a move to finally place estrogen on the list of possible cancer-causing risks. Why has it taken so long?

Female Hormone Can Do More Harm Than Good

A new study by the *Journal of American Medical Association* (JAMA) found that estrogen is not remedy for Alzheimer's Disease. A year of estrogen did nothing to slow the progression of the disease or improve mental functioning. In fact, those taking estrogen fared worse than the placebo group in a rating of dementia.

Estrogen, Estrogen Everywhere (and even some places you never knew)!

Recently, there has been a move to finally place estrogen on the list of possible cancer-causing risks. Why has it taken so long? Women have always been told of the so-called "benefits" of estrogen replacement therapy, but the risks have been downplayed.

Why are so many women experiencing symptoms of estrogen excess or progesterone deficiency?

Most of our commercial-animal proteins (beef, pork, and chicken) have been hurried to market and fattened by the use of hormones. When humans eat these foods, especially from fast food restaurants, they are the recipients of the same hormones that fattened the animals or birds from which the meat came. When this happens to women, they do not have enough progesterone to offset the estrogen they produce and what meat gives them; thus the increased problems with fibroids; breast swelling; weight gain; menstrual problems; water retention; endometriosis; uterine and breast cancer, etc.

There are also pesticides and herbicides called xenoestrogens that come from a petroleum

source. These are said by many experts to be in such minute amounts that they are not a serious problem. However, they have been found to be a million times more potent than estrogens normally produced by women. As a result, people face problems with commercial and nonorganic vegetables; fruits; herbs; grains; milk; and meat from animals that grazed and drank from water where pesticides and herbicides were used.

When will we begin protecting the general public from commercial chemicals, and unnatural pharmaceutical preparations? Is the almighty dollar and economic success more important than the life and health of American citizens? With more than 80% of the breast cancers found and removed from women being estrogen-receptor-sensitive, it really doesn't take a rocket scientist to figure out what causes the problems. - Dynamic Chiropractic, April 23, 2001.

Heart Disease & Estrogen

In another blow to the proponents of hormone replacement therapy (HRT), a study of 2,700 US women concludes that the treatment has no value in preventing mortality from ongoing heart disease. Cholesterol levels did seem to improve, but they died just as quickly as members of the control group anyway. However, it was noted that HRT patients experienced more blood clots in lungs and legs and had more gall bladder disease. -JAMA, Aug 19, 1998

Osteoporosis and Estrogen

A study done in 1983 found only 11.2% increase in bone density for the women less

than 75 years of age who had taken estrogen for 7 or more years. For the women who were 75 years of age or more there was only a 3.2% increase when compared to non-users. We need to address bone nutrients if we truly want to prevent osteoporosis. - *Journal of the Council on Nutrition of ACA*, Vol.21, No.4

Talk to me about a vitamin program for Osteoporosis & Heart Disease. Most of the patients that we see with hormone imbalance all have a thyroid imbalance. When we fix the thyroid, their other hormones usually improve as well. Just because your regular doctor says your thyroid is O.K., only means it's not bad enough to need a drug. Most doctors do not do a complete thyroid test. Try natural Black Cohosh and Red Clover, which can be used for hot flashes and mood swings and see me to fix your thyroid! We have a great product in our office that contains Black Cohosh that is very effective. – Dale Kelly, DC

**BE ON THE LOOKOUT FOR ESTROGEN
WOES PART 2: "SOY PRODUCTS:
HAVE WE BEEN DECEIVED?" COMING
SOON TO A COMPUTER NEAR YOU!**

**Don't Guess About Your Health...
Schedule a Nutritional Consultation Today!**

To make an appointment for a nutritional consultation, please call 775-358-6824

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