



# Wellness Minute

Health Information You Can Use On Your Path To Wellness



## New Hormones Revolution Is Brewing

“New research suggests that treating hormones correctly can prevent cancers, slow aging, and optimize health.”

“You’re just going to have to suck it up and get used to the idea that you will never be well again.” Can you imagine a doctor saying that to you? But that’s exactly what one of Dr. Berkson’s doctors told her over 20 years ago. Since she was a DES baby, she had 7 organs removed and multiple cancers in her first 50 years of life. Fortunately, she had the guts to think for herself and found ways to reverse her condition. Now at 73, she is filled with life and passion. In other words, she refused to own that death sentence and learned to detoxify her body and replace valuable nutrients.

She felt since the synthetic hormone caused the problem, somehow hormones would

reveal her answer. She went on to study with the most prestigious hormone researchers in the world, the ones who discovered estrogen receptors sites alpha and beta. Now she teaches physicians how to support their patients with healthy hormones and alternatives.

Her research mentors 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 swims in and signals receptor beta or ER-Beta, messages of “controlled cell growth” dominate. That’s why ER-Beta is considered anti-cancer. Most authorities agree ER-Beta is anti-proliferative and has a tumor suppressor role.

There are three types of estrogen; Estradiol, Estriol and Estrone and each signal different receptors. 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.

This is a transcript from a “video magazine” we send out each week called the Wellness Minute.  
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Estrone predominates in menopausal women and increases cancer risk in both men and women. So, when we check estrogen, we want to evaluate estrone levels, and we want to make sure Estrone is below the median point.

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. So optimal levels are used to treat leaky gut and blood brain barrier permeability.

Based on Dr. Berkson's history of cancer and her own need for healthy hormones, she developed 2 products to keep hormones safe, balanced, and effective. Receptor Detox clears receptors sites so hormones can dock and stay in receptor sites long enough to signal cells effectively. And the sister product Hormone Balance & Protect to maximize the effectiveness and safety of our own hormones and to feed and enhance the effectiveness of ER-Beta.

The nutrients are specifically designed to keep hormones balanced throughout the day. Hormone Balance & Protect is really a hormone potentiator. For example, one of the botanicals, Milk Thistle is considered a liver cleanser, but most people aren't aware that it downregulates ER-Alpha and upregulates ER-Beta. Dr. Berkson recommends two capsules, two times per day with food, but your clinician can help make recommendations for your body type.

I hope you share in my excitement. Based on the newer research, a hormone revolution is brewing, and if we can understand and apply this knowledge, we can prevent cancers, slow aging, and optimize our health.

Hormones are some of the most powerful biological signaling molecules in our body. These 2 products are designed to keep hormones safe, balanced, and effective. Talk to your wellness clinician about optimizing your hormones.