



Wellness Minute

Health Information You Can Use On Your Path To Wellness



New Hormone Products

“I was really excited to find out one of my heroes worked with Biotics Research to develop two new hormone formulas.”

Have you ever thought of hormones as signaling molecules? Signaling molecules travel throughout the entire body and dock on receptor sites that receive the signal and then translate that signal and send it to the gene. However, if hormone signals are blocked, aging accelerates, and cell and tissue repair diminishes.

So, I was really excited to find out one of my heroes Dr. Devaki Lindsey Berkson worked with Biotics Research to develop two hormone formulas. Dr. Berkson worked directly with the scientists who discovered the first two estrogen receptors and learned in detail how they work and what they need to function properly. She is an estrogen scholar at a hormone think tank at Tulane University.

She is the author of 21 books and educates physicians and nutritionists to optimize their patients' hormones. She is also a breast cancer survivor of over 25 years, so she has personal experience with hormone regulation. I will be taking a lot of my material from her book, Sexy Brain, and her website to the right.

The formulas she developed are appropriately called Hormone Balance & Protect and Receptor Detox. Receptor Detox is to support receptor sites that receive the hormone signals. You see, it doesn't matter how many hormones signals the body puts out. If the hormone receptor sites are not healthy, they can't receive the signal properly. Please ask your wellness clinician for more

information about the hormone formula Receptor Detox.

But let's look a little closer at the second hormone formula, Hormone Balance and Protect. First let me say, I love the name Hormone Balance and Protect. Because when it comes to hormones, balance is essential. In males and females, too little testosterone can cause low energy, libido issues, loss of lean muscle mass, and a reduced zest for life. But too much testosterone can cause aggression and rage, especially in males. In women, excess testosterone can cause emotional swings as well as hirsutism.

And it's the same for every hormone. We need cortisol to reduce pain and inflammation,

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but too much cortisol will cause leaky gut, thinning skin, weak bones to name a few. So, we need hormones, but we need them in balance. The word “protect” in the name of this formula is interesting because most of us don’t think about the protection factor that healthy hormones provide.

Here’s an example of protection: Dr. Dale Bredeisen, a neurology scientist at UCLA, developed an effective “Anti-Alzheimer Protocol.” One essential part of his multi-faceted program is adding hormones back into an aging brain. Part of the reason the brain is not acting healthfully is hormone deficiencies. Dr. Berkson shares that “Testosterone, in higher healthy normal ranges, has been shown to down regulate the Alzheimer vulnerability gene, Apo E 4.” Those who have this Apo E 4 gene are three to eight times more likely to develop Alzheimer’s disease than those who do not carry it. Having healthy levels of testosterone in your bloodstream helps fight off this genetic tendency. Testosterone protects the immune system, especially inside the gut where 70% of the

immune system lives. Testosterone protects both breast and prostate tissue from growing out-of-control.

Estrogen protects brains, too. The Cache County studies out of Utah showed that Alzheimer’s disease incidence was reduced by up to 50%, if women had been on estrogen therapy for at least 10 years. Our brains are profoundly influenced by our sex steroid hormones such as estrogen, progesterone, and testosterone.

I hope you are getting the message that insufficient hormone signals are the major cause of aging. Many of the symptoms of senescence or aging are due to our “hormonal messaging system” malfunctioning, and your tissues don’t receive protective hormone signals. Whether it’s an autoimmune disease, joint pain, brain fog, or premature aging, hormones can play a major role. Talk to your wellness clinician about Receptor Detox and Hormone Balance & Protect, and consider picking up a copy of Dr. Berkson’s book, [Sexy Brain](#), and see if your body needs a hormone reset.