



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Natural Anti-Aging Strategies

“Hormones need to be in balance. Too little or too much can cause problems.”

Let's talk about hormones because they are the most powerful signaling molecules in our body. They sit on the outside of cells and signal the internal parts of the cell to make proteins and enzymes necessary for energy, repair, and regeneration. Unless we repair existing cells and make new ones, we will not experience true health. A lack of hormones causes multiple symptoms like fatigue, brain fog, depression, anxiety, muscle and bone loss, wrinkles, aches and pains of all sorts. It's a pretty long list. It's like your get up and go, got up and left. But hormones need to be in balance. Too little or too much can cause problems, and enzymes can affect the conversion of one hormone to another.

Aromatase is a perfect example. Aromatase catalyzes a critical step in the conversion of androgens to estrogens. As you are probably aware, both men and women have androgens and estrogens. Too much estrogen in males have caused gynecomastia. Too much testosterone in women can cause polycystic ovaries. It's all about balance. Aromatase synthesizes estrogens from male hormones. This takes place in many tissues, including the gonads, bones, brain, as well as fat cells called adipocytes. The big message for today is that, as the enzyme aromatase is increased, so is estrogen increased. For men, higher aromatase causes too much estrogen. And for women, aromatase is found at higher levels in human breast cancer

tissue than in normal breast tissue.

Here's an important fact: the enzyme aromatase increases as we age. So, developing life style strategies to naturally inhibit aromatase can bring a new level of wellness. Because most of the things that inhibit aromatase have also been shown to reduce mortality in general. Which is obviously a good thing. Right off the bat, two things that set the stage for excess aromatase are insulin resistance and an excess of another vital hormone called cortisol. Insulin resistance comes from an excess of refined carbohydrates and a lack of fiber. Insulin resistance creates fat storage in tissues as well as our arteries. It's also

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a major signaling hormone. So, there are lots of reasons to reduce insulin. Cortisol comes from excess chronic stress. Cortisol is necessary for life, and it's a good thing, but too much cortisol causes multiple problems. Both cortisol and insulin sit on receptor sites to block hormones.

As you might imagine, there is an exciting growing field to find ways to inhibit excess aromatase. Many foods inhibit aromatase. You can get a complete list from your wellness clinician, but foods like arugula, dark colored berries, all the cruciferous vegetables like broccoli, brussels sprouts, and cabbage, cilantro, celery, chives, citrus fruits like lemons and limes, walnuts, and watercress. Basically, eating real foods without additives, with lots of color. But even nutraceuticals like melatonin, iodine, vitamin E, zinc contain aromatase inhibiting properties.

Perhaps the most powerful natural aromatase inhibitor comes from grapes. Shiuan Chen, Ph.D. is the Director of the Department of Surgical Research at the City of Hope in Duarte, California. His laboratory has found grapes, mushrooms, and red wine contain chemicals that can suppress aromatase activity. The most exciting however is a grape seed extract, pro-cyanidin B, which according to Dr. Chens' research, reduces up to 80% of aromatase.

Biotics Research makes two products high in grape seed extract. One is called Bio-Cyanidins

which is a source of proanthocyanidins. It contains 35 mg grape seed extract as a 95% pure concentrated form of OPCs as well as 15 mg of Pycnogenol®.

Clinicians have shared with me over the years that Bio-Cyanidins also help with chronic inflammation as OPCs are major antioxidants. One molecule of OPCs will quench thousands of free radicals. Another component in Bio-Cyanidins is Pycnogenol® which has additional benefits with ADD and ADHD.

The other product designed by Dr. Devaki Berkson is called Hormone Balance and Protect. It's designed to maximize the life of hormones and keep them in balance. Not only does it have 140 mg of grape seed extract as a 95% OPC concentration, but it contains other aromatase inhibitors like broccoli seed extract, zinc, and iodine. The dose is 2 twice a day. It's a product I personally take every day as an aromatase inhibitor and to maximize the effectiveness of my hormones.

I know this was a little technical at times, but starting with a diet high in natural aromatase inhibitors, reducing refined carbohydrates, addressing cortisol status, and adding products like these to support hormone production can have a huge effect on our health.