

The background is a smooth gradient from light purple at the top to light blue at the bottom. Scattered throughout are numerous water droplets of various sizes, some with highlights and shadows, giving them a 3D appearance. The title text is centered in the upper half of the image.

THE TRUTH ABOUT HORMONES WITH A DEEP DIVE INTO ESTROGEN

SHARON STILLS, NMD

TERRAIN FACTORS AFFECTING HORMONAL HEALTH

pH BALANCE	MINERAL BALANCE	FATTY ACID BALANCE	HYDRATION LEVELS	SYSTEMIC DRAINAGE	NUTRIENT UPTAKE/DIET	CONSTITUTION	DENTISTRY
TRAUMA	ENERGETICS	LYMPHATIC FLOW	EMOTIONAL STATE	MICROBIOME	CELLULAR COMMUNICATION	TOXICITY LEVELS	EPIGENETICS
AUTOPHAGY/mTOR	MITOCHONDRIAL HEALTH	LIVER HEALTH	ENDOBIONTIC LOAD	DISTURBANCE FOCI	HYPERACIDITY	GEOPATHIC DISTURBANCES	MYASMATIC LOAD

WOMEN'S HEALTH INITIATIVE (WHI) STUDY

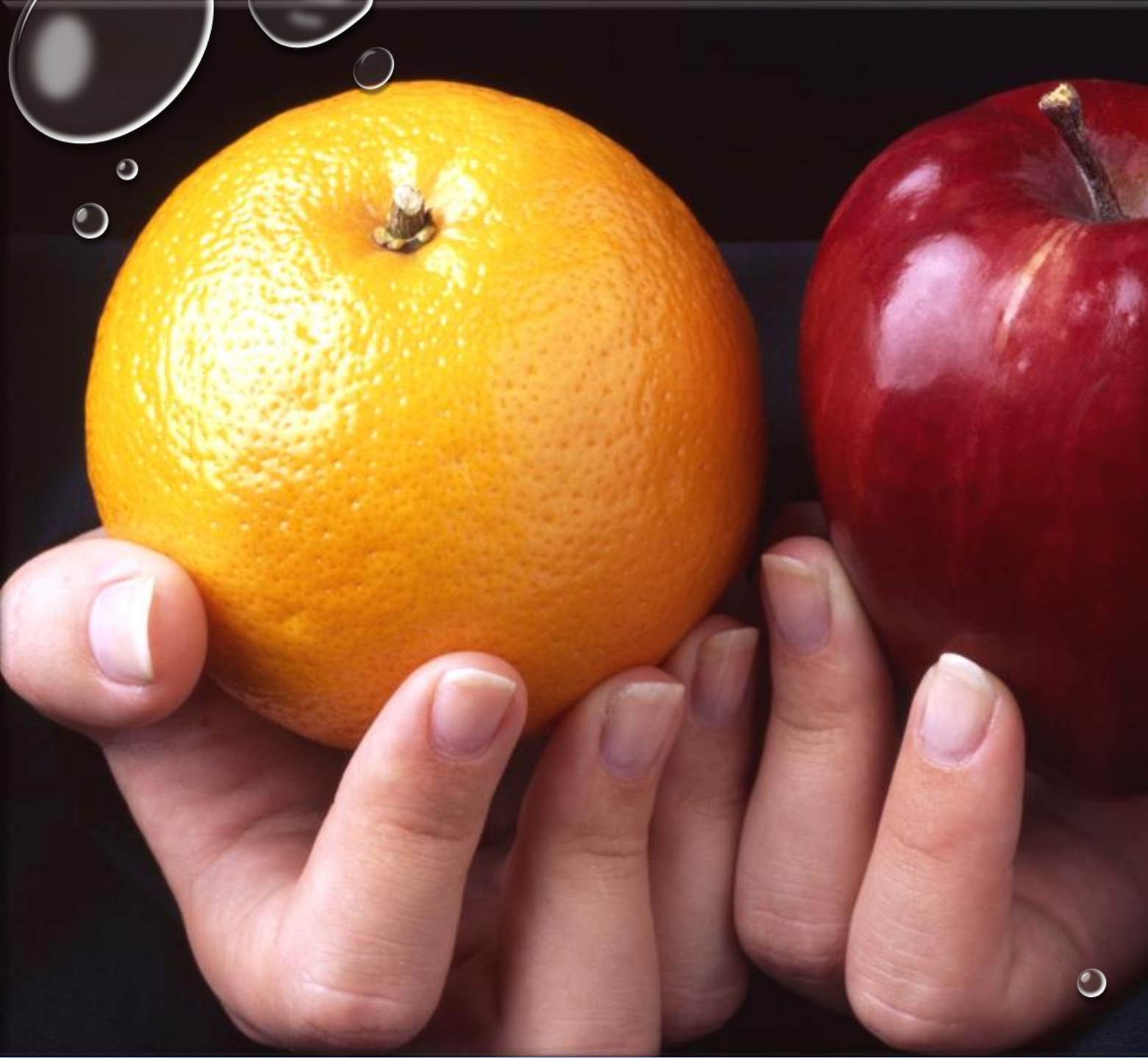
Before study 18.5 million women using HRT

After study, 7.6 million were still using it.

Wyeth caught a break and was allowed to have a new FDA “approved” lower dosage –Premarin 0.45mg and Provera 1.5mg

No proof – no studies – to justify this action but FDA went along with it

Even though there was a published review of “estrogen” replacement from 1996 to 2003 concluding that low dose preparations would not improve safety



WHAT DOES THIS HAVE
TO DO WITH BIO-
IDENTICAL HORMONAL
REPLACEMENT

- **ABSOLUTELY
NOTHING!!!!!!!!!!!!!!!!!!!!**



HORSE VS WOMAN

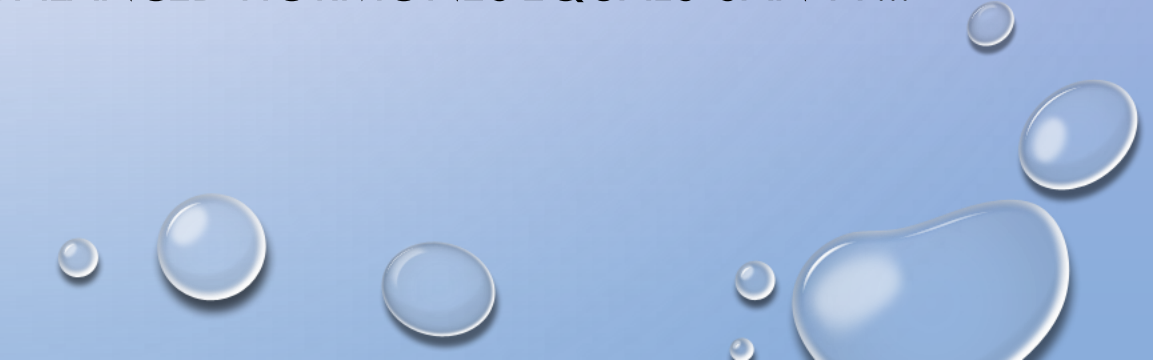


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WHAT YOU
HEAR ABOUT
HORMONES
HAS NOTHING
TO DO WITH
BHRT

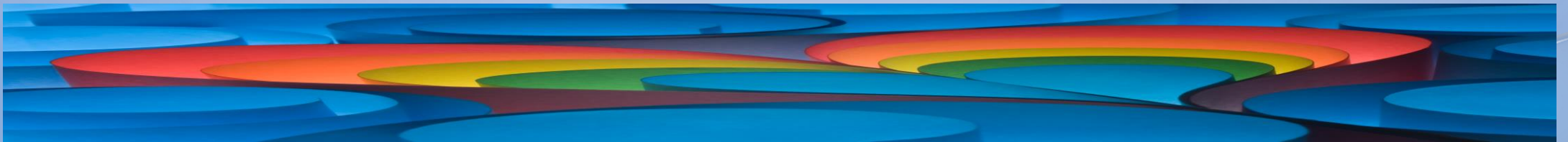


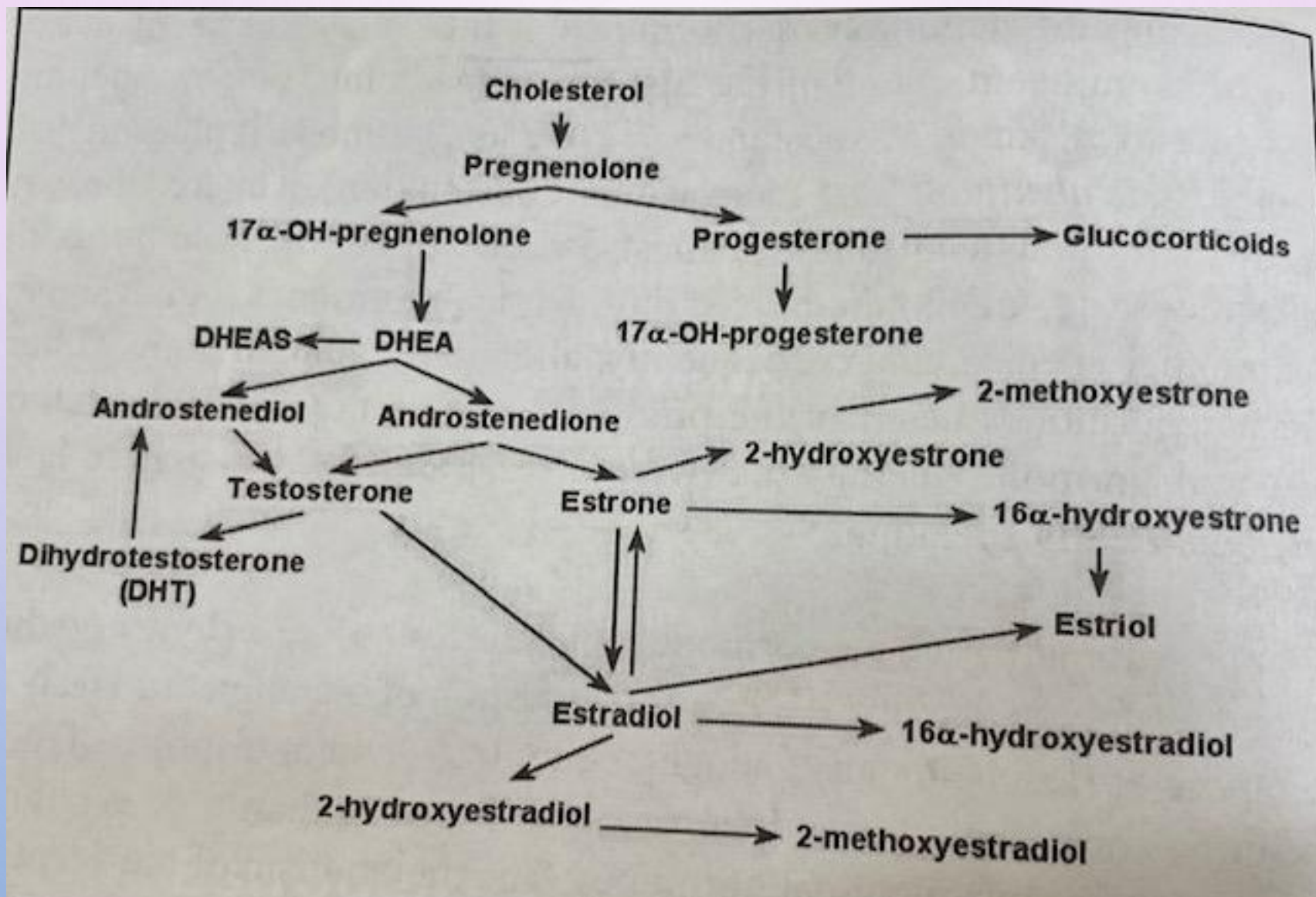
HORMONE DEFINITION

- POWERFUL CHEMICAL COURIERS THAT ALLOW FOR EFFICIENT PRECISE COMMUNICATION AND REMOTE CONTROL OF VITAL ORGAN SYSTEMS THROUGHOUT THE BODY.
 - THEY CARRY MESSAGES TO SPECIFIC TARGET CELLS BY ATTACHING TO RECEPTOR SITES.
 - MY DEFINITION – BALANCED HORMONES EQUALS SANITY!!!
- 

NOURISHMENT OF SELF XOXO

- FAMILY
- FRIENDS/TRIBE
- TEACHERS
- MOTHER EARTH
- SEXUAL EXPRESSION
- SILENCE
- MOVEMENT
- PETS
- CO-WORKERS
- NEIGHBORS
- SPIRITUAL COMMUNITY
- CREATIVE ENDEAVORS
- FOOD





ESTROGEN VS PROGESTERONE

- ESTROGEN
 - STIMULATES SYMPATHETIC NERVOUS SYSTEM
 - ENHANCES ENERGY AND MOOD
 - WATER RETENTION
 - STIMULATES EPITHELIAL CELL PROLIFERATION
- PROGESTERONE
 - CALMS THE SYMPATHETIC NERVOUS SYSTEM
 - RELAXING, CALMING, GO WITH THE FLOW
 - WATER EXCRETION IN THE URINE
 - INHIBITS AND DIFFERENTIATES





ESTROGEN HAS OVER 400 IMPORTANT FUNCTIONS IN THE BODY

- LOWERS LEVELS OF ACE2 IN THE HEART
REDUCING COVID SEVERITY
 - REDUCES HOMOCYSTEINE
 - ENHANCES YOUR MOOD AND ENERGY
 - MAINTAINS BONE DENSITY
 - AIDS IN THE UPTAKE OF MAGNESIUM
 - AIDS IN FORMATION OF SEROTONIN
 - ENHANCES DEEP SLEEP
 - STIMULATES PRODUCTION OF CHOLINE
ACETYLTRANSFERASE WHICH PREVENTS ALZHEIMERS
DISEASE
 - IMPROVES INSULIN SENSITIVITY
 - REDUCES RISK OF CATARACTS
 - DECREASES PLAQUE ACCUMULATION BY ACTING AS
A NATURAL CALCIUM CHANNEL BLOCKER
 - CREATES A FEELING OF SATIATION BY SIGNALING
CCK IN THE GUT
- 



PHYSICAL SIGNS OF DECREASED ESTROGEN

PALE FACE

DRY MUCOUS MEMBRANES –EYES, VAGINA

SMALL SHARP WRINKLES ABOVE LIPS

DECREASE IN BREAST SIZE

PREMATURE AGING

FLAT SCALP HAIR/LOSS OF HAIR AT THE VERTEX

THINNER MORE OILY SKIN

BOWED BACK (KYPHOSIS)

LIVER YIN DEFICIENCY

FATIGUE

DEPRESSION

LOW LIBIDO

HOT FLASHES

SPASMODIC DYSMENORRHEA

VAGINAL DRYNESS/ITCHING

RECURRENT CYSTITIS

URINARY STRESS INCONTINENCE

MEMORY LOSS

ELEVATED CHOLESTEROL

BONE LOSS

ESTROGEN
DEFICIENCY
COMPLAINTS
YOU WILL
HEAR OR
EXPERIENCE

Obesity —especially a bloated belly

Enlarged breasts

Painful breasts

Swollen legs, feet, ankles

On ultrasound —cysts, fibroids, endometriosis

PHYSICAL SIGNS OF EXCESS ESTROGEN

ESTROGEN EXCESS COMPLAINTS YOU WILL HEAR OR EXPERIENCE

CERVICAL DYSPLASIA

DEPRESSION

WATER RETENTION

HEADACHES/MIGRAINES
BEFORE PERIOD

IRRITABILITY

HYPOTHYROIDISM (DUE
TO INCREASE BINDING
OF THYROID HORMONE)

FIBROCYSTIC BREASTS

PANIC ATTACKS

MOOD SWINGS

PAINFUL AND EXCESSIVE
MENSES

WEIGHT GAIN

LOW LIBIDO

BUT DOESN'T ESTROGEN CAUSE CANCER?!?!? BACK TO THE WHI STUDY

- ONE ANALYSIS OF THE WHI WAS PRESENTED BY JOSEPH RAGAZ M.D., A RESEARCHER FROM THE UNIVERSITY OF BRITISH COLUMBIA, AT THE SAN ANTONIO BREAST CANCER SYMPOSIUM IN DECEMBER, 2009. DR. RAGAZ'S RESEARCH FOUND SOMETHING SHOCKING. THE WOMEN IN THE ESTROGEN-ONLY ARM, WITHOUT THE SYNTHETIC PROGESTIN, HAD A SIGNIFICANT DECREASED RISK OF GETTING BREAST CANCER. *THE WOMEN ON ESTROGEN REPLACEMENT BY ITSELF HAD A REDUCTION OF BREAST CANCER INCIDENCE BY 32%.*



THE MORE ESTRIOL A WOMAN HAS IN HER BODY, RELATIVE TO BOTH ESTRADIOL AND ESTRONE, THE SMALLER HER RISK OF DEVELOPING BREAST CANCER SEEMS TO BE.

IN THE PRESENCE OF ESTRADIOL OR ESTRONE ESTRIOL HAS ANTICARCINOGENIC ACTIVITY

ESTRIOL HAS A VERY LOW PROPENSITY FOR CAUSING HYPERPLASIA AND CANCER IN THE UTERUS, BREAST OR ANYWHERE ELSE EVEN WHEN UNOPPOSED

REESTABLISHES A MORE ACIDIC ENVIRONMENT IN THE VAGINAL CANAL

ESTRIOL

ESTRIOL BOOSTS IMMUNE FUNCTION BY ENHANCING THE ACTIVITY OF VIRUS AND BACTERIA EATING CELLS KNOWN AS PHAGOCYTES

ASIAN WOMEN HAVE A RELATIVELY LOW INCIDENCE OF BREAST CANCER AS WELL AS HIGH ESTRIOL LEVELS

SMALL UNPUBLISHED STUDY BY DR. LEMON FOUND THAT WOMEN WHOSE BREAST CANCER HAD METASTASIZED TO THEIR BONES HAD AN APPROXIMATELY 40% REMISSION RATE IN THOSE TAKING ESTRIOL

ESTRIOL BENEFITS CONT.

ESTROGEN QUOTIENT

$$\frac{\text{Estriol}}{\text{Estrone} + \text{Estradiol}} = \text{EQ}$$

ER –ALPHA – PROMOTE BREAST CELL PROLIFERATION

ER-BETA – INHIBIT BREAST CELL PROLIFERATION

RESEARCH SHOWS THAT ESTRADIOL STIMULATES BOTH RECEPTORS EQUALLY

ESTRONE IS ABOUT 5 TIMES MORE POTENT IN STIMULATING ER-ALPHA RECEPTORS

ESTRIOL HOWEVER STIMULATES ER-BETA RECEPTORS ABOUT THREE TIMES MORE THAN THE ALPHA RECEPTORS

LET'S NOT FORGET ABOUT THE HORSE ESTROGENS WHICH STIMULATE THE ALPHA RECEPTORS AND ACTUALLY BLOCK THE BETA ONES!

AND 4-HYDROXEQULIENIN WHICH IS ONLY FOUND IN HORSE URINE ACTUALLY INDUCES DNA DAMAGE

ESTROGEN RECEPTORS

WHAT ABOUT ESTROGEN METABOLITES

- 2 HYDROXYESTRONE -PROTECTIVE
- 16 ALPHA HYDROXYESTRONE –DUALITY – CARCINOGENIC IF TOO HIGH BUT RISK FOR OSTEOPOROSIS IF TOO LOW
- 2/16 RATIO – PROPER BALANCE –FRUIT CONSUMPTION POSITIVELY AFFECTS BUT NO FRUIT AT NIGHT.
- 4 HYDROXYESTRONE –CORRELATED WITH BREAST CANCER/DNA DAMAGE –MAGNESIUM, LIVER SUPPORT, METHYLATION, SULFORAPHANE CAN BE UTILIZED TO LOWER IT VIA UPREGULATING ENZYMES FOR PHASE 2 DETOX SUCH AS GLUTATHIONE-S-TRANSFERASE AND QUINONE REDUCTASE
- 2 METHOXY-ESTRONE (2-MEOH E1) METABOLIZED FROM 2-OH E1. A COMPARISON OF 2-MEOH E1 WITH 2-OH E1 ALLOWS INSIGHT INTO METHYLATION PATHWAYS. IF 2-MEOH E1 VALUE IS AT LEAST 25% OF 2-OH E1 VALUE, METHYLATION IS PROBABLY ADEQUATE. IF LESS THAN 25% CONSIDER ADDING METHYL DONORS SUCH AS FOLATE, CHOLINE, BETAINE, VITAMIN B12, B6



2 – METHOXY- ESTRADIOL

Considered to be one of the most protective estrogen metabolites, 2-MeOH E2 is also produced endogenously in small amounts.

It is showing promise in a number of animal and human trials as an adjunctive treatment for several types of cancer. HIJACKED BY THE PHARMACEUTICAL COMPANIES

Current scientific understanding suggests it does not bind to estrogen receptors for it's anti-proliferative activity.

It has potent apoptotic activity against rapidly growing tumor cells

Antiangiogenic activity through a direct apoptotic effect on endothelial cells

Microtubule stabilization by inhibition of the colchicine-binding site

Cardioprotective activity by inhibiting vascular smooth muscle cell growth in arteries

500 and 3200 fold lower affinity than that of estradiol for estrogen receptors alpha and beta, respectively

Inhibits many different cell lines including breast and prostate

EMOTIONS OF THE BALANCED GALL BLADDER

- DECISION MAKING AND JUDGEMENT SKILLS ARE GOOD
- GOOD SENSE OF DIRECTION
- CONCERN WITH FAIRNESS AND JUSTICE
- GOOD COORDINATION SKILLS
- ORGANIZATIONAL SKILLS
- ABLE TO MOVE FORWARD AND SEE CLEARLY
- CREATIVITY IS MOBILIZED



THE OUT OF BALANCE GALLBLADDER

- DIFFICULTY WITH DECISION MAKING
 - MANY UNFINISHED PROJECTS
- PROCRASTINATION – WRITER'S BLOCK
- DEPRESSION WITH REPRESSED ANGER
 - SOFT VOICE BUT ANGRY INSIDE
 - NEGATIVE
 - PUSHY
- TROUBLE WITH HIERARCHY
- RELATIONSHIPS GO SOUR



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EMOTIONS OF THE BALANCED LIVER

- ACTION ORIENTATED
- EXCELS IN PLANNING AND ORGANIZATION
- GUARDS THE BODY FROM OUTSIDE INSULTS
- CAPACITY FOR PERSPECTIVE – CAN HANDLE CRITICISM
 - A SENSE OF DIRECTION IN LIFE
 - ABLE TO BREAK UNWANTED HABITS
 - LIKES TO BE THEIR BEST



AN OUT OF BALANCE LIVER

- INTENSE PERSONALITY STUCK IN ANGER
- TROUBLE MAKING PLANS OR GOING WITH THE FLOW IF PLANS CHANGE
- DEEP SENSE OF HOPELESSNESS
- TENDENCY TOWARDS DRUG AND ALCOHOL ABUSE
- VERY COMPETITIVE
- EASILY IRRITATED
- PETER PAN SYNDROME
- SELF DIRECTED ANGER (CAN PROVOKE AUTO-IMMUNE DISEASE)



ESTROGEN DETOX – PHASE 1



PHASE 1 KNOWN AS HYDROXYLATION

HAPPENS PRIMARILY IN THE LIVER

NEED ENZYMES CYP 1A1 AND 1A2 TO MOVE TOWARDS 2-OH ESTROGEN

CYP1B1 LEADS TO 4-OH

CYP3A

4 – LEADS TO 16-OH

THESE ENZYMES REQUIRE IRON

GLYPHOSATE INTERFERES WITH THE CYT P450 ENZYMES

ANALOGY OF FILLING THE BATHTUB

PHASE 2

NEED TO NEUTRALIZE THE PHASE 1 PRODUCTS VIA GETTING THE WATER THROUGH THE DRAIN – METHYLATION – GLUCURONIDATION – SULFATION

ENZYME CATECHOL-O-METHYLTRANSFERASE (COMT) INVOLVED HERE TO MAKE SURE EVERYTHING IS WATER SOLUBLE AND CAN BE ELIMINATED FROM THE BODY

IF YOUR COMT IS SLOW YOU WILL STRUGGLE HERE AS WELL AS WITH BREAKING DOWN ADRENALINE AND DOPAMINE

SLOW COMT CAN BE CAUSED BY A MUTATION, HEAVY METALS, BPA, HIGH AMOUNTS OF CALCIUM AND IRON, LOW MAGNESIUM, HIGH HOMOCYSTEINE LEVELS, LOW TESTOSTERONE, GUT INFECTIONS

SUPPORT FOR COMT INCLUDES MAGNESIUM, METHYL B12, FOLATE, SAM-E, CHOLINE, ZINC



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PHASE 3

- ELIMINATE VIA URINATION, BILE AND POOPING
- ESTROBOLOME IMBALANCED FROM VARIOUS INFECTIONS, DIET, CONSTIPATION, ETC.
- LEADS TO AN INCREASE IN THE ENZYME BETA-GLUCURONIDASE

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WHAT ABOUT CUMULATIVE EXPOSURE TO ESTROGENS

EXOGENEOUS ESTROGEN (XENOESTROGENS)

WATER (TAP AND
SHOWER/BATH)

DENTAL SEALANTS

RECEIPTS

HAIR DYES

COSMETICS

BIRTH CONTROL PILLS

PHOTOCOPIERS/PRINTER

TOYS

SUNSCREEN

PERSONAL CARE
PRODUCTS
(SHAMPOO/SOAP ETC.)

HOME FURNISHINGS –
CARPETS –MATTRESS

NAIL POLISH AND NAIL
POLISH REMOVER

COSMETICS

PLASTIC CONTAINERS

MEAT/DAIRY

BUTYLATED
HYDROXYANISOLE –BHA
(FOOD PRESERVATIVE)

INSECTICIDES

CHLORINE

Comprehensive ULTIMATE Hormone Profile

Doctor ID		Patient Name Doe, John			
Age 55	Sex M	Date of Birth	Accession #	Test Code 4100	
Date Collected	Date Received	Date Reported	Tech		
Comments					

Doctor Name and Address:

SAMPLE REPORT

For female report, see pages 9-10

Amount Excreted in 24hrs		Adult Reference Range
CREATININE	2.6 gm/24hr HIGH	
TOTAL VOLUME	1550 mL	0.5-2.0 gm/24hr
If Creatinine Value is out of normal range, results may be affected.		
STERIOD	Amount Excreted in µg/24hr	Male µg/24hr
ESTRONE	6.7	3 - 11.4 *
ESTRADIOL	3.0	0.8 - 4.6 *
ESTRIOL	6.5	3.5 - 13.7 *
<i>Total Estrogens</i>	16.2	7.3 - 29.7 *
2-OH ESTRONE	2.2	1.9 - 15.8 **
16α-OH ESTRONE	1.9	0.2 - 5.9 **
<i>2 / 16α Ratio</i>	1.2 LOW	1.2 - 4.9 **

** For male patient, the reference range values are for research only.

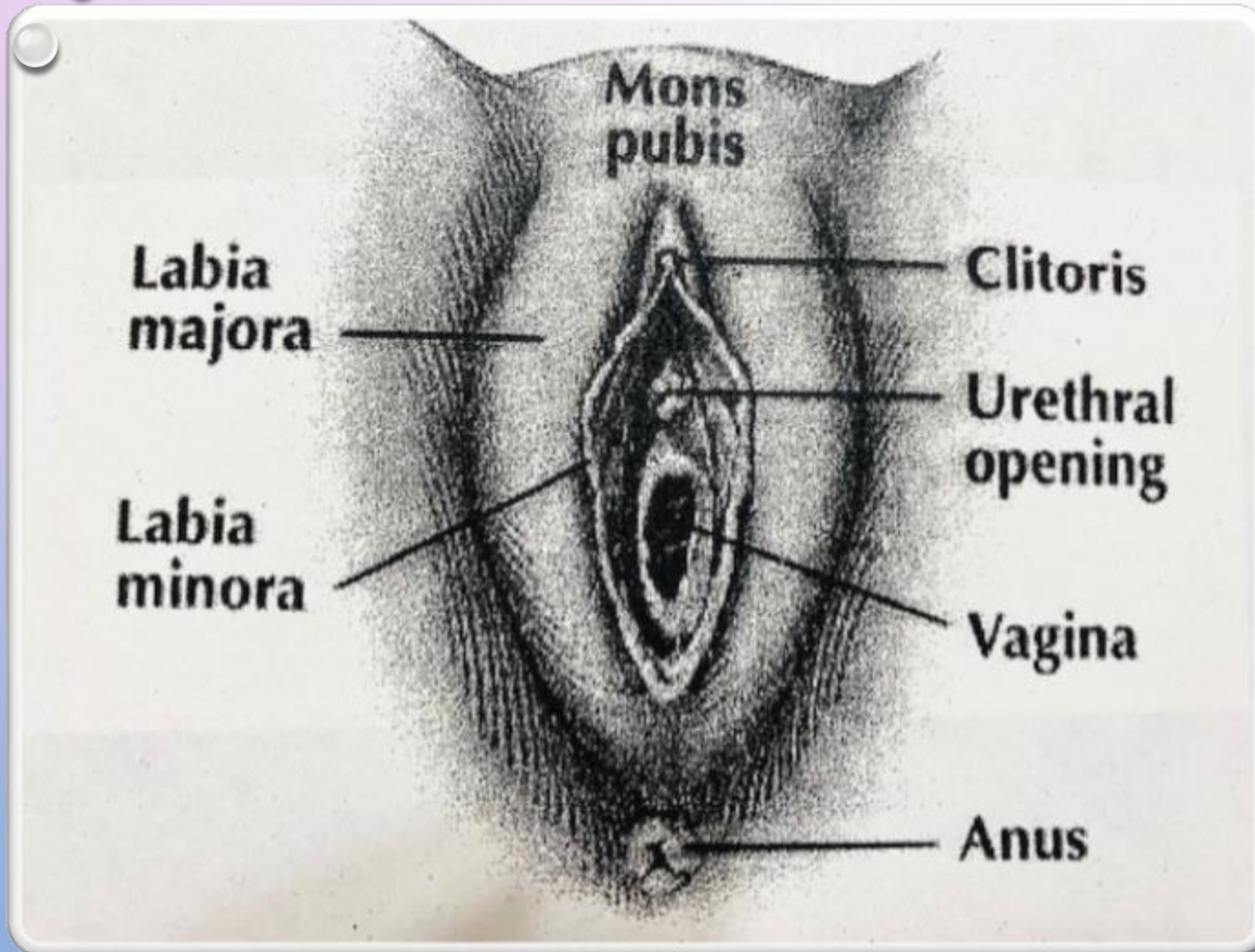
Comprehensive ULTIMATE Hormone Profile

Patient Name: **SAMPLE REPORT**

Accession #: Test ID Test Code: 4100

STERIOD	Amount Excreted in µg/24hr	Adult Reference Range
		Male µg/24hr
PREGNANEDIOL (progesterone metabolite)	164	70-1050 *
DHEA	906	100 - 2000
TESTOSTERONE	87.1	20.0 - 200.0
5α-ANDROSTANEDIOL	108.3	22.0 - 131.0
5β-ANDROSTANEDIOL	128.8	40.0 - 401.0
ANDROSTERONE	3172	2000 - 5000
ETIOCHOLANOLONE	1748	1400 - 5000
PREGNANETRIOL	831	200 - 1500
CORTISONE (E)	198	31-209
CORTISOL (F)	152	30-170
TETRAHYDROCORTISONE (THE)	6069	2100-7400
ALLO-TETRAHYDROCORTISOL (5α-THF)	2076	700-3800
TETRAHYDROCORTISOL (THF)	2160	1200-4500
11β-HYDROXYANDROSTERONE	1204	613-2298
11β-HYDROXYETIOCHOLANOLONE	597	153-950
ALDOSTERONE	10.1	3.0 - 21.8 **
ALLO-TETRAHYDROCORTICOSTERONE (5α-THB)	329	130-600
TETRAHYDROCORTICOSTERONE (THB)	145	30-240
11-DEHYDROTETRAHYDROCORTICOSTERONE (THA)	230	76-456

BIO-IDENTICAL HORMONE REPLACEMENT



- WHAT FORM –NEVER ORAL
ESTROGEN INCREASES
BLOOD PRESSURE, CAUSES
GALLSTONES, CAN ELEVATE
LIVER ENZYMES, INCREASE
SHBG, INCREASES CARB
CRAVINGS
- HOW OFTEN
- APPLICATION SITE
- MONITORING



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HORMONAL SYMPHONY ALWAYS!

THE OTHER MAJOR MUSICIANS

PROGESTERONE

TESTOSTERONE

PREGNENOLONE

DHEA

PROLACTIN

GROWTH
HORMONE

ALDOSTERONE

CORTISOL

INSULIN

OXYTOCIN

THYROID

CALCITONIN

VITAMIN D