

NATUROPATHIC PROTOCOL FOR BALANCING FEMALE HORMONES

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Hormonal balance for women is necessary for every area of health—low sex drive [low libido], cardiovascular health, menopause, menstrual discomforts, breast health [breast cysts], emotional health, female anxiety, nervous disorders, skin problems and strengthening bones. After age 25 female hormones [estrogen and progesterone] start to become imbalanced, and the imbalance continues relentlessly through perimenopause and throughout menopause.

Natural vs synthetic

Naturopathic Medicine believes in nutritionally supporting hormone levels by nourishing the female endocrine system and reproductive organs with nutrients that facilitate health and healing on a cellular level. Conventional Medicine supports synthetic hormones and hysterectomies. Synthetic hormones are dangerous and are documented to cause cancer. These include birth control and/or hormone replacement pills, patches, injections, etc. statistics show that doctors perform 650,000 hysterectomies each year—and only about 10% of them are done because of cancer or other life-threatening reasons! This surgery can throw off your hormonal balance for years.

Recommendations

For females who are still menstruating, I suggest Cycle 1 Estrotonic Liquid For Days 1-14 and Cycle 2 Progestonic Liquid For Days 15-28

For females who are menopausal, I suggest Femarone 17 Liposome Body Cream [Natural Progesterone And Antioxidant Transdermal Body Cream]. Bone density loss in females [osteoporosis] is frequently associated with menopause. Osteoporosis symptoms include bone shortening, thinning and gradual loss of height. Femarone 17 and/or Menopautonic offer excellent nutritional support in lieu of synthetic hormone replacement therapy.

For skin flare-ups due to female hormone imbalance, I suggest Oil of Oregano P73 Formula.

Cellular health

Every disease process begins with one single cell. Cells reproduce constantly. The goal of nourishment is to make healthier cells so that they will reproduce healthier cells, which will spread to the surrounding tissues, then to the organ, then to the organ system.

The average diet does not even begin to provide adequate cellular nourishment, why it is absolutely essential to nourish the cells daily with phytonutrients [plant nutrients] that are rich in chlorophyll. Unlike synthetic vitamin-mineral complexes, phytonutrients are easily and safely absorbed. They nourish and strengthen cells better than any other substance in nature. My favorite is 3-4 daily servings of Kyo-Green Phytonutrients [Powder]

Basic nutrition

Cover your basic nutrient requirements with Liquid Vitamin/Mineral [Plant-Derived] Formula too. The nutrients found in this highly absorbable great tasting supplement are essential for the health and healing of nerves, muscles, bones, heart, hormone balance, teeth, gums, skin, hair, nails, and immune system. This formula is a balanced combination of vitamins, minerals [at least 74 plant derived hydrophilic minerals which are the same type found in fruits and vegetables], herbs, phytonutrients, antioxidants, electrolytes and other nutrients that needed for good health. The key factor to reversing disease is maintaining a balanced acid-alkaline state in the body. Minerals are alkaline because they relax the body from tightness, tension, (Continued on p. 12)

About the Author

Aundrea Adams has been in the health care industry for over 25 years and is an ANMA Board-Certified Naturopathic Doctor, a Washington, DC Registered Naturopath, a clinical Nutritional Consultant [Diplomate Member of the AANC, American Association of Nutrition Consultants], a college instructor, and a licensed Registered Nurse with the state of Texas. She currently teaches on a graduate level at Canyon College and Breyer State University. She is also the owner of the International Institute of Holistic Healing [DoctorAJAdams.com], and has a private practice in Natural Health and Holistic Medicine in Dallas, Texas.

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stiffness, spasms, twitches, tics or jerkiness as in nervousness, anxiety, anger, fear, agitation, headaches, muscle cramps, menstrual cramps, arthritis, insomnia, constipation, heart palpitations, irregular heartbeats, high blood pressure, eye twitches, acne, plaque on teeth, plaque on heart and arteries due to cholesterol build-up, plaque on the brain [Alzheimer's], and an accumulation of estrogen building up inside the tissues [estrogen dominance].

Calcium Magnesium Powder ... Adequate Calcium is important in maintaining a healthy brain and nervous system. It is necessary for protein synthesis, and helps to prevent muscular cramps and numbness. It also helps prevent Cancer; provides energy; healthy RNA and DNA; promotes restful sleep. It fights aching joints, brittle nails, eczema, high cholesterol, heart palpitations, high blood pressure, insomnia, muscle cramps, nervousness, numbness in arms and legs, rheumatoid arthritis, rickets, tooth decay, dementia, convulsions, depression, delusions, hyperactivity, and more. Many people do not realize that calcium needs other minerals and trace elements for proper absorption. Therefore, taking plain Calcium supplements could cause more harm than good in the long run. Improper Calcium absorption can lead to kidney stones or other kidney problems and Calcium deposits in the joints. Magnesium has more health benefits attributed to it than any other mineral. It is mainly found in the bones and inside the cells, where it is necessary for the metabolism of minerals and other nutrients. Magnesium is involved in regulating the acid-alkaline balance in the body, and for proper muscle function, including the heart.

The brain and nervous system, particularly during female hormone imbalance, also require an adequate supply of **B-Complex vitamins**. Stress, anxiety and nervousness take a tremendous toll on your cells. B vitamins must be adequately supplied daily. Otherwise tremors, skin disorders, muscle weakness, fatigue, depression, moodiness, irritability, mood swings, and a host of other symptoms can result. My favorite is Aller-B Complex.

With all the negative hype going on these days about the dangers of high-fat diet, do not confuse **Omega 3 fatty acids** [the good fat from vegetable oils] with Omega 6 fatty acids [the harmful saturated fat from animals]. Omega 3 does not contribute to weight

gain or other health problems. To the contrary, it actually normalizes metabolism, balances hormones, and reduces inflammation. Actually both are good healthy fats that our bodies need, but the danger lies in an imbalanced ratio of the 2. We only need about 5 times the amount of Omega 6 than we do Omega 3, but the typical Western diet provides at least 40 times as much. It is this gross imbalance that results in weight gain, hormone and brain chemistry imbalance, heart disease, tumors, cancer, arthritis, brain and nervous system disorders, including Multiple Sclerosis, Parkinson's disease, certain kinds of mental illness, depression, post-partum depression, bi-polar disorder, alcoholism, schizophrenia, dementia (including Alzheimer's), poor concentration and memory, attention deficit disorder, and a host a other health problems. The healthy thing to do is cut down considerably on Omega 6 fats, and supplement the Omega 3 fats. The Omega 6 fats to reduce in your diet are hydrogenated and partially hydrogenated, saturated animal fats [beef, lamb, pork, sheep, veal], and animal organ meats [brain, heart, kidney, liver]. You should completely avoid trans-fatty acids fake fats, which include margarine, olestra, olean. These fats are synthetic and pose a major health threat to all vital organs, particularly the liver which attempts to metabolize them. Instead, use olive oil or grape seed oil to cook [Butter does not become toxic when heated, but because it is animal fat, it may tend to raise the level of "bad cholesterol" in the body]. Olive oil [Omega 3 and Omega 6] and grape seed oil [Omega 3] are the only oils that do not become toxic when heated. You may also use flax oil [Omega 3] on salads, but it becomes toxic when heated. Due to increasing ocean pollution, the purity of the fish oil [Omega 3] is the single most important factor to consider when taking it as a supplement. This particular high-grade Omega 3 oil is thoroughly screened to assure no contaminants.

Amino acids are the building blocks of protein, the basis of life itself. They are a major constituent for the brain, nerve, muscle, blood, skin, and internal organs. Amino acids are precursors to dopamine, norepinephrine, serotonin, and many other substances critical to health and well being. Besides building cells and repairing tissue, they form antibodies to combat invading bacteria and viruses; they are part of the (Continued on p. 13)

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throughout the body and participate in muscle activity. Amino acids have been found to be extremely useful in weight control, depression fighting, muscle building, proper hormonal activity, and proper function of the immune system. Amino acids are necessary for growth and cellular replication throughout the body. When protein is broken down by digestion the result is 22 known amino acids. Eight are essential (cannot be manufactured by the body); the others are non-essential (can be manufactured by the body with proper nutrition).

Liver toxicity and hormone imbalance

For healthy female hormones, I strongly suggest liver detoxification. Liver toxicity is often the cause of hormone imbalance in the first place. A toxic congested liver can result in fatigue, jaundice, constipation, depression, insomnia, anxiety, cravings, skin problems, poor digestion, poor circulation, poor mental alertness, poor weight maintenance, and more. My favorite for liver detoxification is Essiac Tonic.

Hormones and your hair

Hair loss, thinning hair, and pre-mature gray hair result from hormonal imbalance as well as liver toxicity. People often mistakenly think that they inherit these conditions. Naturopathic Medicine does not believe that any disorders or diseases are inherited, but rather that you inherit a high requirement for certain nutrients. For hair loss, thinning hair and premature graying, my favorite is Essiac Tonic

The above protocol is only half of the battle. The other half consists of eliminating substances that increase inflammation and toxicity, thereby interfering with healing:

Foods and additives to avoid

Avoid **sugar** because it contributes greatly to hormonal imbalance. These include fruit juices [frozen, bottled, canned], cakes, candy, chewing gum, cookies, ice cream, jams, jelly, Jell-O, marmalades, pastries, pies, preserves, sherbets, soft drinks, sugared fruit, tapioca

puddings, white sugar, syrup, processed commercial yogurt, brown sugar, fructose sugar, corn syrup, soft drinks, honey, dehydrated cane juice granules, barley malt syrup, brown rice syrup, date sugar, maple syrup, sucanat, blackstrap molasses, sorghum, and most of all Aspartame [NutriSweet] and Alcoholic Beverages [beer, wine and hard liquor all turn to sugar in the blood]...Xylitol And Stevia are two very healthy natural sweeteners that are perfectly OK use.

Avoid **dairy products** [butter, cheese, milk, sour cream, whey, whipped cream, yogurt] because they contribute greatly to the spread of inflammation. Good substitutes are organic brown rice milk and nut milk.

Avoid **white flour** products because they contribute greatly to hormonal imbalance. These include cakes, pies, cookies, pastries, donuts, breads, crackers, rolls, biscuits, muffins, pancakes, pizzas, gravy, processed pasta [spaghetti, macaroni, ravioli, lasagna, noodles, dumplings]... Instead Use Whole-Grain Flour [Wheat, Brown Rice, Oat, Barley, etc]

Avoid **processed table salt**. It disrupts the body's normal pH, brain chemistry, hormonal balance, muscle function, and fluid levels. Use organic sea salt instead.

Avoid **Processed Meats with toxic preservatives** such as nitrates and nitrites [wieners, bologna, salami, pastrami, corned beef, bacon, ham, sausage, hot links]

Avoid ingesting chemicals such as **nicotine, tobacco, pesticides, herbicides, preservatives, processed foods, pre-packaged foods, refined foods, and tap water** because they contribute to liver toxicity and free radical damage. Synthetic chemical and substances cause cellular havoc in an attempt to digest them. The body can only safely digest natural whole foods.

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