



HORMONE BALANCING

DESCRIPTION AND EXPLANATION

By Dr. Donna F. Smith

INTRODUCTION

Your hormone tests measure the levels of Progesterone, Testosterone, and the three forms of estrogen in your body, Estradiol, Estrone, and Estriol. All of these measurements reflect the amount of hormone directly available to the body, that is the fraction of hormone not bound to binding Globulin.

Estrogen, in general, is vital for healthy reproductive and menstrual cycle function. It is also responsible for:

1. Maintaining secondary sexual characteristics,
2. Required for endometrial (uterine) gland development,
3. The production of cervical and vaginal mucus, and
4. Positively influences cardiovascular health, bone density, brain function and mood, and libido.

Estrogen also reduces bowel motility and stimulates the synthesis of many enzymes in the body. Because of estrogen's stimulatory effect on the endometrium, levels should be balanced by Progesterone.

Both men and women have all of the hormones listed below, however, it is a well-known fact that men have more Testosterone than estrogens in their bodies and the opposite is true for women.

ESTRADIOL

Estradiol is the most potent estrogen, with a potency 12 times that of Estrone and 80 times that of Estriol. The bulk of Estradiol pre-menopausally derives from the ovary, so it is the predominant estrogen during the pre-menopausal years. Although it remains the most potent estrogen among the three, its levels typically decline in menopause, as ovarian function declines.

However, I believe this is because this information is based on typical American medical observations and testing, based on our American diet and lifestyles; since there are certain tribes in other countries, where women do not experience menopause.

ESTRONE

Estrone becomes the primary estrogen as the ovary loses its ovulatory function in menopause. Most of Estrone's biosynthesis is dependent upon the production of Androstenedione (an androgen) in the adrenal glands and the conversion of Androstenedione to Estrone (aromatization) in various peripheral tissues, particularly adipose (or fat) tissue.



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ESTRIOL

Estriol is the least potent estrogen in the body, and is considered to be a mild and brief-acting hormone. Estriol is thought to primarily originate from Estrone, via 16-alpha-hydroxyestrone, although some Estriol may come directly from Androstenedione. Estriol has a much lower affinity for sex-hormone-binding globulin (SHBG), so a greater percentage is typically available for biological activity. It is thought that Estriol may protect against estrogen-associated cancers, although further research is needed to confirm this.

PROGESTERONE

Progesterone is also important for normal reproductive and menstrual function, and influences the health of bone, blood vessels, heart, brain, skin and many other tissues and organs. As a precursor, Progesterone is used by the body to make other steroid hormones, including DHEA, Cortisol, Estrogen and Testosterone. In addition, Progesterone plays an important role in mood, blood sugar balance libido, thyroid function, and adrenal gland health.

TESTOSTERONE

Testosterone is an important hormone for both men and women. It helps to maintain lean body mass, bone density, skin elasticity, blood cell production and libido.

CANCER PREVENTION

As stated above, optimal health requires a balance of the above hormones. Since both men and women have all of the above hormones, this sheet applies to both genders, except where gender-specific. However, there are some differences in testing and monitoring for the prevention of cancer in women vs. men, for example, serum PSA is one of the blood hormone tests for men.

Maintaining the balance between Progesterone and the three estrogens is essential to preventing ovarian and uterine cancers. This is why the Lab has provided the P/E2 ratio, i.e., Progesterone (P) to Estradiol (E2).

P/E2 is the most important ratio to monitor, however, any time there is more Progesterone compared to all or any one of the three estrogens and vice versa, more Estrogens to Progesterone, this is an environment for cancer.

It is interesting to note that all the symptoms of too much Progesterone in ratio to Estrogens are the same symptoms as when you have too much of the Estrogens to Progesterone ratio. This is why testing, not your symptoms, is the only reliable source to use for monitoring hormone levels. In fact,



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using Symptoms alone will never be a reliable source for determining what your body needs, whether this is diet, supplements, or any other therapy.

For more information, please refer to my article titled, ***“Symptoms Are Not Reliable Sources for Choosing Vitamins!”*** Part 1 was published on March 3, 2022, Part 2 on March 10, 2022, and they are located in our website on The Villager Publications webpage, in date order.

CANCER CELLS ARE RELEASED 4-5 TIMES IN YOUR LIFETIME!

DO YOU HAVE THE INTERNAL ENVIRONMENT FOR THEM TO GROW AND MULTIPLE?

The human body releases cancer cells 4-5 times during the human lifespan, which are generally removed through the elimination pathways (bowels, kidneys, skin, or other body openings), unless the internal environment of your body is significantly toxic, nutrient-deficient, and hormonally imbalanced, Under these conditions, cancer cells will proliferate.

By toxic, I mean internally you have a significant amount of fermented, decaying (rotting) and dead cells and tissue, metabolic by-products and debris, and/or chemical and metal toxicity from the drugs, water, and food you ingest and/or exposures to air and other environmental pollutants.

Ask yourself – ***Which came first the mosquito or the swamp?*** The swamp, of course. The swamp is an environment that attracted mosquitos. So the internal environment of the human body is what attracts cancer cells, as well as germs and worms, to stay around and feed on this internal waste. This internal waste, in time, is also the source of inflammation (pain) as it irritates and destroys healthy cells.

So even when you have reached optimal male or female hormone balance, you still want to be vigilant and monitor these hormones by obtaining a Clinical Nutrition Analysis every one-three years.

How often depends on how well you have maintained the optimal health you attained through your Clinical Nutrition. I will outline your Health Maintenance Protocols at the Therapy Closure consultation, which is scheduled when your biochemistry, including your hormones, are in optimal health and you no longer require Clinical Nutrition Therapy.

Your individualized Health Maintenance requirements are based on an overview of the initial and retesting test results, to date, what you have accomplished through our Clinical Nutrition Therapy, and supports and acquired or inherent weaknesses identified.

This is also what determines the frequency of monitoring with periodic retesting, so you have the peace of mind that you are maintaining optimal health and/or you are able to address symptomatic, abnormal chemistries that have resulted since the last retest, due to factors outside of your control, such as air and environmental pollution, additives in restaurant food, etc.

In closing, the key components to cancer prevention are:



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1. Sex Hormone Balance, i.e., regarding the hormones discussed in this document.
2. pH Balance. Instruction on this is provided at no additional charge by going to pH Balancing, a webpage attached to the “Specialized Programs” webpage.
3. Healthy Adrenals, i.e., adrenal hormone balance.
4. Full Body Detoxification programs once or twice a year, depending upon your toxicity levels. Our program detoxes the stomach, duodenum, liver, gall bladder, bile duct, bladder, kidneys, small and large intestines, and the lymphatic system. Whereas, products typically sold directly to the public cleanse only the liver and/or intestines.
5. Biochemical Balance – i.e., your Clinical Nutrition Analysis of your blood, urine, hair, saliva and stool, indicates your biochemistry is in homeostasis (the true definition of health).

Note: For some who started Clinical Nutrition Therapy later in life, who may not be able to attain Homeostasis in all of their chemistries, they are still quite able to attain the most optimal test values possible. So, for those who come close but are unable to reach homeostasis for all their test values, they are still able to support, nourish and strengthen their body chemistry, on an ongoing basis, with their therapeutic and/or maintenance supplements, and thus live long and symptom-free lives.

Having said that, as of December 2021, we have a new game-changer, so to speak, with our Stem Cell Therapy, which I believe in time, will become the key to bringing everyone into homeostasis, even those who started our Clinical Nutrition Therapy later in life. For example, it has already proven to bring faster results on retests than what was possible before its availability.