

Biotic's New Hormone Line by Dr. Berkson

Two New Products to be taken daily to protect hormone signals from ubiquitous pollutants as well as for specific hormonal issues for both genders.

Receptor Detox (RD)

Hormone Balance & Protect (HBP)

These products are to be used as “daily” protectors of essential hormonal signals.

These products are to be used in:

- **Both genders**
- **Age 5 and up to puberty: One a day of both products**
- **Puberty and up: Daily dose is two BID of each.**
- **Specific hormonal issues may increase dose see protocols below.**
- **Heavier patients may need more due to fat cells diluting nutraceuticals.**
- **“Always take on full stomach” or may get transient flushing that goes away with acclimation.**

To “clear” off endocrine disrupting pollutants that threaten ALL of our hormones, both genders, from prenatal times through adulthood.

These can also be used:

- As a daily multi's with added specifics that patients.
- These products “sensitize” receptors, so they act as “natural” semiglutides. They tremendously help with hormone resistance such as insulin resistance and thyroid resistance. See obesity protocol below.
- Since hormones oversee so many immune actions, these products also act as natural low dose naltrexone as super immune boosters.

Why we need these:

- Hormone signals are the most important signaling molecules in the human body.
- But these signals, essential for growth, repair, immunity and even brain function, let alone fertility and intimacy, are under assault by our “dirty planet”.
- Our hormones, inside “all” of us, are under attack.
- By pollutants.
- This family of chemicals are called “endocrine disrupting chemicals” (EDCs).

Dr. Berkson wrote one of the 1st breakthrough books on EDCs, *Hormone Deception* (McGraw-Hill 2000 Awakened Medicine Press 2017).

Based on this book Dr. Berkson was invited to be a distinguished hormone scholar at an environmental estrogen think tank at Tulane. There she worked with top scientists who were developing this field of EDCs and figuring out the first “hormone receptors”.

Based on her research and time at Tulane Berkson designed these products to keep our hormone signals safe and effective, while being “daily” threatened by EDCs.

This potentially damaging exposure starts in the egg, sperm, placenta, mother’s milk.

Detox prior to conception and/or pregnancy is ideal.

These products, Receptor Detox and Hormone Balance & Protect, are to be taken daily to protect against EDCs. To rinse them out of “receptor binding pockets”, fat cells, and make hormones work better.

These products can also be used for specific hormonal issues, and some protocols are supplied below.

Today, due to EDCs we are seeing young men with aberrant lower levels of testosterone.

Young ladies are suffering with severe menstrual issues, infertility, anxiety, much due to less hormone signals, insufficient estrogen, hormones that cannot signal, because of binding pockets being filled with EDCS

These products are to be used in:

Both genders

Age 5 and up Do

Once hitting puberty, daily dose is two of each on a full stomach.

Possible reversible benign flushing:

If these products are not taken on a full stomach, **together they contain 50 mg of full-flush niacin** to help hormones signal optimally, to deepen detox, stabilize lipids and to give great circulation and beauty to the skin.

Full meals make flushing less likely.

If flushing occurs, usually within a few days the body acclimates and stops flushing.

But it is NOT an irreversible dangerous issue.

Dosing of Products:

- **Kids 5 to puberty**, one a day of each supplement on full stomach.
- **Puberty and up:**
- **Receptor Detox two BID** (*but you might start with 1 BID if you feel the patient is very toxic*) and by the 3rd day go up to 2 BID).
- **Then add in Hormone Balance & Protect 2 BID**

It's always best not to add any two new items in one day so start with Receptor Detox and next day add In Hormone Balance & Protect.

Typical Dosing:

Receptor Detox 2 BID

Hormone Balance & Protect 2 BID

- If the patient weighs more, a woman over 175 lb. and a man over 250 lbs. you can add in one more of each till they lose weight.
- More poundage “dilutes” any nutraceutical efficacy.

Product's Actions

Tamp cancer stem cells – these initiate carcinogenesis and recurrence.

These products “signal” the “protective” second estrogen receptor, ER beta, a powerful, natural “growth controller” (carcinogenesis is growth-out-of-control) and also acts as a powerful anti-inflammatory agent.

- **Fights “over growth”**
- **Fights inflammation**
- **Tamp down nasty stem cells**

Specific Issues:

Detox Weekends:

Receptor Detox is uniquely designed to move EDCs through the body and out.

Weekends of 4 RD BID with food, ideally organic, and lots of water, is a great way to do EASY detoxing.

The frequency of the Detox Weekends depends on patients and desired outcomes.

Helps with weight loss, hormonal issues, excess acidic physiologies, hormonal resistance.

And also as beauty aids.

Detox Weekends greatly enhance circulation and facial “brightness”.

Detox Office Monthlies:

- Can have office staff and patients do a Detox Month, with Detox Weekends every weekend, and do facial photos before and after.
- Will most often be presently surprised at positive, fast results.

Receptor Detox Weekends once/month are a great, easy way to stay ahead of the EDC issue and keep hormones healthier.

PMS, PMDD: RD 5/d HBP 5/d 1st month along with DETOX weekends, then go to 2 BID of each with one DETOX weekend a month the second month.

Mild to moderate breast disease: Receptor Detox 2 BID. HBP 2 BID
Severe breast disease or biopsy such as lobular dysplasia, for first month do 3 BID of each and then go down to 2 BID.

Add in more iodine if patient still has breast pain after first month. Iodizyme-HP 1/d.

Cancer patients should add in weekend Receptor Detox Weekends every weekend for several months ideally.

Prostatic Hypertrophy

RD 3 BID 1st month then down to 2 BID

HBP 3 BID 1st month then down to 2 BID

Add in flax seeds (3 tablespoons a week - see “free” recipes in the resource section at drlindseyberkson.com) and add in more Iodine (up to 25 mg/d) along with saw palmetto products, i.e. Palmetto Plus.

Add in Iodizyme-HP

25 mg M-F with food for one month and then reduce to 12.5 mg once a day

For breast and prostate issues, consider adding in progesterone.

For Both genders.

- Topical progesterone In lipoderm 100 mg/ML
- 4 clicks in rotated areas rubbed in well.\
- Or OTC progesterone Onus Natural Luna Pro 10 rubbed in once to twice a day, for 60 seconds, over 4 rotated areas with fat underneath skin (such as inner upper thighs, back buttocks or waist).

PCOS:

RD BID

HBP 5/d

Add in tapering higher dose progesterone
Myo-inositol in multi grams
4 cups of spearmint tea/d (important) made from free tea leaves not bags.
Normalize thyroid and use reverse T3 as guide of scripting.

Obesity

Test and normalize hormones
RD 3 BID
HBP 3 BID
Add in Iodozyme-HP one/d with food

Detox weekends every weekend 1st month
Detox weekends twice a month second month
Detox weekends once a month on-going

When 50% of desired weight is lost can reduce to:

RD 2 BID
HBP 2 BID
Continue Iodozyme but can stop on weekends after 50% of weight is lost.

When taking iodine if have “issues”. Stop for a week. Take ½ tsp of salt/day.
Restart second week. See if this clears out the competing halides (bromide, chloride, fluoride)
which compromise reaction to iodine.