

# Clinical Pearls

From Dr. Devaki Lindsey Berkson

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Many of you have heard about the amazing seminar Dr. Berkson taught in May 2023 in Chicago. After her almost 50 years in practice, she shared so many clinical pearls that I took over 20 pages of notes. So, I thought it would be fun to just blast out some key take-away points that stuck with me.

One of the biggest mind grenades was the study that showed the hippocampus in our brains shrink as we age. The hippocampus is the part of us that reasons and remembers. It's the part of us that is us. The Medex study at Yale used pre and post imaging to see if exercise and meditation could slow or stop the hippocampus from shrinking. After 2 years, they found neither consistent exercise at 300 minutes a week, nor a type of daily meditation called mindfulness, could stop hippocampus shrinking.

However, in another study, hormone replacement increased brain size in as little as 6 weeks. Dr. Berkson shared a second hormone replacement study, which



showed an increase in hippocampal size in 3 months. As we age, we know hormone levels decrease. Hormones are by nature anti-inflammatory. The result is an increase in inflammation. Also, as we age, Follicle Stimulating Hormone, FSH, starts to rise. The goal is to bring FSH below 20 to increase hippocampal protection.

As she lectures across the country, doctors are coming up to her and sharing that when testing hormones for young people, they are testing lower and lower. 20-year-old boys having low testosterone. Girls in their teens with low estrogen and progesterone. She shared studies that show

negative effects from hormones were either poorly designed and authors later changed their analysis, or the studies involved either progestins or oral estrogen. For example, the authors who published the famous Women's Health Initiative study, which associated cancer with hormones, actually reversed their decision in 2019 and came out to say hormones were cancer protective, and if a woman got cancer while on hormones, they increased survival rates.

Many studies use the term progesterone, but when you look at the actual product used, it is a progestin.

Progesterone protects against cancer, bone loss, and cardiovascular events. It also protects the brain. When natural progesterone is modified to make it patentable, it becomes a progestin. Progestins have been linked to bone loss, cancer, and cardiovascular events, and do not protect the brain. Birth control pills mostly contain progestins. Birth control pills also have anti-androgenic effects, meaning they reduce testosterone. That means less muscle mass and less interest in sex. Oral contraceptives also rinse minerals out of the body and cause thick blood. Most chronically ill patients have thick blood. Some of the best ways to thin blood is with fish oil, enzymes like Intenzyme Forte, and to donate blood. She discouraged any form of oral estrogen. Any negative studies that have been done, were done with oral estrogen. Whereas, topical and vaginal deliveries of estrogen showed a decrease in all-cause mortality, especially in 5 cancers: breast, ovarian, uterine, colorectal, and lung.

On a vanity note, estrogen makes collagen. Collagen makes your skin look better. Cortisol appears to be the big gorilla on the block when it comes to receptor sites. Elevated cortisol will sit on all receptor sites and block hormone signaling even if sufficient hormones are present. Cortisol is a fight or flight hormone. Glucose is dumped into our blood to run away from danger. It takes the energy away from the cells' ability to repair and reproduce. So, in any hormone related condition, it is essential to evaluate cortisol and embark on a stress reduction program. Hormones sit in docking sites and send signals to direct genes to make proteins and enzymes, etc. All our hormones need nutrients like magnesium, zinc, iodine, boron, and vitamins B6 and A to make sure hormones dock in receptor sites properly and transmit sufficient information.

For example, vitamin A is present on all our receptor sites. Zinc gives shapes to hormones. B6 determines how long a hormone will sit in a

receptor. Boron helps the body use testosterone and estrogen and reduces the stickiness of sex binding globulin which binds hormones and makes them less effective. So, nutrients play a huge role in hormone signaling. All heavy metals like cadmium, mercury, lead, and arsenic are endocrine disruptors, meaning they block hormone docking sites. It doesn't matter what the blood, urine, or saliva lab tests reveal, it's whether the receptor sites are able to receive the hormone and that it can dock on the appropriate receptor long enough to signal cellular energetics, growth, and repair. Plastics, pesticides, herbicides also block receptors. In other words, we have to live a detox lifestyle if we want to maintain hormone integrity.

People with chronic lung issues do better on testosterone. Consider a 60-day clinical trial of b-Vital to raise testosterone. Progesterone controls bleeding, so if female patients are having bleeding issues, consider progesterone. Hormone Replacement Therapy protects against APOE4, the Alzheimer's vulnerability gene. Research shows it's best to start HRT early, as it enlarges brain volume. Dr. Berkson shared that HRT can be used safely in older women, even high-risk cardiac patients.

By the way, this seminar is available on our website. You can purchase it for the price of the seminar. See the link to the right. I am so confident that you will be thrilled by what you see and hear that I am offering a money-back guarantee if you watch the first 2-hour session and don't feel it's worth your time. You may not have prescription privileges, but as you watch this seminar, you will see ways to expand the services you provide. At least 5 doctors came up to thank us for hosting the seminar and shared that this seminar changed the way they will practice in the future.

Thanks for watching, I look forward to being with you again, next Tuesday.