

New Hormone Products

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Have you ever thought of hormones as signaling molecules? These signaling molecules travel throughout the entire body and dock on receptor sites that receive the signal and then translate that signal and send it to the gene.

However, if hormone signals are blocked, aging accelerates, and cell and tissue repair diminishes. So, I was really excited to find out one of my heroes Dr. Devaki Lindsey Berkson worked with Biotics Research to develop 2 hormone formulas.

Dr. Berkson worked directly with the scientists who discovered the first two estrogen receptors and learned in detail how they work and what they need to function properly.

She is an estrogen scholar at a hormone think tank at Tulane University. She is the author of 21 books and educates MD's, pharmacists, functional practitioners, and nutritionists to optimize their patients' hormones.

I will be taking a lot of my material from her book, "Sexy Brain" and her website to the



right. One of the formulas she developed called “Hormone Daily Balance & Protect”, provides key nutrients and botanicals to help stabilize hormone levels and enhance their binding, restoring balance to hormonal signaling pathways.

I love the name Hormone Daily Balance and Protect. Because when it comes to hormones, balance is essential. In males and females, too little testosterone can cause low energy, libido issues, loss of lean muscle mass and a reduced zest for life.

But too much testosterone can cause aggression and rage, especially in males. In women, excess testosterone

can cause emotional swings as well as hirsutism.

And it's the same for every hormone, we need cortisol to reduce pain and inflammation but too much cortisol will cause leaky gut, thinning skin, weak bones to name a few.

So, we need hormones, but we need them in balance. The word protect in the name of the product is interesting because most of us don't think about the protection factor that

healthy hormones provide. For example, testosterone protects the heart. It is also an analgesic hormone.

Often giving testosterone to a patient with angina who has low or very low normal testosterone, improves or gets rid of their heart pain. Here's another example of protection. Dr. Dale Bredesen, a neurologist at UCLA, developed an effective "Anti-Alzheimer Protocol". One essential part of his multi-faceted program is adding hormones back into an aging brain. Part of the reason the brain is not acting healthfully is hormone deficiencies.

Dr. Berskon shares that "Testosterone, in higher healthy normal ranges, has been shown to "down regulate" the Alzheimer vulnerability gene, ApoE 4—one of several variants of the apolipoprotein E (ApoE) gene. Those who have this ApoE 4 gene are three to eight times more likely to develop Alzheimer's disease than those who do not carry it.

Having healthy levels of testosterone in your bloodstream helps fight off this genetic tendency. Testosterone protects the immune system, especially inside the gut where 70% of the immune system lives. Testosterone protects both breast and prostate tissue from growing out-of-control."

Estrogen protects brains, too. The Cache County studies out of Utah showed that Alzheimer's disease incidence was reduced by up to 50% if women had been on estrogen therapy for at least 10 years.

Because of the hormone connection she wrote her most recent book, SEXY BRAIN where she emphasizes that "our brains are profoundly influenced by our sex steroid hormones such as estrogen, progesterone and testosterone."

In the same vein, insufficient hormone signals are the major cause of aging. Much of the symptoms of senescence or aging is due to our hormonal messaging system malfunctioning and our tissues don't receive protective hormone signals. Whether it's an autoimmune disease, joint pain, brain fog or premature aging, hormones can play a major role.

Hormone Daily Balance & Protect contains:

Para-aminobenzoic acid (PABA), Vitamin A, Boron, Grape Seed Extract, Pyridoxal-5-Phosphate, zinc, and Broccoli Seed extract. Recommended dosage is: Two capsules two times per day with food.

Please see the link to the right for a rationale of the ingredients. I hope you are seeing the possibilities that exist with your patients. With so many hormone related symptoms, this formula provides key nutrients and botanicals to help stabilize hormone levels and enhance their binding, restoring balance to hormonal signaling pathways.

I realize to become an expert in hormones takes study and commitment. However, including a formula like this as a clinical trial for 60 days is the first step to support optimal levels of signaling molecules. Thanks for watching and I look forward to being with you again next Tuesday.