

HORMONE REPLACEMENT

and Women's Health



Hormone replacement therapy (HRT) for women is the treatment of hormonal imbalances, like those seen during perimenopause and menopause. Women utilizing any kind of hormonal therapy should not assume they are processing and eliminating their hormones properly. There are many environmental sources of estrogen that women are exposed to, that may add to a woman's total estrogen load. Sources of additional estrogen include xenogenic sources such as exposure to pesticides in our food supply, consumption of meats and dairy products containing hormones and exposure to estrogen like plasticizers found in plastic containers and bottles. However, women are not the only ones who need to be concerned with excess estrogen accumulation. Men can develop toxic build-ups of estrogen as well from the normal metabolism of testosterone. This toxic build-up of estrogen in men has been associated with an increased risk of prostate cancer and colon cancer.

A good nutritional foundation for men or women on HRT would include a source of quality omega-3 essential fatty acids, a quality multiple vitamin, vitamin D and a good probiotic. But to prevent toxic build-up and insure the elimination of estrogen from the body, products such as diindolymethane (DIM) or indole-3-carbinol (I3C) can be helpful. **BioDIM I-3-C Complex** is a combination of both of these supplements that have been recognized as helpful in this area.

Studies going back as far as the 1980s have recognized that estrogen supplementation of any kind can create drug-induced nutrient depletions specifically a depletion of B-vitamins and folic acid. A complete B complex such as **CoEnzyme-B**, or supplementation with the active metabolite of folic acid, **5-MTHF 1000 mcg**, should be utilized with any estrogen therapy to minimize adverse effects and developmental defects that can occur secondary to estrogen mediated nutritional depletion.

Urinary tract infections (UTIs) are the second most common type of infection in the body with women tending to suffer from UTIs far more often than men. **UT Support** is a D-mannose based supplement which has been shown to be effective in supporting a healthy urinary tract. Women who might benefit from **UT Support** would be women battling chronic, recurring UTIs, women wishing to prevent recurring UTIs and women wishing to prevent post-intercourse UTIs.

Finally, for women who are facing menopause but who do not wish to use estrogen supplementation, products like **Black Cohosh Plus** and **Menopause Support** can provide a natural herbal approach to healthy hormonal balance.

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