

## HRT: Part Two

### Women's Hormones and Cancer

In the first part of this article we covered the risks associated with hormone replacement therapy. There is still a great deal of confusion surrounding the issue, as women continue to look for solutions to menopausal symptoms.

I firmly believe that synthetic hormones should not be given to menopausal women since it is against nature's plan. Natural solutions to these problems are superior to the synthetic and horse hormones that are offered to women today.

It should be plainly stated that high levels of certain estrogens are carcinogenic, meaning they cause cancer in women and men. Prostate cancer is a common cancer in men that is exacerbated by high estrogen levels. This is not uncommon in older men.

Many environmental chemicals, pesticides, and foodstuffs contain xenoestrogens, which are chemically similar to estrogens and carry out estrogen activity. Environmental exposure is not completely understood and even harder to manage, but luckily nature is ahead of us once again.

Nature provides us with a multitude of natural cancer fighting factors that should be present in everyone's daily diet.

One particularly interesting compound is called calcium d-glucarate. The important part of this compound is the D-glucarate part not the calcium so don't let the calcium fool you. Calcium is merely the mineral that the D-Glucarate is bound too. This natural substance is found in fruits and vegetables. Calcium D-glucarate helps to mitigate the effects of high estrogen levels by inhibiting several enzymes that stop toxins from being eliminated. In other words Calcium D-glucarate helps the body rid itself of high levels of estrogens by breaking them down and shuttling them out through digestion. Eating foods rich in calcium D-glucarate helps the body eliminate xenoestrogens and other forms of estrogens in the diet.

Indol 3- Carbinol can be found in cruciferous vegetables like broccoli, cauliflower, kale, cabbage and some others. I3C is an estrogen modulator, meaning it helps the body convert estradiol to "weaker" (2OHE) estrogen, which has been shown to reduce breast cancer incidence. I3C also works in tumors, which are not positive for estrogen receptors. I3C stops human cancer cells from growing (54-61%) and provokes the cells to self-destruct (apoptosis). I3C inhibits MCF7 human breast cancer cells better than tamoxifen (Nolvadex) under laboratory conditions. I3C

helps to protect against the environmental toxins like dioxin. I3C also restores p21 tumor suppressor gene that protects against cancers.

Diindolmethane called DIM- is structurally similar to I3C and works to convert the 4 estrogens to the less harmful 2 estrogens. Since the action of I3C and DIM are similar people take either one or the other. I believe they work synergistically when taken together, just like they are found in nature. DIM is found in the same foodstuffs as I3C.

EPA/DHA fish oil is another extremely important component in preventing cancer. The essential fatty acids found in cold-water fish called DHA and EPA have many unique health properties. One of which is the proper regulation of cell membranes.

Every cell has an outer protective coating made of fats called a membrane. The membrane decides what goes in and out of the cell. When cell membranes are formed with saturated fats they become rigid and stiff and less permeable. This tends to weaken cell stability since nutrients have more difficulty crossing into the cell and toxins have a harder time leaving. The highly unsaturated fatty acids in fish oil stabilize cell membranes and improve cellular function. A properly functioning cell is much less likely to become a cancer cell. I recommend 3-10grams per day depending on the persons diet. Flax oil is the 2nd best replacement.

The last nutrient is the mineral selenium. Studies have shown that populations that have lower selenium content in the soil have significantly higher levels of cancer and heart disease. Selenium contributes to the body's synthesis of Glutathione. Glutathione is the master anti-oxidant that keeps dangerous free radicals from damaging cells. 200-400mcg per day is a good daily dose.

National Cancer Institute studies show that frequent antibiotic usage doubles the risks of breast cancer. Antibiotics have a dramatic deleterious effect on the natural bacteria in the human digestive tract. These bacteria help to digest and breakdown certain foods that have anti-cancer properties.

Antibiotics are fungal toxins, which have their own inherent toxicity. These medications add additional burden to the already stressed chemical detoxifying systems of the body. You should avoid using antibiotics for colds, flu, and infections that are not life threatening.

If you decide that your quality of life is just not the same without your hormones then have a blood or saliva hormone panel to establish a baseline. Then replace low hormone levels with natural bio-identical hormones. I still question the legitimacy of this procedure as well but I consider it the lesser of two evils.

The proper nutrition, supplementation and lifestyle choices can prevent cancer. Genetics are responsible for 8% of cancers. The genetic factor merely loads the gun, but our diet, environment and lifestyle pulls the trigger. With a little know how you can make a difference in your future.

Yours in health,

Anthony Talorico DC  
[dr.talorico@zoominternet.net](mailto:dr.talorico@zoominternet.net)