

A Top “Cancer-Proofing” Measure You Can Take

By Jeff Bell

June, 2011

www.MyHealthOptimizer.com

There is widespread agreement among many of the world’s top anti-cancer docs on the 10 most important anti-cancer measures. These measures show up over and over again and are routinely used by these practitioners. They are “standard protocols” at most of the world’s best anti-cancer clinics.

This article is about one of the most important and effective of these anti-cancer measures. One caveat: The health measure I’m talking about applies most directly to those cancers that form tumors. It is not nearly as effective in preventing or dealing with blood-borne or lymphatic cancers. However, it improves overall health sufficiently to be well worth following for reasons aside from its effectiveness as an anti-cancer measure.

I’m talking about reproductive hormone balancing. Not sure how or why this is an effective anti-cancer measure? Read on!

First, a little background – What does hormone balance have to do with cancer?

To understand this we need to look at a typical, healthy menstrual cycle. (Don’t worry, these principles apply to men, as well as to women.) Towards the beginning of the cycle, the body, particularly the ovaries, produce and release an abundance of estrogen. This stimulates the cells in the lining of the uterus to grow and divide more rapidly. The result is a significant thickening of the lining of the uterus. The purpose is to create a thick enough lining so that if there is a fertilized egg it can easily be implanted in the lining of the uterus.

If no fertilized egg appears for that cycle, then the estrogen tapers off, and an increased amount of progesterone is produced and released. The increased progesterone puts the brakes on the rapid cell growth and division. When the growth and division is sufficiently slowed down, the lining of the uterus is sloughed off and discharged during the menstrual period.

Now the body is ready for the next cycle. Cycles are typically 24 to 30 days long from start to finish.

So what does this have to do with cancer? Simple, when the ratio between estrogen and progesterone gets out of balance in favor of an excess of estrogen, then the reproductive tissues are over stimulated to grow and divide too rapidly and without restraint. Over time this “out-of-control” growth can morph into a cancer.

And it is not just the lining of the uterus that is subject to this out-of-control growth. Breast tissue is especially vulnerable to this overstimulation. So is ovarian tissue, all parts of the uterus and even the cervix.

Sounds like this is just about women, and men need not concern themselves with this, right? Wrong! In a human embryo the very same set of cells that grow to become a uterus in a female grows to become the prostate gland in a male. And the cells of the prostate are subject to exactly the same stimulation and control by estrogen and progesterone as are the reproductive tissues in a human female.

Note that in humans the primary form of estrogen, (also known as the “female sex hormone” even though it is present in both males and females), is called “estradiol”.

Again, a crucial requirement for health is a proper balance between estradiol and progesterone. Progesterone is the hormone which balances estradiol in humans. When this ratio is healthy, the reproductive tissue cells tend to grow and divide at the proper rate and in a state of control. When there is too much estradiol relative to the amount of progesterone, the tissues tend to get out of control in both males and females. Females are then prone to a number of cancers. In men it usually shows up as prostate cancer.

Another Cancer Factor Tied To The Estradiol-to-Progesterone Ratio:

Not only does an excess of estradiol relative to progesterone lead to out-of-control growth of reproductive cells, but it also causes another condition that promotes cancers and aids their growth.

Cancerous tumors need an ever increasing supply of blood in order to grow. The types of cancers that form tumors have the ability to stimulate the body to produce the extra blood vessels they need. In effect they are manipulating the body to work against its own interests.

Estradiol promotes the ability of the body to create extra blood supply on demand. Again, this is to facilitate nourishing an embryo implanted in the lining of the uterus under healthy conditions. Progesterone acts as a balance and impedes the growth of extra blood supply.

So you can see that if the ratio of estradiol-to-progesterone is out of balance in favor of estradiol then cancers will have an easier time forcing the body to create the blood supply they need to grow and flourish.

Conversely, if the ratio between estradiol and progesterone is healthy in either males or females, all tumor-producing cancers, regardless of whether growing in reproductive tissue or other tissue, will have a much harder time forcing the body to create the extra blood supply they require. This can have a dramatic effect in slowing the growth of most tumor-producing cancers.

In fact, some forms of chemotherapy are actually designed to make it more difficult for cancers to create their own auxiliary blood supply. However, balancing estradiol and progesterone is generally a safer and more effective way to accomplish the same thing.

What Other Common Problems Are Caused By Reproductive Hormone Imbalance?

As pointed out earlier in this article, there are at least two ways that reproductive hormone imbalance can increase both cancer risk and cancer growth. It also leads to a number of highly unpleasant and sometimes dangerous symptoms and conditions in both men and women. (I'm just listing the most common ones here.)

In women:

1. Uterine fibroids
2. "Benign" growths and ovarian and uterine cysts
3. Painful and/or irregular menstruation
4. Extreme and dangerous levels of bleeding during menstruation
5. Cystic breasts
6. Painful breasts
7. Accelerated growth of all tumor-producing cancers
8. Loss of bone density – increased tendency towards osteoporosis
9. Emotional instability
10. Fatigue

In Men:

1. Increased risk of prostate cancer
2. Growth of prostate cancer
3. Enlarged prostate, which can interfere with urination and with sexual function
4. Prostate pain
5. Enlarged male breasts, (commonly called "man boobs" these days)
6. Accelerated growth of tumor-producing cancers
7. Loss of bone density – increased tendency towards osteoporosis
8. Over-appearance of feminine characteristics, both physical and mental
9. Emotional instability
10. Fatigue

So What Causes Hormone Imbalance? A Design Flaw?

Hardly! If there are truly design flaws in the human organism I have not found them. This is no exception. The most common and generally most dangerous type of hormone imbalance is too much estradiol relative to progesterone. This is known as "Estrogen Dominance".

So if this is not the result of a design flaw why is it so common? Simple – in our modern industrial environment we are awash in chemicals that stimulate our bodies to produce far more estradiol than they otherwise would. Unfermented soy products in our diets

further contribute to this problem. The many petrochemicals that contaminate much of our world stimulates the overproduction of estradiol in both men and women.

A second factor is widespread obesity. Fat cells are the other cells in the human body, besides the reproductive hormone organs, that produce estradiol in both men and women. Anyone who is significantly overweight is at much greater risk of estradiol dominance than those who maintain a healthier weight.

So you can easily see why this problem is so widespread in the industrial world.

Also, it is important to keep in mind that in almost all cases where the ratio of estradiol-to-progesterone is out of balance, the imbalance is towards estrogen dominance. That is too bad, as an imbalance in favor of excess progesterone would cause far less harm. But most of the pollutants in our environment stimulate excess estradiol but not excess progesterone. And an overabundance of fat cells just exacerbates the problem.

I do very occasionally see an imbalance in favor of progesterone, particularly in young women who are having trouble conceiving. But that is the only ill effect I see from a progesterone-dominance imbalance. It is usually easily corrected using natural balance methods.

Hasn't Reproductive Hormone Balance Proven To Be Dangerous?

It can be, but only if it is done improperly. If done correctly reproductive hormone balance is a very safe and effective way to improve one's health.

There are some basic principles that need to be followed for safe and effective reproductive hormone balance. Here they are:

1. Always start by finding out what the existing hormone levels are. Do this **BEFORE** any attempt to balance. Saliva testing is by far the best way to do this. (More on that later.)
2. Always use only bio-identical hormones for balancing. Never use synthetics. They may behave fine in the glassware of the laboratory, but they certainly do not work correctly or safely in the human body.
3. Always use physiological doses. That means use a relatively small amount so that the correction is mimicking what the body would do if it were functioning optimally in the area of hormone production and secretion.

Why Saliva Testing?

Conventional medicine has primarily relied on blood testing for measuring reproductive hormone levels. This is a serious mistake. The problem is that blood is a highly complex liquid, containing many organic molecules and other biochemical compounds and

substances. The reproductive hormones tend to bind to these molecules, chemicals and substances, leaving them unavailable for use as hormones in the body. But they still show up in the blood tests.

This means that the blood test levels of the reproductive hormones are highly misleading. They have little to do with the levels of the reproductive hormones that are actually available to regulate crucial functions in the body.

In contrast, saliva is a relatively simple liquid that has few biochemicals in it and almost no organic molecules or other substances for the hormones to bind to. The hormone levels measured in the saliva are almost exactly the levels available and active in the body.

For certain reproductive hormones, including testosterone, some labs have developed methods for testing for the “free” hormones – those that are not bound to other biochemicals and organic molecules and that are therefore available for the body to use. So far, this is only accurate for testosterone, and many of my colleagues question even that claimed accuracy. Since you would need to test the other hormone levels via saliva anyway, it makes sense to do all the tests via saliva.

Further, when testing for reproductive hormone levels and balances, it almost always makes sense to include testing for cortisol levels, as well. There are complex biochemical relationships between cortisol levels and the levels of the reproductive hormones. Because of this, to safely balance the reproductive hormones, you really need to know what the cortisol levels are, as well.

Since cortisol levels naturally fluctuate during the day, to get an accurate picture, 4 samples must be taken at specific times in the course of a single day. It is certainly more convenient and easier to collect saliva 4 times throughout a day than to draw blood 4 times in a day!

Saliva testing is easy, accurate and generally cost-competitive compared to blood testing. More importantly, it is the only accurate method I know of. There is nearly universal agreement about this among my colleagues who work in the area of reproductive hormone balance.

Much of the harm that resulted from conventional “hormone replacement therapy” or “HRT” occurred because the practitioners relied on blood testing to determine the uncorrected levels. We have seen the flaw and danger in that approach. And some conventional physicians did not even test at all – they relied solely on their patient’s descriptions of their symptoms! To me that is nearly as dangerous as trying to perform surgery with your eyes closed. Bottom line? Saliva testing is the only safe way to go.

There is a link to more information and a way to order a saliva test near the end of this article.

As we have seen, lack of testing or inaccurate testing led to much of the harm that conventional HRT has caused to so many people over the last 3 or 4 decades.

Bioidentical Hormones:

The second factor that made HRT ineffective in many cases and quite harmful in others was the widespread use of synthetic hormones to do the actual balancing. Decades of clinical experience has proven that regardless of how synthetic hormones may behave in the lab they do not have the right effect inside the human body. Over and over synthetics have been shown to be unpredictable and unsafe for hormone balance.

In all cases, it is crucial to use natural, bioidentical hormones for replacement. For most reproductive hormone balance, transdermal creams containing only bioidentical hormones seem safest and most effective. These are applied in small amounts directly to the skin. The bioidentical, natural hormones contained in the transdermal creams are absorbed through the skin, and carried by the body to where they are needed.

Most holistic and natural practitioners, who work in the area of reproductive hormone balance, believe that bioidentical, transdermal creams are the only safe and effective method for supplementing progesterone, estradiol and testosterone. There are a number of companies, including compounding pharmacies that produce various formulas for supplementing these 3 crucial reproductive hormones. A qualified practitioner will be able to review the saliva test results and determine which one or ones are right for any given person.

I am seeing a disturbing trend when it comes to testosterone supplementation: People are beginning to use weekly injections as well as other “long-term-dose methods” to avoid the need for daily dosing. However, I am not convinced that this approach is either safe or effective. Studies, as well as clinical experience, show that this method results in significant fluctuations in testosterone levels. Such fluctuations in testosterone levels are very unhealthy and cause a number of serious side-effects. I recommend sticking with the tried and true – bioidentical, transdermal testosterone, applied daily. We know that it works and is safe when properly prescribed and used.

The Third Deadly Mistake – Huge Overdoses:

One of the most harmful mistakes that most conventional medical practitioners made over the several decades in their HRT methods was to prescribe doses that were many times too high. As pointed out earlier, many conventional practitioners either did not test before prescribing, or they used inaccurate test methods. Then they compounded the problem by grossly overdosing their patients.

I have seen a number of clients who were very sick when they first came to me. They had been given HRT doses that were sometimes 50 or more times larger than they should have been! Most of them did not begin to get well until their huge overdoses were corrected.

One of the most important principles that both Dr. John Lee, M.D. and Dr. David Zava, PhD. developed and taught was to use what they called, “physiologic doses”. This simply means to only use the amount to bring the body to the hormone level it would have if it were functioning properly. In most cases, this is a very small amount.

For example, I often find men in middle age whose testosterone levels are too low. For years, conventional physicians frequently prescribed 50mg to 100mg of testosterone for such men. Many of them developed symptoms of dangerously high testosterone levels and either became very sick and/or abandoned the hormone supplementation because the side-effects were driving them crazy.

In most cases the proper dose from a biological standpoint for these men would have been 2.5mg to 5mg at most. That constitutes a “physiologic dose”. This is one of the key reasons why so many of Dr. John Lee’s patients got well under his care, and why so few did under conventional HRT.

Another crucial measure concerning dose is to retest (again using saliva, of course) after one has been on a hormone supplementation regimen for 3 to 6 months to see what the actual results are. Of course, keeping track of symptoms and changes to symptoms also is important. But there is no substitute for retesting after a reasonable time period. Often the retesting reveals that some minor adjustments to the dosing are needed. And occasionally the body changes enough after being on a proper hormone balancing protocol for awhile that the program needs to be significantly changed.

A Saliva Testing Resource For You:

Here is a link to more information about saliva testing for hormone balance. The link also includes a way for you to easily order the test yourself. You do not even need a physician’s signature in most states:

<http://myhealthoptimizer.com/?p=1710>

Conclusion:

In conclusion, let me point out that safe and effective reproductive hormone balance requires working with a fully qualified practitioner who is experienced and versed in the proper methods. The point of this article is not to equip the average person to do this work on their own.

The purpose of this article is threefold:

1. To highlight the importance of reproductive hormone balance as a top anti-cancer measure;

2. To explain the basic principles of reproductive hormone balance while dispelling the most dangerous myths created by conventional hormone replacement therapy, (HRT);
3. To raise your level of understanding about reproductive hormone balance so that you can more easily and safely decide what is right for you and select an appropriate practitioner to help you with any needed reproductive hormone balance.

I sincerely hope that through this article I have accomplished these goals. As always, I value your feedback.

Please feel free to send your questions or comments to: jeff@myhealthoptimizer.com

To your great health!

Jeff Bell

Please visit www.MyHealthOptimizer.com for more valuable health information.

Acknowledgement:

I want to acknowledge that much of the information I have presented here I learned through my study of the ground-breaking research and clinical work of Dr. John Lee, M.D. and Dr. David Zava, PhD. Dr. Lee had both a clinical and research practice over a number of decades. In the course of his career he identified, defined and confirmed the principles presented in this article. Dr. David Zava, PhD. is the founder ZRT Laboratories, this country's first saliva testing laboratory. Dr. Zava is also the developer of most of the testing protocols currently in use at most labs that offer saliva testing. He also has been a key player in developing, confirming and publishing this life-saving information. Also I want to acknowledge Virginia Hopkins, who helped with the research as well as in writing the seminal books that made Dr. Lee's and Dr. Zava's work available.

I personally benefitted from the work of all three of these Health Heroes. I used the protocols I learned from them to easily and quickly cure my own prostate cancer a number of years ago. It was quicker, easier, safer, more effective and far less costly than conventional "treatment" for prostate cancer. Also it was 100% free of side-effects, which are a major problem for almost all men who undergo conventional prostate cancer treatment. Well, actually, in my case there were two side-effects: 1. My overall health improved significantly. 2. I became a fanatic about sharing this life-saving information with anyone who would listen – patients as well as practitioners.

Disclaimer: Please note that the information in this document is provided for educational purposes only. This document is not intended to diagnose, prescribe or otherwise provide specific recommendations in relation to specific health problems. It is not intended to take the place of the services of professional and/or appropriately-licensed health care providers. The statements made in this document have not been evaluated by the FDA or any other regulatory body. If you have a serious or potentially serious health condition, it is recommended that you consult a qualified health care provider. The author of this document invokes the First Amendment of the Constitution of the United States of America and specifically the rights to free speech guaranteed therein. The contents of this document are his legal free speech expression according to those rights.

Copyright © Jeff Bell / www.MyHealthOptimizer.com – 2011 – All rights reserved. This article may be copied and/or freely distributed, as long as the doctrine of "Fair Use" is maintained in the course of such distribution or re-distribution. It must not be altered without the written consent of the author, Jeff Bell. Compensation, monetary or otherwise must not be required as a condition of its distribution or its receipt.