



Holistic Medical Centre

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August 2008

Oestrogen

Some of you may have heard about oestrogen dominance or oestrogen being associated with certain conditions such as cervical changes, breast changes, endometriosis, polycystic ovary disease and other hormonal ailments. When looking at things such as cancer there are different processes involved in the development of the disease. Substances or factors that cause genetic damage are called **initiators** because they initiate disease. This means that something has to mutate the DNA of a cell in order for the disease to start; asbestos is an example of an initiator. For the disease to develop and continue, a **promoter** is required. Promoters enable the cell with the DNA damage to proliferate. These substances are not necessarily the cause of cancer but they do work hand-in-hand with the initiators as part of the whole disease process. Certain types of oestrogen and cigarette smoke are promoters. This newsletter focuses on how to keep the oestrogen profile healthier and which nutrients assist this. Oestrogen itself is a lovely hormone, as it is a natural mood

stimulant, keeping tissue plump and hydrated and preventing the drying and thinning of the vaginal wall and the urinary tract. A lack of oestrogen in a woman can lead to a flat mood, symptoms of urinary tract infection, even though there is no bacterial growth, and thinning and drying of the wall of the vagina. The oestrogen profile, however, is very important for optimal health and disease prevention. There are three types of oestrogen in the body as we have mentioned in previous newsletters. However oestrogens can be metabolised through different pathways in the body to produce different end products (metabolites). Some of these metabolites of oestrogen are more potent and promote the proliferation of unhealthy cells. Other oestrogen metabolites (considered to be the 'healthy oestrogens') can be either neutral, weakly proliferative or anti-carcinogenic. There are certain foods and nutrients that encourage oestrogen to be metabolised through the more favourable pathways that produce the more desirable types of oestrogen. The more favourable oestrogens

include: 2-hydroxy oestrogens, 2-methoxy-oestrone, 4-methoxy-oestrone, oestrone (E1). The less favourable (more potent and/or proliferative) oestrogen metabolites are: 16-hydroxy-oestrogens, oestriol (E3) and 4-hydroxy oestrogens. Healthy metabolism relies on: folate, vitamin B6, vitamin B12, flax fibre, rosemary, indole-3-carbinol (found in sulphurous vegetables such as broccoli, cauliflower, kale and brussels sprouts), curcumin (found in turmeric), resveratrol (found in plant food), kudzu (Japanese arrowroot) and progesterone. The supplement form of indole-3-carbinol is called Di-indole methane or DIM for short. Hormone Replacement Therapy (HRT) encourages the metabolism of oestrogen into less desirable metabolites. We encourage you to incorporate these foods into your daily diet as much as possible. Kudzu can replace other thickeners and turmeric can be added to all curries and fritters. B12 is high in meat, eggs and tempeh and green vegetables are high in folate. A sprig of rosemary can be cooked with your soup and meats.

Our favourite quote

A friend may well be reckoned the masterpiece of nature.

Ralph Waldo Emerson
1803-1882

Health tips

If you have itchy, dry skin that sometimes feels a bit crawly then here are a few simple tricks you can try. Remove all MSG (621), and any 200 preservatives such as 220 and 223 from your diet for 1 month.. If you drink lots of soymilk change to rice milk. In addition take 4 capsules a day of a good quality fish oil (not flax oil). Details of which foods contain MSG and preservatives can be found on our website in the "What am I eating" newsletter. These guidelines may not cause a 100% resolution but it is likely to cause a dramatic improvement.

Happy Patient File

A lovely woman reported to us recently that after we had given her magnesium and melatonin, she slept through the night for the first time in 20 years. This was despite the fact that she was on two heavy-duty psychiatric medications to help her with sleep.

More information

A reminder to try Inga's recipe for cashew nut gravy from the June newsletter if you haven't already. It is fantastically tasty! There are two new vaccines now available. Prevenar is a vaccine against some strains of pneumococcal infections and is available as part of the scheduled children's vaccine pro-

gram beginning at six weeks. Gardasil is a vaccine developed for females to protect against infection from the human papilloma virus. This vaccine will not be available at the medical centre. Karin our nurse can answer questions regarding immunisations.

Article sixteen from the United Nations Declaration of Human Rights. Article XVI

(1) Men and women of full age, without any limitation due to race, nationality or religion, have the right to marry and to found a family. They are entitled to equal

rights as to marriage, during marriage and its dissolution. (2) Marriage shall be entered into only with the free and full consent of the intending spouses. (3) The family is the natural and fundamental group unit of society and is entitled to protection by the society and the state.