

# CAROLINA ARAMBURO

## Carolina Aramburo and Friends' TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being Partners!

In this 267th Newsletter, I want to give us a chance to consider natural hormone replacement, and the effects it has on people's physical, mental, emotional and even a little of our spiritual well-being.

In order to put the rest of the news-letter in context: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. This week we have also included articles on this practice that you can read in full [HERE](#).

### There are Many BLIND SPOTS about HORMONE REPLACEMENT, for example that is it NEEDED BY many YOUNG women and MEN, not menopause-experiencing ladies only...

Natural hormone replacement is a topic that may elicit various reactions. The first myth to debunk right up front is that this is ONLY a women's topic. It isn't. No matter what sex you are HORMONES Play a BIG role in our HEALTH! Men and women are currently being prescribed hormone replacement. You may also think that this is an age issue that only needs the attention of those approaching menopause or andropause. No matter what age you are HORMONES impact our holistic well-being! Perhaps you are already taking a synthetic hormone replacement right now, or you are already be using some form of bio-identical hormone replacement ... keep reading because this newsletter will provide you with

information you did not already know.

Bottom line is that every human, since we all have hormones and have family and loved ones who have hormones, can benefit from knowing more about natural hormone balancing. In this Newsletter we will talk about hormone replacement, how to prevent having to utilize it, when you may need to consider it, the dangers of synthetic hormone replacements and the natural paths to having balanced hormones no matter what sex or age you are!

Your hormones are messenger-molecules of the endocrine system. The command and control center for this process is in our brain. This center sends signals to distant parts of the body to control everything from your stress response through the adrenal glands, to your blood sugar balance through the pancreas, to your thyroid hormone via the thyroid gland, and to your sexual behavior and function through the reproductive organs. It also controls growth, sleep, mood and much more. All of our hormones work together as one dynamic system to help maintain optimal health and keep us happy, focused and peaceful.

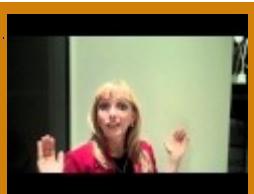
As humans age, hormone levels naturally decline. This usually becomes apparent around age 50. For women, that's typically when menopause kicks in, the change in life when their menstrual cycle ceases and they experience a sudden drop in hormone levels. Symptoms like hot flashes, anxiety,



CAROLINA ARAMBURO

irritability and vaginal dryness are common.

While men don't get hot flashes, they do experience hormonal, physiological and chemical shifts that can affect many aspects of their lives. Beginning typically around age 30, men start to lose about one percent of testosterone every year. Every man is affected differently, but those who do have significantly low levels of testosterone may start to notice a decrease in sex drive, a tendency to be grumpy or sad, or tiredness. Worse, they may feel depressed or anxious, which may lead doctors to prescribe anti-depressants rather than looking at their hormonal health. The most common problem associated with male menopause is impotence and problems with male sexuality. Approximately 40% of men in their 40s, 50s and 60s will experience some degree of difficulty in attaining and (Cont.on next page)



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sustaining erections.

When it comes to testosterone, men hit their **peak** at about age 17. Levels plateau for a while, then slowly start to slide in their 30s. By the time a man reaches 80, his testosterone level will be about half of what it was when he was 17. It is also around the age of 50 that men encounter a condition called **andropause**. Testosterone levels decline, energy levels may drop, rapid mood swings occur, and there can be a declining interest in sex.

The effects of testosterone are further **complicated** by its relationship to another sex hormone - **estrogen**, especially estradiol. A balance between the estrogen hormones and testosterone is key for the brain chemistry that triggers natural sexual function **both** men and women; together, they define our sexuality. Fortunately, the human body, if optimally healthy, is amazingly adept at **converting** what it has to what it needs in both men and women. Too little estrogen for a man will neuter him as much as too little testosterone. Similar to how women react to minute amounts of testosterone, men have a very small window of optimum effectiveness when it comes to estrogen. **Balance** is the key.

For most of human history, these hormone changes were seen as a **natural part** of becoming older. Medical advances in the mid-20th (1942 for women & 1954 for men) century allowed doctors to **prescribe** hormones, however, and that changed everything. First women, in the 1960s, began being massively sold on estrogen therapy and then the drug companies saw a **new market** in men. The symptoms they targeted were low

sperm count, impotence, aggressive behavior, fatigue, muscle loss, weight gain, mood swings and loss of libido. They called it "Low T," and a new industry was born. Now men are being sold on **testosterone** therapy at a wild rate also (to the tune of a \$3 + billion dollar industry in 2014).

Since women were the first to begin using Hormone Replacement Therapy (otherwise known as HRT), the results came out earlier. The National Institute of Health (NIH), after HRT was linked to **endometrial cancer** and breast cancer in the mid-1970s and again in the 1990s, ordered a study on the safety of estrogen in 1993. This was **51 years after** the FDA approved the first estrogen product. The Women's Health Initiative (WHI) was supposed to last 10 years and included 25,000 healthy women using estrogen plus progestin. The results were so **devastating**, however, that the estrogen part of the study was canceled after 8 1/2 years.

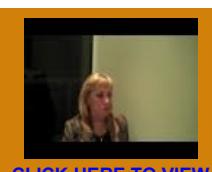
Other **risks** of Hormone Replacement Therapy for women shown in the study include:

- Heart attacks
- Strokes
- Blood clotting
- **Breast cancer**
- Endometrial cancer
- Cardiovascular disease (including heart attack)
- **Colon cancer**
- Gallbladder disease
- Ovarian cancer
- **Osteoporosis**
- **Cognitive decline**

In 2012 the US Preventive Services Task Force updated its recommendations on hormone replacement therapy based on review of the **available** evidence, advising

women over the age of 50 to avoid Hormone Replacement Therapy - either estrogen alone, or in combination with progestin.

**For men** the studies, prompted by the studies on women, began to follow a similar path. A 2009 federally funded study to determine (Cont. on next page)



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To ENHANCE, elevate and EVOLVE your wellness I have two very important **recommendations** for you:

- 1) Listen to your body in a specific way\*.
- 2) Find an extraordinary **Holistic Health/ Wellness Coach**.

\*In my second health proposal, I proposed that you can improve your health by **listening** to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a **specific** way that this needs to be done and to learn 'HOW' please watch my video by clicking [HERE](#).

My 2nd recommendation is that you find an **extraordinary** Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create **Top Wellness**, with and for YOU, by designing completely **customized** nutritional, exercise plans that work for your unique body!

If you would like to **find out more** about coaching with our Health, Fitness & Quantum Healing Division click here: [www.CarolinaAramburo.com](http://www.CarolinaAramburo.com).

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible**!

## There are Many BLIND SPOTS about HORMONE REPLACEMENT, for example that is it NEEDED BY many YOUNG women and MEN, not menopause-experiencing ladies only... (Cont.)

whether Testosterone Replacement Therapy (otherwise known as TRT) helps elderly men build **muscle mass**, was stopped because of heart attacks and other heart issues. A study found that men 65 or older are twice as likely to suffer **heart attacks** within 90 days after starting testosterone as men who don't use the drug. It also showed that men younger than 65 with a history of heart trouble are three times as likely to have a heart attack after starting TRT as others.

Some of the **minor** side effects of Testosterone Replacement Therapy for men include: fluid retention, acne and increased urination. However the more serious potential side effects include:

- Breast enlargement
- **Decreased testicle size**
- Worsening of sleep apnea in patients who have this sleep disorder
- Changes in the amount of cholesterol in your body
- Increases in your red cell count
- **Decrease in sperm count**
- Infertility
- Increase of the prostate which could also stimulate prostate cancer
- Heart Attacks
- Strokes

Let's look at the differences between different types of commonly available hormone replacement therapy hormones. The main hormones that are utilized in Hormone Replacement Therapy and Testosterone Replacement Therapy are **estrogen, progesterone and testosterone**. Surprisingly testosterone is also given to women, some of which the woman's body, just like a man's body does, gets converted by the liver to estrogen.

First, the term "natural" is often

used to mean something that is **found in nature**, or something that is not man-made. In the case of hormones, the "natural" form of the hormone is produced in the glands of the body.

"**Bioidentical**" hormones are defined as having the exact same chemical structure as the "natural" hormones that are created by the body. They may be the same chemically as our hormones, but they are **not** the identical human hormones, by any means. They perhaps should be called "**similar**" hormones or "mimic" hormones, not identical.

**Synthetic** hormones are any hormones where there has been any chemical modification to the hormone molecule (such as adding a side chain or functional group), so that it no longer fits under the definition of "bioidentical." These are substances that have been **modified** in chemical structure from how it would occur naturally.

It is important to note at this point that **all** forms of **prescription** hormones -- whether they are "bioidentical" or "synthetic"—even if they are created in compounding laboratories, are created in laboratories using chemical means. Compounding pharmacies don't manufacture hormones – they just mix them. Manufacturing factories are the ones that **extract** estrogen from plants or animals, synthesize it to a useable form, and then sell the same active ingredients to both commercial pharmaceutical companies and **compounding** pharmacies. The vast majority of **prescription** hormones (cream, gel, injectable, patch, subcutaneous, etc.) is derived from plant sources such as soybeans and yams. Soybeans and yams are natural substances that are put through a chemical synthesis in a laboratory

setting to derive the end product. Both bioidentical and synthetic hormone drugs are synthesized in this manner.

There are two main reasons why a drug company might want to modify a naturally-occurring substance into a **synthetic** drug. The first is supposedly **functionality** (i.e. so that the substance is able to be used successfully by the body in a functional way), and the second is **patentability and profit** since synthetic hormones receive FDA approval and millions of dollars are spent on them every year. On the topic of functionality, a specific group of atoms (called a "functional group") may be added to the hormone molecule in order to help make the hormone "bioavailable" (i.e., able to be absorbed and used by the body). Depending on the **method of delivery** (taking an injection versus swallowing a pill, etc.), this may involve using different functional groups to serve different purposes.

The other thing to note is that most of the studies that have been done on hormone replacement has been on **synthetic hormones** and since the compounds made in compounding pharmacies are often custom made there are very few studies that have been done on them. The risks of (Cont. on next page)

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Hormone Replacement Therapy are very controversial. What we do know for sure is that synthetic hormones **do not work** "in tune" with your body and therefore **produce more problems**. The risk of any hormonal product depends on more than how the hormone is made. That's why it's important, to work closely with a holistic or functional doctor and clinician who specializes in endocrine and hormonal health to decide what's right for you.

Hormone replacement, including Bio-identical Hormone Replacement Therapy (otherwise known as BHRT), may do more harm than good by upsetting the **delicate feedback mechanisms** of the body that are designed to regulate hormone production. Given one hormone always affects others any hormone may affect many areas of physical **functioning**. The feedback system is quite complex and not well understood. It is difficult, if not impossible, to adequately monitor the system to know how much one needs on a daily or hourly basis with most conventional tests. The further risk of Hormone Replacement Therapy is that it can have you become drug dependent as it further **imbalances** your system.

HRT of any kind treats only symptoms vs. the **root cause** of illness. Root causes of hormonal imbalances include nutrient deficiencies, toxic metal excesses, toxic chemicals and the effects of radiation, emotional imbalances, **adrenal exhaustion and stress**, Hormone Replacement Therapy, **birth control pills**, insulin or glandular imbalance, drugs, medications, stimulants, toxins and chemicals (this includes in food, the environment and products), pregnancy and post-partum, **un-**

**healthy** digestive tract or gut, unhealthy liver function and stress from other causes.

The only time hormone replacement addresses a root cause is when the **gland** that produces the hormone has been **surgically** removed or is so damaged so that it cannot function as in the below cases:

- For women: Medical Menopause (Hysterectomy)
- For Men: Hypogonadism (Dysfunction of the testicles that results in the body being unable to produce the right amount of testosterone) or testicular removal
- For both Men and Women: Brain damage that prohibits hormones from being produced.

In these cases bioidentical hormones might be an **appropriate** choice since it is at least more similar to your natural body's hormone structure and the decision would only be the particular delivery system. Orals are the worst choice as they are toxic to your liver. Not only that but your **liver** processes them and metabolizes them to be inactive and potentially harmful derivatives. In addition only 10 – 15% will reach the targeted area and you will need a dose **500% higher** than you need.

Creams and gels administered **transdermally** (on your skin), since hormones are fat-soluble, can build up in your fatty tissues when applied topically. This buildup in turn can disrupt other hormones. It's also nearly **impossible** to accurately determine the dose when using a cream. Sublingual drops enter your blood stream directly and will not build up in your tissues like the cream can. It's also much easier to determine the dose you're taking. For women **trans mucosal** administration may be the best as applying the cream to your mucous epithelial membranes that line your vagina allows for more complete absorp-

tion.

Where the real problem comes in is when a **young woman** has PMS symptoms or any woman is going towards, through or is post-menopausal and they are prescribed Hormone Replacement Therapy simply as a normal procedure. The same is true when any man wants to increase his muscle mass or experiences a low libido. It is not necessary and the **risks** far outweigh the benefits.

**Menopause and Andropause** are normal parts of life, **not diseases**. It is true that during these changes hormonal production ceases or drastically reduces but in most cases the body handles these changes in life very well. This is particularly true when we have optimally healthy bodies. There are **healthful**, natural ways to manage the changes they can bring. While HRT can alleviate many effects of hormone loss, recommended healthy **lifestyle** changes actually reduce the risk of and heal the sources of menopause and andropause related problems.

Natural Hormone balancing and care is the route to go with first even with the above cases surgical re (Cont. on next page)

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moval or damage cases and the only **really natural** route to go in any case. Natural hormone balancing and care basically means **that** you're optimizing your overall health, endocrine system health, **glandular** health, etc, so that your body can naturally increase its production of estrogen, progesterone, testosterone and other key hormones. Nutritional balancing programs are aimed at correcting all of the **imbalances** along the pathway from the original **production** of hormones, to their movement to and into the cells, and their utilization inside the cells. As we do this, most hormone imbalances go away without the need for replacement hormones, no matter what the age of the person.

There are hundreds of ways to balance and increase your hormone levels **naturally** and when you combine the right ones for your unique body, you can make a dramatic difference in your hormones. These methods are relatively **inexpensive** (many even free) and literally have no side effects. Of course the earlier you begin a lifestyle that has you be optimally healthy the earlier you begin **preventing** hormone imbalances of any kind but it is never too late.

Keep in mind that treating hormone imbalances requires a **holistic** approach; the best approaches are often preventive and involve diet, exercise and other lifestyle-based strategies. For instance, both estrogen and **progesterone** are necessary in the female cycle, and their balance is key for optimal health. Many women have an imbalance of these hormones, regardless of their age. And if you have insufficient levels of progesterone to

counter excessive estrogen, this imbalance can be further exacerbated by **chronic stress**. So your answer—provided you're *not* in surgical menopause due to hysterectomy—might not necessarily lie in using Hormone Replacement Therapy, but rather in addressing your stress levels so that your body can **normalize** your hormone levels naturally.

Many women and men are now reporting **freedom** from hormonal issues, both earlier and later in life with natural hormone optimization. Some symptoms associated with menopause, including hot flashes, mind fog and mood swings; frequently get better on their own. One of the best things women can do is to adopt an optimally healthy lifestyle, even if menopause has **already begun**- including not smoking, getting regular exercise, sleeping a sufficient amount, avoiding toxins, pollutants and chemicals, having a fully balanced and nutrient dense diet and **managing stress**.

This will also help lower your risk of bone loss, and other conditions such as heart conditions, which increases as you age. Women who go the natural route also seek relief from **symptoms** of both PMS and menopause through yoga, **meditation**, and relaxation exercises. They may also try alternative remedies such as foods that contain plant estrogens, herbs, vitamin and minerals, enzymes and phytochemicals.

For men the same is true. They can increase their testosterone by such natural methods as **sleeping** more, taking certain herbs that will stimulate the hypothalamus-pituitary-testicles axis, eating sufficient nutrients that improves the **message** sending between cells and hormones, and eating andro-

genic foods with adequate amounts of good fats, cholesterol and natural estrogen blockers, avoiding **environmental** endocrine disruptors, toxins and chemicals and lowering their stress levels.

In our next article we will give you nutritional and lifestyle solutions to hormonal imbalances that will not only **prevent and heal** those imbalances but also create a holistically healthy you – physically, emotionally, mentally and spiritually.

A Raw VEGAN Living Foods DIET including pure dark cacao chocolate, plenty of **Leafy GREENs**, tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus **mindful** stress management is the **greatest** way that you can almost ENSURE optimal WELLNESS for youSELF inside and out. I invite you to TRY IT ON and In-JOY it with me. You will forever **thank yourself** and **feel better than you EVER did** your ENTIRE LIFE!!!

The following Research links will allow you to investigate the latest information more on Hormone Replacement more deeply:

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<http://hippocratesinst.org/hormone-replacement-therapy> - Hormone Replacement Therapy

<http://consumer.healthday.com/encyclopedia/breast-cancer-7/breast-cancer-news-94/hormone-replacement-therapy-new-facts-646066.html> - Hormone Replacement Therapy: New Facts

<http://www.health.harvard.edu/womens-health/what-are-bioidentical-hormones> - What are bioidentical hormones?

<http://www.webmd.com/women/surgical-menopause-estrogen-after-hysterectomy> - Surgical Menopause: Should You Take Estrogen After Your Hysterectomy?

<http://www.mamashealth.com/hormonalhealth/balance.asp> - Balancing Hormones After A Hysterectomy

<http://www.drugwatch.com/2014/05/15/hormone-replacement-therapy-risks/> - Men and Women Face Risks from Hormone Replacement Therapy

<http://www.healthline.com/health/>

<http://holisticdoctorlosangeles.com/bioidentical-hormone-replacement-therapy-for-men-and-women/> - Bioidentical Hormone Replacement Therapy for Men and Women

<http://www.health.harvard.edu/mens-health/hormone-replacement-the-male-version> - Hormone replacement, the male version

<http://www.anabolicmen.com/hrt-vs-natural-hormone-optimization/> - The Main Differences Between Testosterone Replacement Therapy and Natural Hormone Optimization

<http://articles.mercola.com/sites/articles/archive/2013/08/05/hormone-replacement-therapy.aspx> - Estrogen Could Have Prevented Almost 50,000 Deaths

[http://www.holisticnebraska.com/bio\\_hormone.html](http://www.holisticnebraska.com/bio_hormone.html) - Bio-Identical Hormone Replacement Therapy

<http://www.drlwilson.com/articles/hormone%20therapy.htm> - Hormone Replacement Therapy

<http://www.bioidenticalhormonemd.com/bhrt-for-men.html> - Bio-Identical Hormone Replacement Therapy for Men

<http://holisticdoctorlosangeles.com/bioidentical-hormone-replacement-therapy-for-men-and-women/> - Bioidentical Hormone Replacement Therapy for Men and Women

<http://lifetimehealthcenter.com/hormone-therapy.php> - Hormone Basics and FAQ

<http://www.ion.ac.uk/information/onarchives/menopause> - Menopause

<http://www.womens-health-concern.org/help-and-advice/factsheets/hrt-known-benefits-risks/> - HRT: What you should know about the benefits and risks

<http://www.everydayhealth.com/menopause/about-hormone-replacement.aspx> - Do YOU Understand the Dangers of Hormone Therapy?

<http://www.menopausematters.co.uk/risks.php> - HRT Risks

<http://www.project-aware.org/Managing/Hrt/alternatives.shtml> - HRT Alternatives

<http://www.drnorthrup.com/bioidentical-hormones/> - Bioidentical Hormones

## OUR Hormones CAN BE Completely balanced NATURALLY!!

The **exciting news** is that with a combination of the right balanced nutrition, exercise and a holistic lifestyle that promotes activates like adequate sleep and stress reduction it is possible to **restore** the body's hormone production unless the gland has been surgically removed or otherwise destroyed.

Let's start with hormone balancing food ... the foundation of having healthy, balanced hormones. Here is a nutrition guide how to eat to keep hormones balanced:

- **Maintain a healthy weight:** Excessive adipose (fat) tissue can

act as an endocrine organ, producing more estrogen in the body. By maintaining a healthy weight, your body is not stimulated to overproduce certain hormones. Do not do this through constant dieting as that would only further imbalance your system. You need a nutrient dense diet to fulfill all of your metabolic needs.

- **Eat Organic Whole food:** Go organic, whenever you can, organic food products have zero amount of chemicals or pollutants in them. So, they are completely safe for you to consume and will not destroy or unbalance your hormone production. (Cont. on next page)

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- **Eat a nutrient rich whole foods diet:** Eat a variety of foods to get all of the nutrients you need. Ideal foods should be unprocessed, high in nutrients, and low in calories. Whole foods are **front and center** in terms of providing slow-acting carbohydrates, phytohormone-rich fruits and vegetables, protective fats, and **quality proteins** that will help balance your body's hormones. Whole foods include unprocessed carbohydrates, in moderation, such as sprouted-grain breads, brown rice, and tons and tons of fresh and raw veggies that are rainbow colored from orange and yellow to green, blue, and purple. The higher the color pigment, the richer the nutrients.
  - **Eat antioxidant rich foods:** These include anything dark green: asparagus, broccoli, spinach, collard greens, cabbage, cucumbers, kale, cilantro, etc., **brightly colored veggies:** green, red, yellow, and orange bell peppers, red cabbage, red/white onions, tomatoes, and carrots, **starchy vegetables:** sweet potatoes, spaghetti squash, yucca, beets, artichokes, butternut squash, and turnips and fruits: blueberries, blackberries and raspberries.
  - **Heal your digestive tract and any signs of Leaky Gut:** Our digestive tract is called our second brain and controls a lot of our hormonal functions (particularly our thyroids). It is also a source of our immune system. When undigested food particles like **gluten** leak through your gut into your bloodstream, it causes **disease-causing inflammation** of the entire body and more specific organs like our glands. The top foods that support healing leaky gut include **fermented vegetables**, and **high-fiber foods** like vegetables and sprouts. Some of the main things that damage your digestive health include processed foods, gluten, hydrogenated oils and emotional stress.
  - **Nourish your liver:** Make sure you are getting the proper amount of plant protein. Quality protein will improve progesterone and DHEA secretion, as well. High quality protein includes soaked or sprouted nuts, beans, seeds, quinoa and lentils
  - **Balance your blood sugar:** You can do this by eating protein, fats and carbs together during each meal, and eating frequently to help stabilize blood sugar (especially important for those with blood sugar handling issues).
  - **Increase hormone synthesis promoters:** This can be gotten in your diet including the following nutrients: Thyroid (T3), Vitamin A, Vitamin E, copper and Vitamin D (from sunlight)
  - **Decrease hormone synthesis blockers:** These include: unsaturated fats, excess estrogen (caused by hormone replacement, birth control, or liver malnutrition, etc.), ultraviolet light, x-rays, and excess iron (from fortified foods, vitamins, or a meat heavy diet).
  - **Eat easy to digest foods:** This helps to reduce endotoxin that can back up the liver (especially important for those with digestive distress). This means more simple sugars (ripe fruits), roots and tubers.
  - **Listen to your body:** It's ALWAYS talking to you.
  - **Eat from Plant based sources:** Plant sources are a fabulous source of estrogen and they help create a hormonal balance in the body. Phytoestrogens, the natural **oestrogens** found in plants, can raise flagging oestrogen levels (which trigger hot flushes), improves dryness and increase libido. Isoflavone phytoestrogens are found mainly in legumes (kidney beans), chickpeas, licorice, alfalfa, peas, barley, red cabbage, broccoli, black and green tea, red clover and lentils.
- Two **phytoestrogens** that are key for hormonal balance are lignans and **resveratrol**. Lignans can be found in flaxseed, sesame seeds, curly kale, broccoli, apricots, cabbage, Brussels sprouts, strawberries, sprouted whole grains, barley, cranberries, blueberries, zucchini and carrots. Resveratrol is contained in foods such as grapes, juiced red grape juice, and some berries, including blueberries, cranberries and bilberries.
- Polyphenols:** Certain polyphenols have also been shown to have some Hormone Replacement Therapy-like benefits without the drawbacks, and are associated with a lowered risk of heart disease. Royal Maca seems to be an amazing **adaptogenic** herbal solution for both men and women. Be sure to obtain the authentic and organic version from Peru.
- **Eat Green leafy vegetables:** Nutritious green leafy vegetables like swiss chard, spinach and kale are great for maintaining optimal hormonal health.
  - **Eats Cruciferous vegetables:** If (Cont. on next page)
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you don't like leafy vegetables then add cruciferous vegetables like cauliflower, cabbage and broccoli to your diet. Indole-3-Carbinol, an antioxidant found in the cell walls of cruciferous vegetables, such as broccoli, cauliflower, cabbage and Brussels sprouts. These are especially helpful in the metabolism of estrogens and in protecting hormone sensitive organs such as breast and uterine tissue by inhibiting its receptors.

- **Eat as Raw as possible:** Raw vegetables are the highest in nutrients such as vitamins, minerals, enzymes, phytonutrients, phytochemicals, etc.
- **Eat Essential fatty acids – Increase your Omega 3 and decrease your Omega 6 to a 3/6 Ratio:** EFAs balance blood sugar, assist in energy, and provide raw material for hormones. Omegas 3s include: flaxseeds and flaxseed oil, black current seed oil, nuts, chia seeds, sprouts whole grains, walnuts, olive oil and, almonds and coconut oil. Be sure to **steer clear** from oils high in omega-6s (safflower, sunflower, corn, cottonseed, **canola**, soybean and peanut). The one type of omega-6 fat is important to get in your diet is GLA (gamma-linoleic acid), which can be found in hemp seeds, chia seeds, flax seeds, **sunflower seeds**, **sesame seeds**, **pine nuts** and **pistachios** and also in **evening primrose oil** or borage oil. GLA can support healthy progesterone levels.
- **Eat Fruits high in flavonoids:** Consuming foods rich in flavonoids, helps to balance hormones. Include foods like citrus fruits, red grapes and berries, to get your dose of flavonoids.
- **Eat Fermented foods:** Keeping a good balance of the right type of intestinal flora that naturally live in the large bowel is vital because your flora produce B

vitamins which are critical for hormone health. Fermented foods promote healthy hormone levels, even as you age. Examples of these foods include: sprouted grains, kombucha, and sauerkraut.

- **Eat Foods Rich in Fiber:** Consuming foods rich in fiber is very good for health, as it helps to create hormonal balance and boosts good health. To get a sufficient dose of fiber, add loads of fruits, vegetables and sprouted whole grains to your diet.
- **Consume Sprouts and Wheatgrass:** Wheatgrass is excellent for helping balance out hormones. It will work to help cleanse the liver, which is where all of your hormones are filtered. If your liver is working inefficiently this will have a negative effect on your **hormone levels** by keeping them in your system for too long or by **improperly** processing them. The high magnesium and chlorophyll content of wheatgrass works to build enzymes that restore sex hormones. If you've got a gluten allergy, be very careful where you purchase your wheatgrass and be sure to ask the supplier if they can ensure their wheatgrass is gluten-free. (Most of the time it is, it's safer to double-check.)

Even more exciting than vitamins and minerals was the discovery of **abundant** female and male hormones in sprouts. It was also discovered that human beings may actually break down the hormones in sprouts and use them to make human hormones in **usable** forms for our bodies to restore any hormone deficiencies we may have.

- **Hydrate with 100% pure filtered LIVING water and foods:** A good preventive measure is drinking at least eight glasses of purified water per day for hot flashes and vaginal dryness. Beside

drinking water you can also get hydration from fresh raw fruits and vegetables. Metabolic hydration is an important step for many individuals to help balance hormones naturally, because it supports the thyroid and adrenal glands.

Make sure you are consuming an array of nutrients that balance your hormones, in your food such as:

- **Vitamin A**–Increases Progesterone and plays an important role in hormone synthesis and toxin detox
- **B vitamins**– These are vital for the production of hormones, balanced moods and a good supply of energy. B vitamins are essential for the liver to change certain types of harmful oestrogens into a better form. Vitamin B5 is a major **support** for the adrenal glands and along with vitamins B3 and B6, helps to control the balance of glucose in the body. Foods such as nutritional yeast, spinach, avocado and bananas are all high in vitamin B6. A deficiency in vitamin B6 has been shown to **result** in progesterone imbalance in women and may affect sperm and egg production in men and women respectively.
- **Vitamin D** – Vitamin D actually works more like a steroid hor  
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## OUR Hormones CAN BE Completely balanced NATURALLY!! (Cont.)

mone in the body, so it is vital to balanced hormones to receive enough of this fat-soluble vitamin.

- **Vitamin E**-Fifty years ago it was reported by researchers that **Vitamin E** helps with hot flashes and menopausal headaches. Vitamin E has also been shown to reduce hot flushes and has the added benefit of being very good for your skin.
- **Iron**-This mineral affects levels of sex hormones for both men and women.
- **Selenium** – Selenium is necessary for the conversion of thyroid hormones from the inactive form to the active form.
- **Magnesium**– This mineral has recently been found to be necessary for strong bones - and as many as half of menopausal women are thought to be deficient. It also improves your sex hormone levels, including your testosterone and HGH.
- **Zinc**- is a precursor for progesterone and testosterone, the hormone balancer for excess estrogen, and it also keeps your immune system in tip-top shape.
- **Boron** – is a trace mineral and works in tandem with calcium and magnesium.

**Adaptogen herbs** are a unique class of healing plants that promote hormone balance and protect the body from a wide variety of diseases. In addition to boosting immune function, stabilizing blood sugar, improving thyroid functions, supporting the adrenal glands and **combating stress**, these herbs all have particular properties that balance hormones. Here are the top herbs that have been proven to produce results: Black Cohosh, Ginger, Red Clover, Dong quai, Chaste berry, Kudzu, Passionflower, Ashwagandha, Wild yam, Avena Sativa, Catuaba bark, Epimedium, Maca (root), Muirapuama, Shilajit, Suma, Tongkat Ali and Tribulus terrestris.

Avoid these foods to help heal hormone imbalance naturally:

- **Sugar and fructose**. This includes fresh fruit juice, as the rapid sugar peak effectively blocks hormone secretion. This includes artificial sweeteners of any kind. Sugar and/or fructose decreases seven of the 12 most important hormones.
- **Alcoholic beverages**. Alcohol decreases your human growth hormone (HGH), one of your most potent built-in anti-aging hormones. Having just one alcoholic drink per day can decrease your HGH by 75 percent.
- **ANYTHING processed**. They contain, in addition to other toxins and tons of harmful chemicals, chemically produced xenoestrogens.
- **Unsprouted grains**. These wreck havoc with your digestive system and leaves your whole endocrine system imbalanced.
- **Refined carbohydrates**. (white pasta, white rice and white flour).
- **Caffeine** (caffinated colas, coffee and other “energy” drinks).
- **Animal fats and products**. These are filled with bad hormones in addition to other toxins (this includes dairy and meat).
- **Reduce exposure to xenoestrogens**. Xenoestrogens are environmental estrogens that have affects on our hormones. These estrogens can be avoided by eating organic and pesticide-free fruits and vegetables. Also avoid heating food or storing hot food in plastic containers.
- **Be very careful with the soy products**. Soy disrupts hormones by looking like estrogen to the body, may cause inflammation and leaky gut by inhibiting trypsin (a protein-digesting enzyme) and is most likely genetically modified (GMO).

**Skin creams** containing wild yam extracts have been in use for

years, as the wild yam is believed to be a natural source of precursor chemistry to a woman's natural hormones. **Mexican Wild Yam** is particularly rich in a sterol known as diosgenin. The effect of diosgenin in the body is thought to be as a phyto-progesterone acting at progesterone receptor sites. The experience of thousands of women tells us that something of a hormonal nature takes place within the body. Because we do not extract and then alter diosgenin into any kind of synthetic hormone, there are no dangers of **overdosing** on either product.

**FOR MEN:** To boost your testosterone, in addition to eating with the food guidelines provided above, there are some of powerful best plant-based options that you'll want to add to your daily menu if you can. Key nutrients needed to **boost testosterone** in the body are: amino acids (protein), zinc, B vitamins, omega-3 fatty acids, and an overall anti-inflammatory diet. These can all be found in abundance in **plant-based food**. In studies vegans have actually been found to have higher levels of testosterone than non-vegans. They also had less risk of heart disease, cancer and other serious health conditions and diseases due to the removal of animal proteins and toxins in their diets. (Cont. on next page)

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## OUR Hormones CAN BE Completely balanced NATURALLY!! (Cont.)

Great foods to support your body's testosterone levels that contain **omega-3 fatty acids**, natural protein, and vitamins and minerals are: almonds, walnuts, cashews, flax seeds and olives. These are some of the top foods that can boost testosterone in the body without Hormone Replacement Therapy:

- **Pumpkin Seeds** – These seeds are packed with zinc, tryptophan, protein, iron and omega 3 fats. These will keep your sex organs healthy, promote a healthy metabolism, assist in converting certain hormones, produce serotonin to balance your hormones
- **Coconut** – This miracle food boosts you muscle growth, promotes a lean body mass and balances your testosterone and other hormones. Coconut also has healthy fats that are necessary for testosterone production and they support the body's ability to make cholesterol
- **Maca** – Maca is the perfect food for boosting and normalizing or improving your hormones. It can raise the libido and improve mood while reducing stress levels that can interfere with healthy testosterone levels. Another benefit of Maca is that it boosts your **energy** to help you exercise, which then in turn boosts your testosterone. When you do work out with Maca it will increase your body's production of growth hormones that supports your metabolism and keeps the body youthful.
- **Avocado** – This fruit is libido-boosting food, has healthy fats and high levels of vitamin B6 which both reduces cortisol and improves testosterone production, supports the metabolism,

supports overall mood function, reduces high levels of unhealthy **cholesterol** levels (LDL) that interferes with the production of testosterone and improves improve levels of good cholesterol (HDL).

- **Chia Seeds** – These seeds directly raise testosterone levels in the body due to their essential fatty acid (EFA) content, are a great source of omega-3 fats, along with other anti-inflammatory fats, great source of potassium, zinc, iron, magnesium that supports your **metabolism**, blood pressure, blood sugar, mood, energy and hormone production in the body.
- **Hemp seeds** - These seeds are also amazing for your hormone levels and they contain more protein, iron, and magnesium than chia seeds do.

**FOR WOMEN:** a very strong recommendation is that, if you are on **birth control pills** then find a way to safely get off them. The hormone-disrupting affect of hormonal birth control is an increasing reason why women have hormonal imbalances. Birth control pills and all other forms of hormonal birth control create a **cascade** of hormonal imbalance in your body by creating nutritional deficiencies and disrupting gut bacteria. Birth control pills also raise **estrogen** to such dangerous levels that it causes: increased risk of breast cancer, increased risk of blood clotting, heart attack and stroke, migraines, **gallbladder** disease, increased blood pressure, weight gain, mood changes, nausea, irregular bleeding or spotting, benign liver tumors, breast tenderness. There are many other (safer) ways to prevent pregnancy.

In addition to nutritional ways to balance your hormones there are several other key activities that will naturally help balance hormones for both men and women:

### SLEEP:

Unless you get seven–eight hours of sleep every night, you're doing your body no favors. **Lack of sleep** and sleeping at the **wrong** time actually may be the worst habits people have that disturb hormone balance. Hormones work on a consistent schedule. For example: Cortisol, the stress hormone, is regulated around midnight. Therefore, people who go to bed late never truly get a break from the sympathetic flight/fight stress response. To **maximize** hormone function, get to bed by 10 p.m. Endocrinologists (hormone experts) claim that one-hour of sleep between 10 p.m. and 2 a.m. is equal to two hours of sleep before or after these time slots!

### EXERCISE:

Exercising literally helps hormones **release** the right amount of hormones that your body at the right time. Several types of exercise will be best including burst training and weight-bearing exercise.

Whether endorphins, testosterone, growth hormone or insulin, **burst training** helps reduce stress levels, enhance your immune system, regulate metabolic function and keep you at the body weight your body was designed for. While **extended** cardio might be bad, short bursts of heavy (Cont. on next page)

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## OUR Hormones CAN BE Completely balanced NATURALLY!! (Cont.)

lifting (kettlebells, deadlifts, squats, lunges) can be beneficial since they trigger a cascade of **beneficial** hormone reactions. Aim for a few sets (5-7) at a weight that really challenges you, for about 20 minutes three times a week. Make sure to get help with form and training if you haven't done these before to avoid hurting yourself.

Four to five sessions of **weight-bearing** exercise a week, such as walking or jogging, will release endorphins - feel-good hormones - in the brain. They will also have the added benefit of strengthening your bones against osteoporosis and improving your cardio-vascular fitness, protecting you from **heart disease**. Walking in nature has been shown to reduce cortisol levels (a stress hormone) and boost the immune system and stimulates the lymphatic system to help **flush toxins** from the body and works a wide range of muscles without undue stress on the body.

**Yoga** is an amazing practice that stimulates and/or activates certain glands and organs. The practice helps to maintain hormone balance and consistent production and **distribution**. Some of the benefits of Yoga for hormonal balancing include:

- Regulate your **endocrine system** and hormones.
- Balance your body through the brain, nervous system and endocrine system.
- Power your master gland – the **Pituitary Gland**.
- Mitigates menopause and andropause.
- Cut hot flashes by 31+%.
- Boost your **libido**.
- Fight fatigue.
- Reduce and manage pain.
- Thwart thyroid symptoms by **regulating** the thyroid.
- Elevate and regulates estrogen.

- Sleep better by stimulating the **pineal gland** that excretes melatonin.

Healthy Foods that Help Balance Hormones

<http://www.mindbodygreen.com/0-11983/48-foods-to-balance-your-hormones-give-you-glowing-skin.html> - 48 Foods To Balance Your Hormones & Give You Glowing Skin

<http://butternutrition.com/secrets-to-hormonal-balance-and-pms/> - Secrets to Hormonal Balance and PMS

<http://articles.mercola.com/sites/articles/archive/2014/02/23/hormones.aspx> - The Links Between Your Diet and Hormone Levels, and How Estrogen May Protect You Against Dementia

[http://holisticonline.com/remedies/hrt/hrt\\_food\\_diet.htm](http://holisticonline.com/remedies/hrt/hrt_food_diet.htm) - Alternative Medicine for Menopause

<http://www.medicinenet.com/script/main/art.asp?articlekey=54476> - Natural Hormone Replacement Alternatives

<http://www.holistichealthpc.com/balancing-hormones-naturally-a-holistic-approach-to-womens-hormone-related-concerns/> - Balancing Hormones Naturally: A Holistic Approach to Women's Hormone Related Concerns

<http://wellnessmama.com/5425/balance-hormones/> - Balance Hormones  
(Cont. on next page)

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<http://empoweredsustenance.com/balance-hormones/> - 15 Ways to Balance Hormones Right Now

<http://www.indiatimes.com/health/healthyliving/hormonal-imbalance-natural-ways-to-balance-hormones-236554.html> - Hormonal Imbalance: Natural Ways To Balance Hormones

<http://www.chopra.com/ccl/5-natural-ways-to-balance-your-hormones> - 5 Natural Ways to Balance Your Hormones

<http://draxe.com/10-ways-balance-hormones-naturally/> - 10 Ways to Balance Hormones Naturally

<http://www.nutritionexpress.com/showarticle.aspx?articleid=244> - Alternatives to hormone replacement therapy

<https://www.womentowomen.com/hormonal-health/phytotherapy-the-key-to-hormonal-balance/> - Phytotherapy — The Key To Hormonal Balance?

<http://www.globalhealingcenter.com/natural-health/10-best-herbs-for->

<female-hormone-balance/> - 10 Best Herbs for Female Hormone Balance

<http://www.vitalitymagazine.com/article/the-menopausal-years-restoring-hormonal-balance-with-herbs-nutrients-and-bh/> - The Menopausal Years: Restoring Hormonal Balance with Herbs, Nutrients, and BHRT

<http://vitamins.lovetoknow.com/Bioidentical-Hormone-Replacement-Therapy> - Natural Alternatives for Hormonal Balance Expert Interview

<http://nutritionreview.org/2013/04/healthy-alternatives-hormone-replacement-therapy/> - Healthy Alternatives to Hormone Replacement Therapy

<http://www.nihadc.com/health-programs/metabolic-therapy-thyroid-adrenal-hormone-correction.html> - Metabolic Therapy: Thyroid, Adrenal and Hormone Correction

<http://www.dailymail.co.uk/health/article-4254/Ten-alternatives-HRT.html> - Ten alternatives to HRT

<https://www.womentowomen.com/adrenal-health-2/eating-to-support-your-adrenal-glands-2/> - Eating To Support Your Adrenal Glands

<https://www.womenshealth.gov/menopause/symptom-relief-treatment/natural-alternative-treatments-lifestyle-changes.html> - Natural/alternative treatments & lifestyle changes

<http://www.livestrong.com/article/21560-foods-high-natural-estrogen/> - Foods High in Natural Estrogen

<http://www.timelessspirit.com/JAN13/sproutarian.shtml> - Sprouting For Health

<http://www.hysterectomy-association.org.uk/information/hormone-replacement-therapy-hrt-ert/alternatives-to-hrt-dietary-supplements> - Alternatives to HRT – dietary supplements

<http://consumer.healthday.com/encyclopedia/aging-1/misc-aging-news-10/natural-alternatives-to-hormone-replacementhttp://www.pcrm.org/solr/Natural%20hormone%20replacementnt-t> - Natural Alternatives to HRT

## HORMONAL IMBALANCES are a by product of and a cause of Physical, Emotional, Mental and Spiritual IMBALANCES!!!

Hormones are the chemical messengers of your body, so when they're properly balanced and functioning, all of your body systems work more smoothly, you'll feel much better, younger, more energized and more emotionally balanced. As always, we are holistic beings so just as hormones impact us mentally and emotionally, our mental and emotional states impact our hormones. Balancing our hormones, therefore, includes paying attention to balancing ourselves physically, emotionally and mentally.

Man or woman, hormones play a role in our state of mind, including

how well the brain works. The most common mental and emotional accompaniments of hormone imbalance at any age and also of menopause and andropause are: anxiety, avoidance of social settings, depression, tiredness, irritability, poor memory and concentration and stress.

Many common mental decline conditions that are typically thought of as "age-related cognitive decline" are actually brought on by actual hormonal imbalances.

Stress is one of the biggest factors in hormonal balance. There are 3 types of stress: physical,

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mental, and emotional. Your brain interprets them all the same, and your brain doesn't really care if it's a fight with your spouse, bills that have to be paid, lack of sleep, or a wild animal trying to chase you down. To your brain, stress is all the same.

Cortisol is a body steroid hormone responsible for sugar control, mineral balance, and response to stresses of all types. These hormones are only made from the body's own progesterone and there is no evidence that the body can use synthetic progesterone to manufacture them. The more stress we are under the more progesterone is used to make cortisol. This leaves our bodies sometimes using so much that we don't have sufficient progesterone to perform its own functions - thus leading to symptoms of hormonal imbalance.

Far from giving emotional, mental and spiritual balance and support, Hormone Replacement Therapy, unless it is being used to save your life, may slow and possibly stop both mental and spiritual development. Several reasons for this are that any slight toxicity or synthetic intrusion into the body slows development and restricts the normal feedback systems of the body. All hormone replacement therapies do this to some degree, as they cannot perfectly mimic the body's self-regulating tendencies. Overcoming stress and balancing ourselves naturally, in this day and age where we all seem to be on overdrive is crucial to restoring hormone balance. Giving your body and mind practices to handle stress more effectively is the key to naturally healing an unbalanced hormonal system. In addition to the "Right" foods, exercise and adequate sleep we need to nurture ourSELF mentally, emotion-

ally and spiritually. Here are some amazing natural ways that we can help bring balance back to our hormone imbalances:

**Get out in Nature** – Being in nature has been proven to reduce blood pressure when we experience it, either vicariously or actually. Blood pressure is controlled in part by hormones, and effects many elements of the hormonal system (particularly stress). Take yourself outside, put your bare feet (if you can) on the earth to ground yourself and become aware of the beautiful natural forces around you. Birds, trees, the breeze, a river or ocean, mountains ... take some time to be a part of the natural world around you.

**Yoga** – Yoga balances your entire holistic system – physically, mentally, emotionally and spiritually. From a hormonal perspective Yoga is one of the best practices you can utilize to balance your hormonal function! There are many poses that Yogis have utilized for centuries specifically to balance the endocrine system which improves mood, increases memory, improves mental alertness, encourages relaxation, releases stress, helps to avoid heightened reactions to the environment, combat anxiety, defeat depression, stop mood swings and alleviate depression. The best way to learn Yoga is to find a qualified practitioner and attend classes to learn the correct alignments and get the most from the practices. If that is not possible then you can research to find videos to learn from.

**Meditation** – Meditation is an art of mindfulness and awareness. Meditation can be thought of as nutrition for your mind. By cultivating calmness, we help to support our holistic wellness including our hormonal balance. Meditation needs to

be practiced to be effective. It is with regular practice that the results will occur and it becomes more fulfilling. Finding a good teacher is best but you can also teach yourself through videos, audios and books.

The bottom line of our Newsletter's message of encouragement, information (which leads to wiser decisions) and empowerment about Hormonal Balance is:

#1, **Men and Women**, at all ages, we all need to be MINDFUL and responsible for the WELLNESS of our Endocrine System and our hormones, since they interact with our ENTIRE Physical, Emotional, Mental and Spiritual Well Being.

#2, Its totally POSSIBLE and Doable to keep our Hormonal Balance, enhance it and even heal it in NATURAL WAYS, more times than not, without having to poison our Body with more unnatural Chemical Solutions.

Many many people are already LIVING PROOF that the following list of Healthy HABITS, totally ENHANCES, many times HEALS and Helps Maintain a Physically, Mentally, Emotional and Spiritual Balance that promotes HORMONAL WELLNESS to its best performance:  
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Following and enjoying daily a Living Foods, Mostly PLANT BASED Diet (if possible Raw Vegan) loaded with all the Veggies that help Hormonal Balance, plus drinking plenty of filtered and active water, plus enough mindful exercising (for example Yoga\*, Qi Qong, balanced with weight training and walking), plus BEING in NATURE often, plus enjoying family/friends in healthy social time, plus enjoying pets and or gardening, plus and totally CRUCIALLY getting plenty of the "Right Sleep" (see our "Right" Sleep Newsletter), plus managing your Stress Levels in Healthy Ways as much as possible, plus daily MEDITATION or even positive relaxing visualization instead or added, plus Daily deep BREATHING.

Even the simple daily practice of Mindful Yoga, has enormous holistic benefits physically, emotionally, mentally and spiritually. Some of the BENEFITS include; Improving MOOD, better MEMORY, Improved Mental Alertness,

enhancing our level of RELAXATION throughout our lives without decreasing productivity, releasing STRESS in a healthy way, decreasing ANXIETY, decreasing Depression, decreasing MOOD Swings, improving the ability to be Centered and the natural state being JOYFUL about Life!!!

The following Research links will allow you to delve deeper into the mental, emotional and spiritual side of hormones and Hormone Replacement:

<https://www.womentowomen.com/emotions-anxiety-mood/anxiety-and-worry-in-women-causes-symptoms-and-natural-relief/> - Anxiety And Worry In Women – Causes, Symptoms And Natural Relief

[http://mindbodyspiritcare.com/hormone\\_therapy.php](http://mindbodyspiritcare.com/hormone_therapy.php) - Hormone Therapy

<http://drlwilson.com/Articles/MENOPAUSE.htm> - Menopause  
<http://spiritualityhealth.com/articles/natural-medicine-sleep-trouble-hormone-replacement> - Natural Medi-

cine: Sleep Trouble, Hormone Replacement Therapy, and Kicking the Sugar Habit

<http://masteringyoga.org/hormonal-imbalance-and-meditation/> - Hormonal Imbalance and Meditation

<http://www.mindbodygreen.com/0-16744/5-holistic-ways-to-balance-your-hormones-banish-pms-for-good.html> - Holistic Ways to Balance Your Hormones and Banish PMS for Good

<http://www.lifedivine.net/health/yoga-for-hormonal-balance/> - Yoga For Hormonal Balance

<http://www.megrichichi.com/demystifying.php> - Demystifying Hormone Imbalance

<http://www.4quantumhealing.com/mental-emotional-balance/http://www.4quantumhealing.com/mental-emotional-balance/> - Mental & Emotional Balance

## SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express three passions of mine that I have ironically been suppressing since 1999:
  - my passion for spirituality.
  - my passion for our earth/environment/plants/animals and the future of them/us all.
  - my passion for uniting all religions, spiritual expressions without excluding any of them and without relating to one as better than the other.....
2. To create a space where my friends and I can enrich each other's spiritual growth and we can all together empower our com-
3. To have us all support each other and the world in learning to live sustainable lives and learning to "heal" the world in a "green way".
4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together lead the way towards a Self-Realized Civilization, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.
5. To make it all simple and synergistic.

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