

For Women Only



Protect Your Feminine Health by Keeping Your Estrogens in Balance

Modern women face some serious challenges to their health. By the age of 60, about one in three women will have lost their female reproductive organs by having a hysterectomy.

Breast cancer rates have increased from 1 in 20 women in 1960 to 1 in 8 women. Fertility rates have been declining worldwide. Something is obviously wrong because it hasn't always been like this.

Weston Price, a dentist who toured the world in the 1930s studying indigenous people, found almost no reproductive health problems in native women eating traditional diets. So, these problems aren't normal. Their causes lie in our modern lifestyle, and one of the primary causes of these problems is a class of environmental toxins known as xenoestrogens.

What are Xenoestrogens?

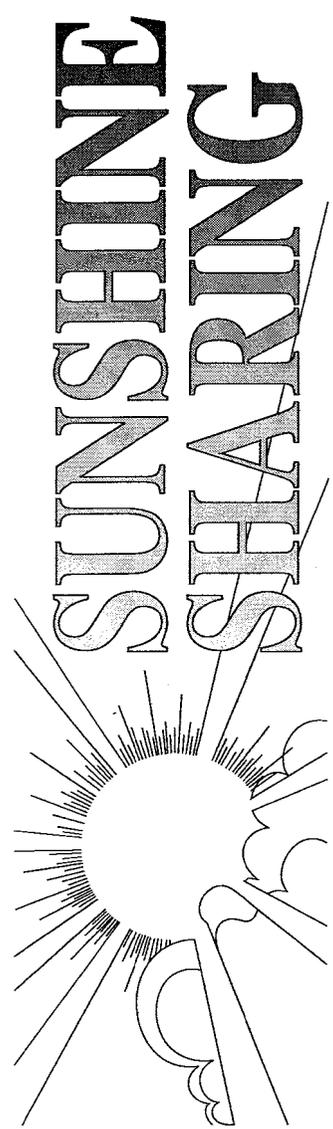
To understand what a xenoestrogen is, we need to begin by realizing that there is no single hormone called estrogen. The term estrogen should really be used in the plural—estrogens. For starters, there are three estrogenic hormones produced in the human body, estrais, estrone and estradiol. But, that's not all! Plants also make substances that have estrogen-like effects. These plant-based estrogenic compounds are called phytoestrogens.

Xenoestrogens are a third type of estrogenic compound. They are environmental pollutants that have estrogen-like actions. Xenoestrogens come to us in the form of eggs, meat and dairy products from hormone-fed animals, pesticide residues on food, plastics and other sources. Individually, these chemicals may not be a serious health threat, but when a person is exposed to multiple xenoestrogens, the estrogenic effect is 100-1,000 times stronger than the most potent form of estrogen made in the human body.

This excessive estrogen stimulation can create many health problems. By overstimulating estrogen sensitive tissues, xenoestrogens cause abnormal changes in breast and uterine tissue, contributing to the development of breast lumps and uterine fibroids. Other symptoms of this excessive estrogenic activity include mood swings, menstrual irregularities such as cramps or heavy bleeding, thinning hair, hot flashes and weight gain. Xenoestrogens also play a role in endometriosis, breast cancer and other reproductive cancers in both men and women. The American Geriatric Society also reports that postmenopausal women with higher levels of circulating estrogen also experience greater cognitive decline.

It's not that estrogen itself is bad, it's just that xenoestrogens overstimulate an estrogen response. So, in this month's *Sunshine Sharing*, we'll tell you how to avoid exposure to xenoestrogens, how to rid your body of excess estrogens, and how to keep your hormones more balanced, in general. We'll also introduce you to some effective natural remedies for specific female problems.

Turn the page to learn how to protect your feminine health...



Your guide to better health the natural way.

Vol. 19 No. 2

Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

Sunshine Sharing is an independent educational publication and receives no financial support from any herb or health product manufacturer. Your comments, questions and personal experiences are welcome. Send them to *Sunshine Sharing*, P.O. Box 911239, St. George, UT 84791-1239 or comments@treeelite.com.

Copyright © 2008 by Tree of Light Publishing (a division of Kether-One, Inc.). Photocopying this publication for distribution is strictly forbidden. If you receive a photocopy of this publication, the distributor of said photocopies is in violation of copyright law.

Managing Editor/Writer: Steven Horne
Research/Writing: Paula Perretty
Additional Research: Kimberly Balas
Associate Editors: Carolyn & Hugh Hughes, Sharon Grimes

Protecting Yourself from Xenoestrogens

Biologists, environmentalists and health care professionals all agree we are living in the age of excessive estrogen stimulation. Our food and water supplies are laden with xenoestrogens from herbicides, pesticides and petrochemical residues from plastics. Estrogen compounds are fed to chickens and cattle to increase meat, egg and dairy production. The common practice of microwaving food in plastic containers produces more xenoestrogens. They're even found in shampoo.

Since xenoestrogens are involved in numerous health problems (including uterine fibroids, fibrocystic breast disease, ovarian cysts, menstrual irregularities such as heavy bleeding and cramps, menopausal symptoms, breast cancer and cervical cancer), it is wise to both reduce your exposure to them and improve your body's ability to balance them and break them down at the same time.

Use Organically Grown Foods

Meat, eggs and dairy foods can be a source of xenoestrogens. Estrogens are fed to dairy cattle to encourage more milk production and to chickens to increase egg production. Animals that are raised organically can't be given estrogens. So choosing organically grown eggs, milk and meat not only reduces your own exposure to estrogens, it reduces the amount of estrogens released into the environment.

Pesticides are another source of xenoestrogens. So, eating organically-grown fruits, vegetables, grains, nuts and beans will also decrease your exposure to xenoestrogens. Many pesticides are fat soluble and they accumulate in animal fat as they work their way up the food chain, resulting in reproductive problems in birds, fish and, of course, human beings. So, also avoid animal fat from non-organic animal foods as both xenoestrogens and other toxins tend to concentrate in the fat.

When you can't get organically grown food, be sure to thoroughly wash your produce with water and **Sunshine Concentrate** (or a similar natural cleaning agent) to remove pesticide residues.

Eat Foods Rich in Phytoestrogens

Many natural foods contain phytoestrogens, plant-based estrogen compounds that bind to the same estrogen receptor sites that xenoestrogens do. When a receptor site is already occupied by a phytoestrogen, xenoestrogens can't attach to it.

The great thing about phytoestrogens is that they are generally much weaker in their estrogenic effects than xenoestrogens, or even the body's more potent natural estrogens. So, phytoestrogens help to protect the body against excessive estrogen stimulation by binding receptor sites against more potent compounds with estrogenic activity.

Soy products, such as **Phyto-Soy**, are frequently touted for their phytoestrogen content, but all beans contain phytoestrogens. Other foods rich in phytoestrogens include many whole grains and dark green, leafy vegetables. So, add more legumes, whole grains and dark greens to the diet. Flax seeds and **Flax Seed Oil with Lignans** are also excellent ways to gain the protection of phytoestrogens in your diet. Lignans are a phytoestrogen.

Detoxify Xenoestrogens

Since the liver is responsible for breaking down excess hormones, environmental toxins and other substances for elimination; the liver is often overworked in today's world. It is also frequently malnourished, due to poor diet.

You can help your liver rid your body of xenoestrogens and other toxins by supporting it with appropriate herbs and supplements. **All Cell Detox** is a great formula for helping the liver get toxins, like xenoestrogens, out of the body. **Enviro-Detox** is another formula that may help.

You'll detoxify faster if you also take a fiber supplement like **Psyllium Hulls Combination** or **Everybody's Fiber**. Fiber binds toxins, including xenoestrogens, in the intestines and carries them out of the body.

Cruciferous vegetables, such as cabbage, broccoli and cauliflower, are also valuable in reducing levels of xenoestrogens because they contain compounds like indole-3-carbynol, which enhance the liver's ability to break down excess estrogens in the system. **Indole-3-Carbynol** is also available as a supplement.

Enhance Progesterone

Progesterone and estrogen compete for the same receptor sites and good reproductive health requires a balance between these two hormones. Since the scale in many women is tipped towards estrogen, a natural progesterone supplement, such as **Pro-G-Yam Cream** is helpful for many women.

Don't overdo it with progesterone creams, however. You can also get too much progesterone. Symptoms of progesterone overdose include headache, weight gain, fatigue, water retention and depression. Consider getting a test to see where your current hormone balance lies.

Herbs such as **sarsaparilla** and **false unicorn** can also be used to counteract excess estrogen by enhancing progesterone. These herbs have been used to help sustain pregnancy and prevent miscarriage and to relieve heavy menstrual bleeding and cramps. **Wild Yam & Chaste Tree**, taken regularly for several months, can also balance out estrogen and progesterone.

These are some basic suggestions to improve your overall feminine health. Talk to the person who gave you this newsletter for more specific help and advice.





Natural Solutions to Common Female Health Problems

In addition to the general suggestions for helping improve your feminine health, here are some specific suggestions for common feminine health problems. Be sure to obtain a proper medical diagnosis of these problems and to work in conjunction with a qualified health care provider.

Uterine Fibroids

Uterine fibroids are growths made up of muscle cells and other tissue that grow in the uterine wall. They can cause pain during periods and heavy menstrual bleeding. They can also cause abdominal swelling and bleeding between the periods. Uterine fibroids are the number one reason for hysterectomies.

Because estrogen stimulates uterine tissue, uterine fibroids are a sign of problems with xenoestrogens and the inability of the liver to detoxify excess estrogen. If you have problems with fibroids, follow the tips for avoiding xenoestrogens and use some detoxifying supplements like **All Cell Detox**.

When there is heavy bleeding associated with fibroids, **Menstrual Reg** may be helpful. **Yarrow** is a single herb that can be very effective for fibroids. Yarrow not only helps control bleeding, it is a "blood moving" herb that breaks up stagnation and helps the body dissolve the fibroids.

Another great tip for helping fibroids heal is to use vaginal boluses made with combination **V-X**. Empty the powders from the capsules of **V-X** and mix with cocoa butter to make a thick paste. Form them into small boluses the size of the end of your little finger. Refrigerate them until ready to use.

Many women have found that inserting one **V-X** bolus in the evening and one in the morning helps tissues heal faster and is very effective at shrinking fibroids. Some women don't bother

making the boluses; they simply insert one capsule directly into the vagina twice daily.

Endometriosis

The second leading cause of hysterectomies, endometriosis involves the growth of estrogen-sensitive uterine lining tissue outside of the uterus. This tissue sheds and bleeds with the monthly cycle and can lead to scarring and infertility. It can cause painful periods, pelvic pain, bowel disturbances and cramps. Because of its relationship to the monthly cycle, problems with endometriosis naturally end with menopause.

As with uterine fibroids, a good place to start with natural therapy for endometriosis is to reduce overload of xenoestrogens by avoiding them and enhancing liver detoxification.

False unicorn, which down-regulates estrogen and up-regulates progesterone is also helpful for endometriosis. Also consider **black cohosh** or **Wild Yam & Chaste Tree** for hormone regulation.

Because it targets abnormal cell growth, **Paw Paw Cell Reg** has been helpful for some women in getting rid of the uterine tissue growing outside of the uterus. It can be taken with **IF-C** to reduce inflammation and pain. If there is cramping, antispasmodic remedies such as **Cramp Relief** and/or **Lobelia Essence** may be helpful. Surgery may be necessary in some cases.

If either fibroids or endometriosis have caused anemia due to blood loss, consider taking **I-X** or **Chinese Blood Build**.

Ovarian Cysts

A cyst is a sac containing fluid or semi-solid material that develops somewhere in the body, in this case in the ovaries. Ovarian cysts typically occur where there aren't enough hormones to properly mature eggs, so they don't get released. As a result, ovulation fails to occur and the body doesn't produce enough progesterone.

Ovarian cysts can be symptom free in early stages, but they can also cause absent or scant periods, pelvic pain and distention and excessive bleeding. While medical science doesn't know the exact cause, in natural medicine, cysts are considered a sign of toxicity and are created to store toxins the body is having trouble eliminating. So, taking supplements to enhance liver detoxification, such as **All Cell Detox**, is a good place to start when approaching this problem naturally. **Pau d'Arco** (tea or capsules) is also helpful for detoxification.

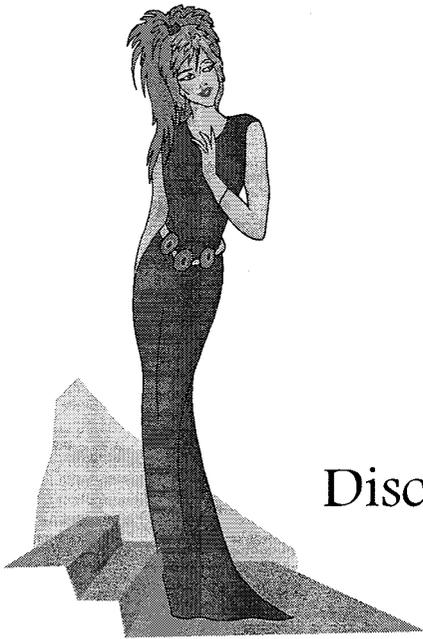
To ease pain and promote healing, you can apply **Nature's Fresh** and **Helichrysum** essential oil topically over the affected area. To help balance out hormones, consider taking **Wild Yam & Chaste Tree** for at least three to six months. Since diabetes and obesity are risk factors for ovarian cysts, cleaning up your diet by avoiding refined carbohydrates and eating more complex carbohydrates like fruits, vegetables and whole grains is also important.

Additional Help and Information

If you would like more information about natural ways to protect yourself from xenoestrogens and to promote better feminine health, talk to the person who gave you this newsletter. They have additional handouts and resource materials to help you. You can also consult some of the following sources for more information:

The Fabulously Healthy Female DVD by Tree of Light Publishing
Women's Herbs: Women's Health by Kathi Keville and Christopher Hobbs
The Complete Women's Herbal by Anne McIntyre
Herbal Remedies for Women by Amanda McQuade Crawford
Every Woman's Herbal by John R. Christopher and Cathy Gilcadi

Continued on page 4



Attention Ladies

Do you have concerns about:

- | | |
|--|--|
| <input type="checkbox"/> Endometriosis? | <input type="checkbox"/> Uterine Fibroids? |
| <input type="checkbox"/> Ovarian Cysts? | <input type="checkbox"/> Heavy Menstrual Bleeding? |
| <input type="checkbox"/> Polycystic Breasts? | <input type="checkbox"/> Breast Cancer Prevention? |

Discover natural solutions to these concerns
in this month's Sunshine Sharing

Fibrocystic Breasts

This condition involves cysts that develop in the breast tissue and cause swollen, tender or painful breasts. A common problem, over 30% of women between 30 and 50 develop breast cysts. Fortunately, they are usually benign and only 10% of fibrocystic conditions develop into breast cancer.

Again, avoiding xenoestrogens and enhancing liver detoxification is the starting place for natural therapy. Because caffeine tends to aggravate this condition, it should be avoided. Essential fatty acids, like **Super Omega-3 EPA** are also helpful for cystic breasts, as are **Vitamin E** and **Vitamin B₆**.

To reduce breast swelling and tenderness, it is important to improve lymphatic drainage by wearing correctly fitted bras. **Lymphatic Drainage Formula** and exercise will also help.

Additional Suggestions

Used with the tips for protecting yourself from xenoestrogens, the following practices can reduce your risk of feminine health problems, including breast cancer. First, consume good fats such as **Super Omega-3 EPA**, **Flax Seed Oil**, organic coconut oil and butter from grass fed animals.

Second, avoid excess alcohol and caffeine. They can contribute to reproductive disorders. Third, reduce stress by filling your life with pleasurable activities. Find ways to pamper yourself regularly. And finally, regular exercise will also help maintain both your reproductive and general health.

For additional tips and suggestions on maintaining feminine health, take to the person who gave you this newsletter. They will be happy to help you.