



Women's Hormones:

Redox Solutions

In all my years of medical practice, I have never seen such profound evidence of hormonal imbalance and a need for treatment in countless middle-aged and younger women, as I do presently.

WOMEN IN THEIR 30S are often severely hormonally imbalanced, as well as fatigued, depressed and are on the road to developing osteoporosis decades before previous generations. In addition, I see many cases of estrogen dominance which can usually lead to weight gain, cancer risks, hair loss, menstrual irregularities, loss of libido and skin issues.

CAUSES:

The causal issues are connected to several areas:

1. Environmental toxins
2. Nutritional misdirections for our gut micro biome
3. Adrenal stress and failure
4. Sleep deficiency
5. Poor expression of our genes due to stressed transcription of our genes

TREATMENT OF SYMPTOMS:

Over the past 50 years, in the majority of cases, synthetic hormones have been given to women to attempt to mimic the body's cycles. This has resulted in some benefit, but far greater harm has often been the result. Today it is ill advised to take synthetic hormones past menopause, due to the well-documented incidence of stroke and heart disease. These complications are believed to be connected to the way synthetic hormone drugs are metabolized in the liver (they are not native hormones). The result is an altered functional status of the liver and the altered production of clotting factors and inflammatory cytokines.

OPTIONS IN THE 21ST CENTURY:

What does this mean for us in terms of what can be done to help? What would be the best way to get to the core of the five impairments listed above? At a cellular level the best and most upstream approach is to supplement the body with Redox molecules. I have personally witnessed patients in their 50s who have restarted their menstrual cycles (sort of turning back the clock a bit) for a couple years as they supplemented their bodies with balanced Redox molecules. The downstream benefits include enhanced sleep and restoring the hypo-thalamic axis to a functional status. Likewise, with this communication working hormonally, menstrual cycles are more regular, and hormone related mood disorders lessen. As weight decreases, there is a synergetic effect on the body because there is less conversion of hormones in the fat tissues to other hormones. The body detoxifies and adrenal stress lessens accordingly. A study in 2014 shows that our mitochondria regulate sex steroid hormone biosynthesis. If there is mitochondrial damage from oxidative stress reducing the Redox potential of our ovary cells, the result is progressive degeneration in tissue function and accelerated aging.

In another study, using animals, simply removing ovaries from rats resulted in elevation of blood and tissue markers for oxidative stress thus changing the Redox status of proteins in tissues. Estrogen has been shown to suppress the excess production of oxidants in cells, which stimulates osteoclasts,

Women's Hormones (cont'd)

the cells that resorb bone. Also, the rats that were estrogen deprived experienced antioxidants, like glutathione, fall substantially in their bone marrow.

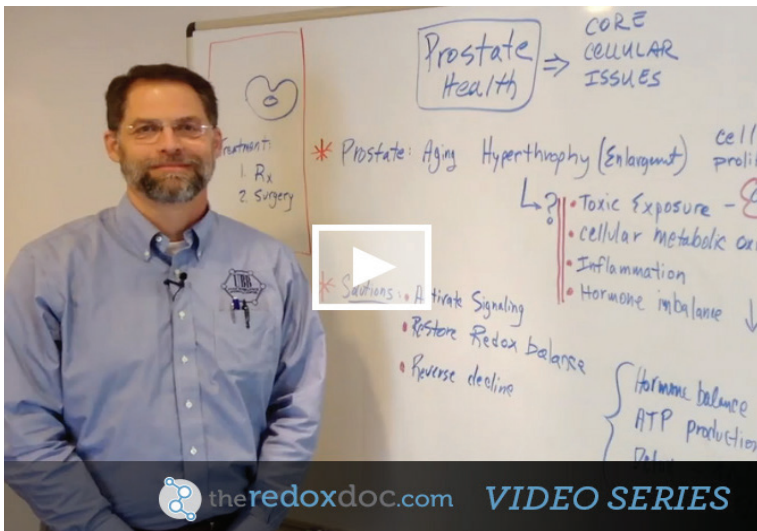
It seems clear that protecting basic cellular defenses is vital in maintaining bone health, which is linked in various ways to balanced levels of estrogen, and its opposing hormone partner, progesterone. The synergetic actions of all of our hormones require Redox molecules to activate cellular hormonal messages, and to protect the inside cell balance in maintaining a positive Redox potential.

Sources:

Longevity and Healthspan 2014; 3:2.
CIM Vol 32, No 2. (2009)
Bone Biology (<https://doi.org/10.1172/JCL18859>) September 15, 2003

For more information on the way REDOX molecules are critical to our health visit www.theredoxdoc.com There, you can enroll to receive videos describing the relationship between our REDOX potential and various medical conditions.

the **redoxdoc.com**
VIDEO SERIES



Available Video Titles:

- | | |
|-----------------------------|------------------------|
| 21st Century Infections | High Cholesterol |
| Acne | Hormones |
| Addiction | Hypertension |
| Adrenal Insufficiency | Thyroid & Iodine |
| Adrenal Gland Insufficiency | Inflammation |
| Allergy Epidemic | Macular Degeneration |
| Anxiety | Obesity |
| Arthritis | Osteoporosis |
| Asthma | Oxidative Stress |
| Athletic Endurance | Peripheral Neuropathy |
| Autism | Psoriasis |
| Bipolar Disorder | Prostate health |
| Cancer and Redox | Rheumatoid Arthritis |
| Cell Genetic Expression | Safety |
| Crohn's Disease | Skin Redox connection |
| Coronary Artery Disease | Sleep |
| Dementia | Testosterone (Low) |
| Depression | Thyroid |
| Diabetes | Traumatic Brain Injury |
| Digestive health | Ulcerative Colitis |
| Fibromyalgia | Vitamin D Deficiency |
| Gerd | Welcome Video |
| Gut Micro biome | Wound Healing |

Did you Know?

Many people who have enjoyed the FREE newsletters from theredoxdoc.com website have also been able to introduce others to science topic video lectures.

For just \$4.95 a month you can view these videos (7-10 min) as often as you like. You can also send a link to a friend to view once at no additional charge.

Approx. 5 new video classes are added each month.

Learn More Here: www.theredoxdoc.com/videos/