

The Tuesday Minute

Nutritional information.... one byte at a time

This Week's Topic

Accidental Discovery Leads To Breast Cancer Clues

Cancer prevention is something every clinician wants to be up to speed on. We're talking effective, and we're talking prevention of breast cancer, ovarian cancer and prostate cancer.

A few years ago, cell biologist Dr. Ana Soto was working out the biochemical details of estrogen sensitivity and its relationship to breast cancer when something puzzling happened in her Tufts University laboratory. Tissues growing in plastic dishes containing no estrogens started proliferating as if they contained estrogen. "This indicated that some type of contamination had occurred," Soto remembered. "We made an accidental discovery." Soto traced the contamination to the plastic tubes she was using to store blood serum.

Working with her colleague Carlos Sonnenschein, Soto purified the contaminant and identified it as nonylphenol, a chemical added during the manufacture of plastic to prevent it from cracking. They discovered molecules of nonylphenol were being shed from the tubes into the serum. Soto and Sonnenschein went on to prove that nonylphenol is estrogenic. That is, it mimics the effect of estrogen when added to tissues containing estrogen receptors.

In a series of experiments published in 1991, Soto demonstrated that human breast tissue proliferates in the presence of nonylphenol, possibly placing it on the path to tumor formation. This type of chemical and all other man-made chemicals that have ability to mimic estrogen in the body are classified with the name xenoestrogens. Many of these mim-

icking hormones were previously thought to occur only in pesticides; however, many of the "newly discovered xenoestrogens" are found in materials that were once thought to be inert.

Xenoestrogens are found in all kinds of plastics and in the hormones used by stockmen and farmers to fatten up animals for market—beef, chicken, turkey, and pork. They are also found in detergents, canned foods, and personal care products like shampoos, sunscreens, and soaps. There are various estimates stating that we are surrounded with anywhere from 100,000 to 600,000 man-made chemicals that belong to this group of xenoestrogens. Xenoestrogens are linked to many forms of cancer but mostly breast and ovarian cancer in women and prostate cancer in men. They are also responsible for premature sexual development of boys and girls.

How can we protect ourselves from this onslaught of xenoestrogens? Of course there are some obvious choices we can make in our lifestyle: avoid plastics, use natural health care products, and eat organic especially when it comes to animal products. Even with these changes there is a problem with xenoestrogens being fat soluble, which means they stay in the body for a long time. An effective solution, one that can diminish the effects of xenoestrogens, is the use of a natural progesterone cream.

Both men and women need progesterone in levels that the average person is not getting. Progesterone effectively prevents the binding of xenoestrogens in

our cells. It is the imbalance of estrogen to progesterone ratio that sets up the breast cancer or uterine cancer in the women. It is this imbalance of estrogens to progesterone in the male that contributes prostate problems. This imbalance can also be a factor in heart disease and autoimmune disorders in men AND women. But as with many products, not all progesterone products are equal.

We spent considerable time researching this issue and trying to find the best progesterone product on the market. We realized that oral progesterone tends to break down too fast, and it's hard to get a reliable dosage. The liquid forms are peaking too fast thus not giving a steady release of progesterone to the cells. Most of the creams we tried were not very effective either. The research led us finally to Broadmoore Labs, a company with a very innovative product.

Broadmoore Labs has resolved that obstacle by a unique two fold approach, which improve so called transdermability. First, they use micronized progesterone which is much easier to absorb. However, if the oral implementation even micronized is broken down too fast in the transdermal application, it is absorbed much more efficiently. The second approach relates to how the cells absorb nutrients. Our cells exert constant specific osmotic pressure. This partially prevents the toxins from randomly entering the cell structure. The cell lets in only substances that have "low surface tension."

All fresh plants, fruits and vegetables naturally contain fluids with very low surface tension. Low surface tension is critical to healthy cellular function, absorption of nutrients, and the removal of toxins. Broadmoore Labs uses a proprietary catalyst to alter the surface tension, thus making progesterone even more available than it would be just by being micronized.

When we first received this product, we were impressed by the results. Whereas before we needed weeks or months to achieve results with some patients, Broadmoore Labs NatraGest Cream worked in days. One of the users of this cream had this to say: "I used NatraGest regularly for years, and though I felt good, I didn't know just how good this product was until I couldn't find it for over 3 years. My health declined dramatically until I found it again, and now everything is back on track!" We have heard similar statements from patients many times.

So, here's the summary: We are surrounded by literally 100's of thousands of xenoestrogens that have debilitating effects on our health by disrupting our hormone function. Progesterone is a natural way to keep these man-made xenoestrogens from taking a hold of our cells' mitochondria and thus preventing cancer. Both men and women can greatly benefit from applying a small dose of natural progesterone.

Most products have unreliable dosing, peaking too soon, or being trapped in the local tissue for too long without providing true benefits to the targeted cells. Broadmoore Labs have resolved the problem by using micronized progesterone and lowering the surface tension to make the progesterone more available to all the cells in the body.

On other Tuesday Minutes, I explore different approaches that can help protect us from xenoestrogen; but if you are not familiar with NatraGest, check it out and implement it in your practice. It's one of nature's best protectors. Thanks for reading. See you next Tuesday.