

caws

There are sooo many of us out there trying to get ANY doctor to even try to interpret & properly prescribe or advise with even a spit test ;which even the endocrine guys from Harvard with 50 years experience dismiss. Been there done that. The last time I tried "bioidentical" they screwed up my thyroid, & brought back my periods & hot flashes after 20 years post menopause--AND it cost me thousands of dollars. All I wanted was better sleep, some energy & no vaginal tearing. [By the way vitamin E suppositories; which no one suggested but I figured out on my own works for vaginal tearing]

Because of fluoroquinolone poisoning & heavy metals I am quite sure much of my problem is metabolism. My CYP450 enzyme system that controls metabolism is majorly affected [genetic testing confirmed]. I was estrogen dominant as a young woman; severe cramps & heavy periods every month to the point of anemia. Early menopause [age 44 after major dose of fluoride anesthesia] was a god send for me with few side effects. After being floxxed [Cipro,Levaquin,Factive] though I have FM/ CFS/ MCS and NO ONE will address my adrenals. MY HPA axis is screwed. Been on Armour thyroid for symptomatic subclinical hypo for 26 years [Synthroid does not work because F & Hg block conversion of T4 to T3].

If I get this test ; do you have a list of docs that know how to interpret it or are at least amenable to a patient that will ask them to try? I am in South Carolina where it is pretty backwards especially medically. Oh yes & no insurance. Willing to pay but most won't even give you an appointment w/o insurance because they want a battery of expensive tests that you mostly don't need. [I did all that when I had insurance].

Posted On 05/08/2016

seastars

Caws: Where can one get the Vit. E suppositories and are they inserted prior to intercourse or placed on a daily basis?

Posted On 05/08/2016

dansears

caws, google 'alternative MD south carolina' or 'integrative medicine south carolina'. It should result in a listing of several physicians who take more natural approaches to diagnosis and healing. I found a great one when I lived in Wisconsin, and a very good one when I moved to California. They are typically very receptive to alternative approaches, and will take the time to work through your issues. The downside is they don't always take insurance, which in your case it doesn't matter.

Posted On 05/08/2016

Brazil123

Caws, I did this DUTCH test about a year ago. IF you recall, I too was heavily floxed with Cipro and this horrible drug is the cause of all my ailments. The DUTCH test is very expensive and insurance generally does not cover it. My ND who is well versed in this test, found a number of problems in how my hormones work and I was able to correct the main problem by using a supplement called DIM-AVAll by Designs for Health.

I do not know anyone on the east coast who is well versed in bio-identical hormone therapy; however, here in Seattle we have the Tacoma Clinic, where Dr. Jonathan Wright (The father of Bio- identical hormone therapy) leads this clinic. I see Dr. HInschliff who was trained and still works part time in the Tahoma Clinic (<http://tahomaclinic.com/>) 206-812-9988 . I don't know if they do phone consults, but it is worth a try if you are interested in pursuing this test and want some knowledgeable professionals analyse your results.

Posted On 05/08/2016

caws

Seastars, You can buy them many places, most pharmacies have them. I get mine at vitacost.com They can also be used rectally. I use them most evenings before bed with a pad as they do melt. It is more to heal & strengthen tissues than as a lubricant. All the lube in the world won't help if you are tearing right?

Posted On 05/08/2016

rubylaverne

CAWS husband and I found an excellent specialist in Bioidentical Hormone Replacement. He put both of us on Pellet testosterone therapy, and I also was placed on Bio Estrogen. NEVER have we felt better. Better sleep, stopped all bone loss and adds 19% per year, improves energy, and I can't say enough about libido. Husband went on testosterone pellet therapy because of his high PSA, and prostate cancer running in his family. Have you ever tried Vagifems? They work wonders, but nothing like estrogen.

Posted On 05/08/2016

Very informative article. Determining if your health problem is based on hormonal imbalance helps us understanding why we feel certain way but is it really good to manipulate the body by re adjusting hormones utilizing medicinal remedies? We always have to start by understanding that the body will never do things to harm itself so every response on cellular level is geared towards helping the body. Sometimes changes happen that we do not understand or we misinterpret as negative. Hormonal therapies are sometimes welcome for immediate result but I do not recommend prolonged hormonal therapies. I have noticed how cells accommodate the needs of the body and provide necessary chemicals if they are given the chance.

I had people with surgically removed thyroid glands and ovaries and they stopped hormonal supplementing because the body started to produce necessary hormones. This is why we have stem cells available in our blood. For stem cells to be able to activate themselves, they have to live in a clean environment so blood cleansing is absolutely necessary. Blood has to be clean not only from toxic debris but from medicinal remedies as well and this is one thing that is always overlooked. Toxic blood plays major role in hormonal imbalance during menopause as well and it can be easily dealt with by cleansing the blood. Here you can read more about it darkovelcek.wordpress.com/.../hormon-izing-our-body Love and light

Posted On 05/08/2016

RobertSniadach

kefa55 - Nice post, amigo! You make a couple of simple but hugely profound statements that nearly no one EVER comprehends: "We always have to start by understanding that the body will never do things to harm itself so every response on cellular level is geared towards helping the body. Sometimes changes happen that we do not understand or we misinterpret as negative." I cannot begin to count how many times I have attempted to get my patients, students and clients to understand this simple truth.

I am probably 25% successful. The concentrated and protracted programming that we all receive from birth - "Look outside yourself to find the solution to your problem" - is extremely difficult to overcome. Indeed, I consider jumping this hurdle to be the key to pretty much all physical, emotional, mental and spiritual issues across the board. Once one deeply grasps this simple, living, organic truth, their whole perception of life, health and disease spins around 180 degrees. Once one gets it clearly that the body is ALWAYS trying its best to restore and maintain health, every living moment... well then, it's a whole new ballgame, and far more fun and exciting as well.

Posted On 05/08/2016

kefa55

RobertS...alternative healers have always known more about healing but mainstream medical lies have penetrated even there. This lowered the quality of help that alternative healers are providing these days. Any medicinal remedies suppresses cellular activity and intervenes with innate healing so medicinal remedies are just answer for acute problems and only short term. After we should concentrate on simply providing water with sea salt and clean energy so that the cells can finish the healing process.

Posted On 05/08/2016

Randyfast

What a sick society this is. If we were all healthy; there would be no need to test for anything.

Posted On 05/08/2016

Islander

Hormones are only one piece of a complex puzzle. Our body is an amazing instrument that wants to maintain homeostasis but sometimes needs a little help from our nutritional intake. Another angle to add to the hormone issue is aminos. I would highly recommend Julia Ross's THE MOOD CURE. Read about it, and some people's responses to adjusting amino intake, here: www.hawkeshealth.net/.../showthread.php

Posted On 05/08/2016

pookiecat

No replacements hormones? Not when they removed my thyroid, killed my parathyroid glands? Do you know without hormonal Vit D treatment for hypopara you can go into a tetany that can affect all muscles, including the heart? I won't even go into all the bad things that can happen without the proper thyroid hormone (NDT) replacement. My body went into tetany twice, trying to see if my gland would wake up. The second time I asked the ER doctor if any medication could stop this and he told me yes. I told my doctors yes, and no more tetany. Of course, it was a combination of three medications and calcium supplements that I needed. And they have their side effects, sigh. Trauma treatment has its place and I would say part of that place is when organs are removed. Mine were because of cancer. No other choices were given me. Truth to tell, since the first surgery in 2002, my energy disappeared, my brain is going, I hurt, and I never feel well. My hormone testing showed cortisol going up at night, very high in the morning and estrone and estrodial just about nil. We are treating with DHEA, 25mg daily.

Do you introduce yourself here? When I tried to register I found out I already was, and the computer, not I, knew the password. I doubt if I ever posted. I am a 78 year old woman, living without my thyroid, with paras that are trying to come back, very unusual, missing a kidney, had the cancer in the other ablated and, against advice, kept my left breast. I come from a cancer family, told my sibs I had their cancers too. Heart disease too in the family, lost my younger sister several years ago; however, I take arginine, so far, clean arteries, strong heart. Wish the rest of me was as good!

Posted On 05/08/2016

RobertSniadach

Now this is a really excellent article. Thanks for the info! Many times over the years I have needed a good, simple, reliable hormone test for patients. Very glad to find out this is available. Hopefully it catches on in a big way so the cost drops to about \$50. Bravo Mark Newman!

Posted On 05/08/2016

cjneu21

How do you find a good doctor that really knows how to interpret this test and what to do correctly?

Posted On 05/08/2016

seastars

Article states: "Precision Analytical also has a network of providers across the globe that can assist with the whole process of balancing hormones."

Posted On 05/08/2016

grulla

Since various body fluids are involved in hormonal testing, such as blood/serum, urine, and/or saliva, why isn't pH a consideration, or is that not important for hormonal testing?

Posted On 05/08/2016

SadieKay

I had a saliva test done about three years ago with my ND and that's when I learned I had adrenal fatigue. I never heard of the Dutch test until today. Perhaps it's time for one -- in order to measure my progress.

I wonder if it's affordable. The video provided quite a dollar range.

Posted On 01/06/2019

underconstruction

It appears that USA stateside testing would be from dutchtest.com/.../introduction Am I correct?
Does the Precision website give out providers?

Posted On 11/02/2017

underconstruction

I watched the video. I was curious about something. I have been studying menopause, the thyroid, and adrenals for awhile. You hear some say that the female hormones need to get fixed first (which will sometimes make the thyroid come back on its own). Then again, I read many times to get the adrenals healed first, and that will bring the thyroid back. The video seemed to talk about getting the thyroid fixed first, and then the adrenals will better respond. How do I know what to go for, the chicken or the egg? It would seem that cleaning things to assist any self correction should happen first. I am period free for the past 6 years. When that happened, I was young and vibrant, looking younger than my age, and I just seemed to take a turn and age very quickly when they stopped. I have gained 22 pounds I cannot shed after being the same weight for 31 years. My hair falls out, and has gotten thinner, and I cannot seem to handle any fear, as I get heart palpitations, and weak legs. I don't sleep well at night, and have to get up, just because I can't sleep in the mornings. All a result of period stopping. I have just started taking multis again, which have helped my hair loss in the past. I live in an area where anyone other than pharmaceutical dispensing doctors are unheard of. Any suggestions?

Posted On 11/02/2017

presence1st

CAUTION: I asked my doctor whether she would work with the Dutch Test (I have been on bio-identicals for quite a few years). She went through all the hoops of learning to read, interpret, analyze tweeking my prescription, et al and I am about to take my third test. My doctor moved too far away and no one within four states other than chiropractors who cannot prescribe works with the Dutch Test. Had to go with another doctor who has the pharmacy do the testing and prescribing - definitely not my opinion of an optimum solution. End result is my doctor takes my insurance, and then I have to go to someone practicing alternative for \$450 for first visit to get them to do my hormones only ... including not being able to do the Dutch Test. I will be starting all over having to get a new "baseline" with another method!
Ugh

Posted On 09/16/2017

dawnlouisbyrd_7yahoo.com

How I've been able to be 'where I am at' is a total surprise to me. This tent I'm in has been a challenge most of my life, to my memory around four years old....my beginnings....is there really someone that has the answers?....to my weirdness....puzzling mystery?...you can have me.....I am so tired of trying 'this and that'....this just doesn't affect the bodyit(puzzle) affects the mind(sanity)

I would be so thankful and grateful for insight....especially to reconnect this body, with in and without, to God's original plan....Thank-you.....

Posted On 05/31/2016

puggirl415

I can't wait to read more about this. I've been suffering from hormone problems that no one has gotten to the bottom of. Before menopause I suffered from estrogen dominance diagnosed from an estrogen metabolizing test. Turned out my liver wasn't clearing the estrogen I was creating properly. Hence a recommendation to take DIM to help my liver clear the estrogen. Then I got the 24 hour salivary cortisol test which showed dysregulated cortisol that was low overall and somewhat high at the wrong times. Although I wasn't treated I was told I probably have adrenal fatigue. I was skeptical of how I can have low cortisol or adrenal fatigue because I have tremendous energy. I decided to treat it by being mindful of my diet and working on the ensuing insomnia with herbs and sleep hygiene. It would be nice to have a more nuanced report using this information if it's still the same. I'd love to know how to really understand the issues of thyroid/adrenal/liver/other hormones. It might help me avoid the scattershot approach to testing and supplements I've been forced to experiment with for the past 8 years.

Posted On 05/08/2016

sha2251

Hi, puggirl: I totally agree with you and have been doing the "scattershot" approach for the past few years as well! It seems to work great for awhile and then I'll get E dominant even though I'm taking DIM and taking care/supplementing of my Liver. It would be good to see more articles about hormones and hormone testing. I like the idea of dry urine testing and seems like it is more accurate and convenient. While I love this website for so many reasons, I think that Dr. M could do a better job with some of the issues that affect women more than he does. Dr. David Brownstein (Detroit) seems to give a lot of coverage to women's issues and has a good newsletter and good publications. Good health to you!

Posted On 05/10/2016

melindamarie

Hmmm. This gives me something to think about. I had my chiropractor who uses the B.E.S.T. technique, "test" my hormone needs. It was determined that I needed 1/2 tsp of progesterone cream a day. I've had very good results with this method in other areas but I think I will ask him to repeat the test each week for a while to make sure the results are consistent.

Posted On 05/08/2016

rrealrose

Thank you Dr M, for this interview! Highly informative, as I suspected from listening to Chris Kresser earlier this year, much earlier hormone testing comes with a variety of blind spots or potential for missed interpretations.

Posted On 05/08/2016

Angel Liberte

Hi, if you use the contraceptive rod (implant in your arm) can the Dutch test still be informative? My daughter has depression and I'm wondering if this is a valuable test for her?

Posted On 05/07/2016

californiawoman

Hormones, especially progesterone only - which implants usually consist of - definitely can cause not only depression, but also weight gain, acne, irregular bleeding and a host of other undesirable side effects.

Posted On 05/09/2016

Anitza1

will this test be available in Australia any time soon? thankyou.

Posted On 05/07/2016

Warbogirl

www.nutrisearch.co.nz/.../dutch-testing This company looks like it services Australia and New Zealand. There is a find a practitioner option. Good luck.

Posted On 05/07/2016

Mikel1770

You can get the test in Australia and the interpretation of the results through www.planetnaturopath.com

Posted On 05/23/2016

Chronic stress could induce adrenaline to activate lactate dehydrogenase A (LDHA) to produce lactic acid. Systemic lactic acidosis is associated with an extremely poor prognosis for survival in cancer. Chronic stress and stress hormones can upregulate the expression of stress-related proinflammatory genes in circulating white blood cells, which increases the release of proinflammatory cells and the production of proinflammatory cytokines, and may activate aging. inflammatory response without the trigger of exogenous inflammation, leading to the promotion of tumorigenesis and metastasis. Stress hormones promote the onset and development of cancers through several mechanisms, such as inducing DNA damage, increasing p53 degradation, and regulating the tumor microenvironment.

Chronic stress can also activate the inflammatory response and the interaction between inflammatory cells and cancer cells to form the tumor microenvironment, thereby promoting all stages of tumorigenesis. Animal and human studies have reported that systemic cortisol levels are increased by acid-base disruption through transiently induced metabolic acidosis. Acidosis mediates cortisol activity through the pituitary-adrenal cortex-renal glutaminase axis.

Many studies suggest that acidosis induced by the Western diet may play a role in modulating systemic cortisol levels, and that neutralizing the acid load through alkalinization may reduce cortisol levels. Excessive or chronic cortisol production acquired from a "Western" dietary lifestyle could play a role in upregulating the tryptophan metabolism pathway and driving downstream molecular events that promote carcinogenesis. Upregulated cortisol bioactivity driven by diet-induced acidosis may be a factor in metabolic syndrome by promoting insulin resistance.

Guillermou

Chronic hyperglucocorticoidism increases visceral obesity while reducing insulin sensitivity primarily in visceral adipocytes which appear to be more responsive to cortisol than subcutaneous adipocytes due to higher levels of glucocorticoid receptor expression. Visceral adipocytes also show increased activity that converts cortisone to bioactive cortisol. Glucocorticoids stimulate visceral adipocytes to increase lipoprotein lipase activity, while suppressing insulin-mediated glucose uptake. Acute induction of systemic acidosis appears to reduce serum IGF-1 levels.

Induction of short-term metabolic acidosis. www.ncbi.nlm.nih.gov/.../PMC7466429 (2020).-----
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Posted On 02/18/2024

welchmf

Regarding diet in cancer treatment, my family member was treated by Dr. Forsythe, a Suzanne Somers recommendation. He put him on, among other things, a low-histamine diet. Was a successful remission until my family member passed away from a stroke years later.

Posted On 02/18/2024

grulla

About 15-20 years ago, we were watching Dr. Nicholas Perricone promoting DHEA for longevity on a PBS fund raising drive. I've been taking one 50mg pill of it every day ever since.

Posted On 02/18/2024

mikehodge

I would like to try the Dutch testing, but the article recommends to have your health care provider to read in order to understand the results. Where can one find a decent health care provider?

Posted On 02/19/2024

GoldCoaster

Search for Dutch testing. The labs' websites provide physicians in your area.

Posted On 02/19/2024

GoldCoaster

Georgi Dinkov and Mercola now say taking progesterone orally mixed in with vitamin E or butter is as good as vaginally or rectally.

Posted On 02/19/2024

pjucla

True but not always.

Posted On 02/18/2024

DocTwinkle

I have heard about the DUTCH test but have never used it. My nutritional counselor used a 4-point saliva test to map out cortisol vs DHEA to assess the condition of the adrenals. She felt it was important for me to supplement with DHEA, but even at very low doses of DHEA, I suffered heart palpitations when I took it! My chronic stress ultimately crashed my hormones and I was thrown into daily torment of hot flashes every 25 minutes (like clockwork) and night sweats. I started BHRT in 2015 and my doctor went by the blood test results only. I ultimately insisted on using "the messy creams" after my doctor had me taking oral progesterone and two "pellets" that got implanted in my butt -- another miserable chapter.

The hormone creams give you control over dosing. Turns out that I needed a blend of estradiol and estriol (E2/E3) to work for me, and I continue to eat through high levels of progesterone cream. My doctor has me on cyclic dosing (to mimic a menstrual cycle), and typical amount you use per cycle is called "basic" dosing. So I use basic dosing of E2/E3 and testosterone, but basic+8 dosing of progesterone just to keep going. The adrenals steal progesterone to make more cortisol as needed to cope with stress -- which is bad for the heart. I use Life Extension to get the comprehensive Female Panel done twice a year and tweak my hormones accordingly (with my doctor's permission - BHRT requires an Rx).

I went without health insurance for decades as I only had enough money to pay for BHRT myself or to pay for useless health insurance. I went with what was helping me. It's not cheap but it's a god-send. Now I'm curious about trying the DUTCH test to see how the results compare with the blood test results. I'm paying out of pocket for all testing (and my hormone doctor) because health-insurance covered doctors are useless and won't order comprehensive testing like what I get through Life Extension.

Posted On 02/18/2024

DocTwinkle

For clarification: I went without health insurance for decades before I went onto BHRT because I paid out of pocket for alternative medicine care - educated myself + had some testing done with the help of nutritional counselors. Even then, with supplements running about \$2500/year out-of-pocket, I had to forego the cost of health insurance to afford the supplements and testing that I found were helping me. Conventional medicine and doctors were NOT helpful to me. When Obamacare was instituted, I had to constantly apply for exemptions for the requirement of health insurance until they provided me with 100% subsidized insurance which I have but never use now. These insurances NEVER cover tests like the DUTCH test or anything that might actually be useful though. And good luck finding an "in-network" doctor who would even order tests like these!

Posted On 02/18/2024

GoldCoaster

In Mercola's interview with Georgi Dinkov, Dinkov explained that estradiol will show as none existent in the blood after menopause, but that doesn't warrant any supplementation, because estrogen is not coming from the ovaries and showing in the blood, but present at very sufficient levels in the tissues where it's stored. Hair testing in Japanese women showed still medium to high levels post menopausal. Postmenopausal estrogen sensitive breast cancers contain very high levels of estrogen. Extra estrogen through supplementation, even if bioidentical, is dangerous and can cause all forms of cancer.

This was quite mind-blowing to hear, as I'd always thought my post menopausal undetectable blood estradiol warranted being prescribed estrogen (E2/E3 called biest) as well as progesterone, as nearly all functional medicine doctors do that, who go by blood testing. I've since had a Dutch Test and was not given estrogen, only prescribed a 150 mg progesterone capsule and DHEA 12.5 mg vaginally. A follow up Dutch test confirmed all's good and estrogen levels are normal.

Posted On 02/19/2024

Reality most can't afford it and insurance doesn't pay for it .

Posted On 02/18/2024

DocTwinkle

"Can't afford it" usually boils down to personal choices about how you spend your income. Buying a new car, clothing or going on vacations trumps most people's care of their bodies. When you realize that the health of your body is worth it, you thumb your nose at insurance and do what makes sense. I'm only getting insurance at no cost to me (fully subsidized) because of what was initiated by Obama - so I have such low income, that the state subsidizes my health insurance now. But I would be fine without the insurance because it is largely useless to me - nice to have it in case I get into a serious accident or something, but otherwise, I don't use it.

I pay out-of-pocket on my low income for the kind of care that helps me. I don't have kids to take care of me someday - I'm on my own. If I can't keep my body in good working order, cancer-free and free of all the other modern ailments of our society, there is no one else who can care for me. I have a family member who drives a Prius, paid cash for his McMansion, has a fabulous woodworking shop in his house and takes vacations to Europe and elsewhere with his family each year, but won't pay for holistic care for himself or anyone in his family.

They limit themselves to doctors covered by their health insurance. And it shows. His wife says, "Oh we can't do that because it's not covered by our health insurance." Well, if that's what you choose, I can't help people like that further.

I think it's sad to see people with real financial means skimp on health care like that. That said, I know people living paycheck to paycheck who ARE limited in being able to afford supplements and/or holistic care and testing. I have actually - even on my low income - paid for others to get useful testing done. Have paid for and donated supplements for them to try. Sometimes you can get help if you just vocalize your need with someone who is willing to stick their neck out for you to help. Where there's a will...

Posted On 02/18/2024

GoldCoaster

Yes, the Dutch test, and repeated testing, is expensive. If I was under financial stress and couldn't pay for the test, I'd at least buy the high dose progesterone cream on-line. It does produce other hormones if we need them. I'd research on-line, including Mercola, to work out dosing the best I could. We live in a sea of synthetic estrogen which is carcinogenic. That is also contributing to prostate cancer. Gotta cut back on seed oils, alcohol, and not be over weight, -all raise estrogen. Georgi also suggests pregnenolone 100 mg as it also produces what other hormones you need, but still include additional progesterone. I just read an article where Mercola says 50 mg pregnenolone. Best to mix that in with fat also.

Posted On 02/19/2024
