

misskylie0316

I couldn't find a copy of that book by Ray Peats mentioned in this article in the United States for any less than \$350 on Amazon, as Mercola had said, but if anyone wants to just read an archived copy, here is the link to it that I'd found! This site also has a free download of this book available if you just search the web for "From PMS to Menopause: Female Hormones in Context" it will be the first result for this by the same archive site. This link is just to read it and download though for anyone who wants to read it I hope this is ok to post here! archive.org/.../1up

Posted On 03/25/2024

HealthHopes

Thank you for the link!

Posted On 03/26/2024

Guillermou

The importance of knowing what emerging contaminants are is that every day we face them in pharmaceuticals, household cleaning and personal care products; even in food. It is estimated that a source of contamination is untreated urban wastewater and effluents from wastewater treatment plants, since these substances end up being released into surface water, into the soil or, in very specific cases, reinjected into the aquifer as well as medical. Studies reveal that the main effects of exposure of different fish species to estrogenic compounds include alteration of sexual development, as well as changes in mating behavior, reduction of reproductive success and alterations of the endocrine system.

These changes can be expressed later in the life cycle or even in future generations. This affects humans who have reported low sperm count and deterioration in male reproductive health and, on the other hand, breast cancer in women, as a consequence of increasing exposure to these compounds. Pharmaceutical industries, hospitals and treatment plants oppose legislation for in situ disposal because it involves high costs in treatments to eliminate harmful compounds before they are released into the environment. However, on the other side of the reflection are all the harmful effects that its presence in the environment can cause, so a delay in awareness could cause a time to come when it is too late.

DES is a synthetic estrogen that has been used as an agent to prevent miscarriage in pregnant women. Since then, adverse effects of DES exposure have been detected in exposed mothers and especially in their daughters, known as DES daughters. The most pronounced effects seen in DES daughters include structural abnormalities in the reproductive organs, adverse reproductive outcomes, and cancers of the reproductive system, including the vagina, cervix, and breast.

Posted On 03/25/2024

Guillermou

Bisphenol A (BPA) is a synthetic estrogen found in numerous consumer products and is widely exposed to humans and wildlife. It can cause infertility, various changes in offspring, development and function of reproductive organs, and behavior. BPA also affects the metabolic, thyroid hormone, and androgen systems. Infertility is a problem that affects one in six couples, which represents approximately 15% of the population who wants to start a family. In 30% of infertile couples, the male factor is one of the main causes. Bisphenol A (BPA) is associated with several chronic metabolic diseases including obesity and diabetes.

Obesity increases the risk of associated diseases, such as infertility, type 2 diabetes mellitus, dyslipidemia, cholelithiasis, hypertension, coronary heart disease, stroke, endometrial and breast cancer, premature aging and neurodegenerative diseases. It is estimated that complications derived from obesity contribute to more than 4,000,000 deaths per year worldwide, representing 7% of mortality from all causes. www.sciencedirect.com/science/article/abs/pii/S0166445X11002529 (2012).-- www.sciencedirect.com/science/article/abs/pii/S0166445X23000528 (2023).-- www.sciencedirect.com/topics/agricultural-and-biological-sciences/synt.. (2014).-- www.sciencedirect.com/science/article/abs/pii/S1521693423001013 (2024).-- www.ncbi.nlm.nih.gov/.../PMC10042660 (2023) onlinelibrary.wiley.com/.../obr.13738 (2024).-- journals.sagepub.com/.../1559325820916949 (2020). The European Commission began a consultation in February 2024 on a draft proposal to phase out the use of the controversial chemical bisphenol A. www.euractiv.com/section/agriculture-food/news/eu-commission-moves-to-.. (2024)

Posted On 03/25/2024

shery77

Hi all, What about flax seeds? Isn't flax seed a phyto-estrogen that mimics estrogen and therefore not good to consume? The article however mentions that it helps estrogen detoxification and metabolism? I'm confused. Can someone please explain about flax seeds? Thank you!!!

Posted On 03/25/2024

So important Gui. Dr Zack Bush has tracked how so many chemicals end up in our many bodies of water. These then also keep running downstream and consolidating, condensed to become more toxic when they get to the end points of it all. Our choices to leave poisonous products on the shelf have been undermined and we receive such in both direct and indirect ways. The accumulation of so many things, especially products containing Estrogens, are destroying our ability to be human, to develop properly. Disruptive not just physically, but mentally, emotionally and spiritually. The US has gone in the last sixty years from being at or near the top of the worlds healthiest to rock bottom. Yet we are supposed to believe nothing to see here. It also doesn't stop with just humans. This kind of chemical polluting show many signs it is affecting many, many lifeforms in disastrous ways.

Posted On 03/25/2024

Guillermou

shery77, there are many foods with natural estrogens. Sesame, chia, sunflower, flax and anise, rice. Vegetables: Beets, eggplant, cucumber, spinach, lettuce, broccoli, coconut, avocado and carrots are vegetables with estrogen content. Fruits: Estrogens can be found in apples, cherries, blueberries, raspberries, plums, pears, grapes, kiwis, oranges and apricots. Legumes also increase estrogen levels in our body. The important thing is that estrogens from natural foods are accompanied by phytochemicals, minerals and vitamins that are beneficial for health.

Flax oil has 20% LA linoleic acid, so it should be taken in moderation so One tablespoon of flax oil contains 1 gram of LA. Avoid sunflower oil. A very high level of natural estrogens can cause health problems: cravings for sweets, migraines, irregular periods, fluid retention, constipation, fatigue, bloating, among other symptoms. By binding to estrogen receptors in premenopausal women, phytoestrogens "reject" estrogen production through negative feedback at the level of the hypothalamus and pituitary gland.

Phytoestrogens may also help prevent osteoporosis, high blood pressure, heart disease, and senility. Numerous studies have reported that phytoestrogens, including isoflavones, flavonoids, and lignans, do not affect estrogen or progesterone concentrations in postmenopausal women. . Two other postmenopausal studies suggested that flaxseed lignans may reduce E2 and E1 sulfates in healthy women, and E1 concentrations in overweight and obese women.

www.sciencedirect.com/topics/medicine-and-dentistry/phytoestrogen (2003).--

www.ncbi.nlm.nih.gov/.../PMC7468963 (2023)

Posted On 03/25/2024

stoneharbor

Thanks Gui for pointing out via your links that Estrogen in excess is not just a definite contributor to cancer, but is involved in so many other aspects of our endocrine control, that Estrogen excess is already a threat to what has been normal and healthy reproduction in our species (and in other species being tested, such as wild fish). Cancer is bad because it effects members of our current population, including our friends and family. But if humans are being affected in our reproductive ability, or the ability of our offspring to survive, it is even a more serious matter. As your next-to-last study says: The study examines "the effects of exposure to estrogenic EDC bisphenol A (BPA) on adipocytes and their function, which might affect the risk of adult obesity.

Moreover, BPA exposure has been associated with impaired reproductive capacity." There is just total disregard in the scientific community for all the ramifications of every one of the thousands of new chemicals are introduced into our environment each year. It seems the only escape (and partial at that) is to do as Almond often suggests, and get as far away from anything "new or invented" as possible and effectively do as the Mennonites do. There's just no way we can test every invention that is thrown at us. We can be a lot safer by rejecting it all. Actually, 15 mile communities may be just what we need for survival if we can maintain our freedom to choose.

Posted On 03/25/2024

Guillermou

Thanks Just and stoneharbor, references to a reality of growing pollution. PFAS, sometimes called “permanent chemicals” because they break down very slowly, are used in products such as nonstick pans, cosmetics and waterproof clothing. Phenols include BPA, which is commonly used in food packaging, water bottles and toys, as well as other substances used in products such as air fresheners and synthetic dyes. These man-made chemicals have contaminated water, soil, food and people around the world. The research team, funded in part by the National Institute of Environmental Health Sciences, studied a sample of more than 10,000 adults who participated in the National Health and Nutrition Examination Survey (NHANES) between 2005 and 2018.

Women with a Previous diagnosis of melanoma, ovarian cancer or uterine cancer had higher concentrations of perfluoroalkyl and polyfluoroalkyl substances (PFAS) and phenols in the blood. The results have just been published in the Journal of Exposure Science and Environmental Epidemiology. To study the link between chemical exposure and hormone-related cancers, researchers analyzed NHANES data on self-reported prior diagnoses of melanoma and cancers of the thyroid, breast, ovary, uterus and prostate in adults aged 20 years and older and found higher levels of several types of PFAS in women "These findings show that PFAS and phenols are potential environmental risk factors for cancer risk in women," said Max Aung, PhD, senior author of the study and assistant professor of population sciences and public health at the School of Keck Medicine.

"Our study can be used to help prioritize which chemicals to investigate and mitigate exposure as we continue to work to reduce cancer risk." keck.usc.edu/news/exposure-to-certain-chemicals-raises-the-odds-of-a-p.. (2023)

Posted On 03/25/2024

Guillermou

The incidence of colorectal cancer (CRC) continues to increase worldwide and is expected to reach 2.2 million new cases and cause approximately 1.1 million deaths by the end of the decade. Several studies have indicated that certain environmental exposures may increase the risk of developing CRC. Colorectal cancer spreads primarily through regional lymph nodes (LNs), and the presence of metastatic lymph nodes (MLNs) is associated with a worse prognosis. This study found a positive association between serum PFAS mixtures and the amount of MLN in CRC patients. These results provided evidence that PFAS exposure may affect the prognosis of CRC patients. More work is needed in the future to investigate the association of PFAS with more CRC outcomes.

www.sciencedirect.com/science/article/abs/pii/S0013935123023332 (2024)

Posted On 03/25/2024

HilltopJPJ

Guillermou, water is certainly the tough one for the majority of our society. I grew up on what I call "toilet water" drawn from the lake, also where the treated sewage was discharged into, also where the largest hospital is. This was in the sixties and seventies, I've been on well water since the early eighties with the last 35 years being mountain deep well water (not much else above us but a few houses), presumably and hopefully relatively toxin free. In recent years we've been purging the household of plastic food storage containers, and have never really used the typical personal and household cleaning products. We also grow a lot of our produce and meat, but it is overwhelming how toxified our environment is no matter how hard we try to avoid it.

Posted On 03/25/2024

Guillermou

Very much agree, HilltopJPJ. At least 45% of the nation's tap water is estimated to contain one or more types of chemicals known as perfluorinated and polyfluorinated alkyl substances, or PFAS, according to a new study from the U.S. Geological Survey. There are more than 12,000 types of PFAS, and not all can be detected with current tests; The USGS study tested the presence of 32 types The study analyzed 32 individual PFAS compounds using a method developed by the USGS National Water Quality Laboratory. The most frequently detected compounds in this study were PFBS, PFHxS and PFOA. The EPA's 2022 interim health advisories for PFOS and PFOA were exceeded in all samples in which they were detected in this study.

Scientists collected tap water samples from 716 locations representing a variety of low, medium and high human impact areas. The low category includes protected lands; medium includes residential and rural areas with no known sources of PFAS; and high includes urban areas and locations with reported sources of PFAS, such as industries or waste sites. A USGS map of the US with dots representing tap water sampling sites across the country, varying in size and shade from blue to Sources/Use: Public domain.

View media details This USGS map shows the amount of PFAS detected in tap water samples from select sites across the country. The findings are based on a USGS study of samples taken between 2016 and 2021 from public and private supplies at 716 locations. The map does not represent the only places in the US with PFAS. Most exposure was observed near urban areas and potential sources of PFAS. This included the Great Plains, Great Lakes, East Coast, and Central and Southern California regions. www.usgs.gov/news/national-news-release/tap-water-study-detects-pfas-f.. (2023)

Posted On 03/25/2024

Guillermou

BPA exposure affects various structural and molecular changes of the brain, promoting oxidative stress, changing the expression levels of several crucial genes and proteins, destructive effects on neurotransmitters, excitotoxicity and neuroinflammation, impaired blood-brain barrier function, neuronal damage, effects of apoptosis, altered intracellular Ca²⁺ homeostasis, increased reactive oxygen species, promoted apoptosis and release of intracellular lactate dehydrogenase, decreased axon length, microglial DNA damage, astrogliosis and significantly reduced myelination . Additionally, exposure to BPA increases the risk of developing neurological diseases, including neurovascular (e.g., stroke) and neurodegenerative diseases (e.g., Alzheimer's and Parkinson's).

Furthermore, epidemiological studies demonstrated that the adverse effects of BPA on the neurological development of children contributed to the emergence of serious neurological diseases such as attention-deficit/hyperactivity disorder (ADHD), autism spectrum disorder (ASD), depression, emotional problems, anxiety and cognitive problems. disorders. In summary, exposure to BPA compromises human health, promoting the development and progression of neurological disorders. More research is required to fully understand how BPA-induced neurotoxicity affects human health. link.springer.com/.../s00204-023-03614-0 (2023)

Posted On 03/25/2024

Almond

I have found it impossible to entirely avoid plastic packaging although I prob use much less than most people. In some cases, there is no alternative. In other cases, you would not want glass, such as in the shower. Most supermarket food is unfit for human consumption. One of the best solutions to avoiding or reducing estrogenic compounds is putting up your own food in glass jars. If it is homegrown, you also have more control over the quality and know what is in it. It is cost effective if you portion it in amounts that will be consumed during one meal without unwanted leftovers or waste. You can also recycle trimmings as critter food or compost. There may be unknown factors beyond our control, but many risks can be greatly reduced.

I no longer wear makeup, although I make my own foundation for oily skin. It is more of an herbal product. Most shampoos contain refined oils which I find objectionable. I avoid clothing that contains the dirty words "dry clean only". I prefer vintage clothing and hand-me-downs. Not only is the older stuff better made, but it is less likely to contain chemicals. Many small things add up--they may matter more than big changes. For example, what would the effect be on human health and commercial food production if every household grew a patio tomato plant, a small bed of salad greens and a zucchini?

If you added one fresh homegrown salad to your diet every day. If there is even a 1-2% drop in sales, food producers will investigate and try to better cater to customer preferences. How much more impact would a greater loss in sales have? Unfortunately, many shoppers are willing to pay for convenience, grocery store atmosphere and indulgence rather than basic foods and quality. Cooking wholesome food from scratch to nourish one's family is often seen as drudgery done by unenlightened persons too dumb to take advantage of convenience foods. This derives from a lack of respect for our food. Food is not expensive, it is precious.

Posted On 03/25/2024

Guillermou

Good practices. Since 2009, 595 cosmetics manufacturers have reported the use of 88 chemicals in more than 73,000 products that have been linked to cancer, birth defects or reproductive harm. Many of these chemicals should be banned in cosmetics, as proposed in California Assembly Bill 2762, the Toxic-Free Cosmetics Act. Toxic chemicals that should be banned include: California is the only state that requires companies to report harmful ingredients used in cosmetics. The primary purpose of the California Safe Cosmetics Program (CSCP) is to collect information about hazardous and potentially hazardous ingredients in cosmetic products sold in California and make this information available to the public.

Consumers and salon workers around the world can use the California Safe Cosmetic Products Database to learn more about the products they use. www.cdph.ca.gov/.../CSCP.aspx (2022) We surveyed 1,000 Americans to assess their concern and knowledge about the toxic risks of makeup products. Key findings reveal: - 45% of people are concerned about the potential dangers of unregulated cosmetics. ----- 55% of American women wrongly assume that the FDA regulates cosmetic ingredients. ----- 1 in 3 people NEVER check cosmetic ingredients. ----- 46% of frequent makeup users proactively review cosmetic ingredients before making a purchase.

www.asbestos.com/.../makeup-toxicity-survey (2022)

Posted On 03/25/2024

Guillermou

The Beast of Beauty: Environmental and Health Concerns of Toxic Components in Cosmetics biological risks of these substances to human health and the aquatic system in terms of genotoxicity, cytotoxicity, neurotoxicity, mutagenicity and estrogenicity. THE TOXIC TWELVE CHEMICALS AND CONTAMINANTS IN COSMETICS Research shows that "endocrine disrupting" chemicals, such as parabens and phthalates, can pose a serious risk during prenatal and early postnatal development, when organs and neural systems are forming. Exposure to these chemicals has been linked to endocrine diseases and some types of cancer such as breast cancer.

Women report using a median of eight products per day (some report up to 30 products per day), which provide a daily dose of a collection of chemicals that interact synergistically or antagonistically. Exposure to these chemicals has been linked to endocrine disorders, cancer, reproductive harm, and neurodevelopmental delays in children. Additionally, the effects of chemical exposures are likely to be magnified during critical windows. For example, prenatal chemical exposures and childhood use of some hair products are associated with earlier puberty, a key risk factor for breast cancer.

Therefore, even before adulthood, a girl's breast cancer risk trajectory is altered by chemicals. Research has also shown that endocrine disruptors can damage the immune system, an effect that makes us more susceptible to diseases and viruses. Makeup foundations and skin lightening creams exhibited a high amount of heavy metals higher than the levels of these metals in other facial and body products. www.niehs.nih.gov/.../index.cfm (2019).---- www.um.edu.mt/.../96946 (2022).--- ajph.aphapublications.org/.../AJPH.2021.306606 (2022).--

Posted On 03/25/2024

grulla

Hi "Almond", "I no longer wear makeup, although I make my own foundation for oily skin. It is more of an herbal product." If you live high and dry as I do, you might want to keep your eyes open for this natural herbal lip balm tube product that I keep in my pants pocket at all times against chapped lips, rolled up in a plastic lunch bag to prevent an accidental leakage mess. I even keep a dedicated roll for my 16 Y.O. wirehaired Griffon pointer, Maggie, to keep her crusty and chapped nose from getting worse, but have to be persistent as she likes the natural herbal flavor and licks it.

supersalve.com/.../super-salve PS, you will probably be interested in some of Super Salves' other products.

Posted On 03/25/2024

bowgirl

We are on the same page. I have 40 years of vintage in my attic and have just emptied my folks house...Much of our food is grown organically on site and stored in glass. What do you find as a good alternative to commercial shampoo?

Posted On 03/25/2024

HilltopJPJ

Almond, yes I've been using locally made soap or Dr Bronners for years, I don't use shampoo anymore, just the soap and that infrequently. We've been making our our beef and chicken stock from our or locally raised animals and canning them in glass. I've never understood the convenience food obsession and the view of cooking is drudgery. We love cooking from scratch, a lot of acquaintances think we're gourmets, but just tell them "no, we just like real food. Our new daughter in law grew up eating a lot of fast food, but since being married to our son and coming to our home to eat, she is progressively converting away from fast food as she has discovered how much better real food is!

Sadly, so much of the food in the stores is not priced accurately to the cost of actually raising/growing in a healthy/ beneficial way. As a result many people make buying decisions based solely on the sticker price as opposed to to the cost of producing it in healthy way or the long range cost to our bodies of eating cheap now and paying later.

Posted On 03/25/2024

ZTFZTF

Re: shampoo: Four Elements Herbal Shampoo bar is fantastic and lasts a long time!
fourelementsherbals.com/collections/handmade-soaps/products/herbal-sha..

Posted On 03/25/2024

Almond

bowgirl... I have been using a shampoo bar soap, but the company went out of business and I am down to my last bar. There are many companies offering shampoo bars--best to get a soap rather than a detergent bar. I have used borax followed by a vinegar rinse, too. You do not need lather for cleansing. I occasionally use Desert Essence Lemon Tea Tree Shampoo if I need a clarifying shampoo to strip oils. Often, I only rinse my hair well daily. That works because my hair is short and not dry. I suffer from thick naturally-curly hair that grows fast. It literally "grows like a weed"--or many weeds. Not nice bouncy curls, but the kind of hair that has a mind of it's own, with many cowlicks, and sticks out in all directions. I am still waiting for the thinning hair of old age. The best advice I got from my beautician is to just ignore it because there will never be anything I can do about it.

Posted On 03/25/2024

Almond

Hilltop... May people think we are foolish to spend money on our garden. This year, it will prob come to around \$200 even though I save my own seed. Some varieties will not set seed in our short growing season, so I must still purchase a bit of seed--and it has gotten expensive. That should also be a warning that food will be much more expensive by this next winter if seed and other costs have increased. Poor quality seed that does not germinate, thrive and produce heavily is no bargain. Also, many seed packets are lightweight even if the cost has not increased.

Much of our garden spending is a capitol investment for improvements and expansions this year. At our age, it is not possible to do everything from scratch ourselves. This will cover 1 1/8 acres. Not only will it provide most of the produce for our table and what we give away fresh, it will also fill many of our Christmas gift baskets. We turn vegetarian for 3 months at harvest time simply because everything is so good when it is fresh and ripe--we want nothing else.

That, alone, is 3 month's worth of food! How much does the average family spend a week on groceries? Maybe the cost of our garden for an entire year? So, our average daily cost for food from the garden comes to a little over 50-cents. This includes juices, wine, fruits, vegetables, many condiments, pickles, jams/jellies/preserves, plus what we put in cold storage. (We still need a few sweeteners and condiments. I can fruit with stevia. Stevia has a long shelf life and I stocked up when I found a sale at \$30#.) We substitute fruits and vegetables for store bought ingredients as much as possible.

For example, we may have a fruit crisp or a one crust pie. I try to avoid bread for sandwiches on days when we are home and I can cook a hot meal such as soup and salad. I still make pizza (crust), mostly because we have an abundance of mushrooms. Ancient grains & homegrown cornmeal. Our protein sources are largely seafood we catch ourselves and venison

Posted On 03/25/2024

Almond

Hilltop and all--continued... Just to share a few of our menus and side dishes during our "vegetarian season" at harvest time. One of our most common meals is corn-on-the-cob, green beans, sliced cucumbers and tomatoes. Eggplant parmigaine and green beans. Ratatouille and more corn-on-the-cob. Huge green salads with many garden toppings. Tomato wedges in vinaigrette. A main course stir fry with a side of stir-fried salt and pepper tomato and shredded cabbage. Soups made from every vegetable variety--tomato, potato, corn chowder, fresh pea, spinach, squash, mushroom. Pod peas stir-fried with mushrooms. A bowl of fruit--when peaches are in season, we may eat nothing else.

Apple or pear wedges with cheese or almond butter for a light lunch. Omlets or scrambled eggs with vegetables. Stuffed pitas--cubed roasted eggplant-tomato-onion and yogurt. Dutch Baby omlet (oven omlet) topped with fruit. Crepes--filled with creamed mushrooms or fruit. Potato pancakes... can substitute sweet potatoes or part carrot, too. Crock pot sweet & sour green beans with onion and dill weed added. A sheet pan of whole oven-roasted root vegetables--carrot, onion, beet, sweet potato, kohlrabi, etc., served with butter. Sauteed Asian long beans tossed with a sauce and chunks of roasted potato and/or sliced mushrooms.

Cole slaw or sauerkraut as a side. Carrot sticks. Pickles. Parsley-buttered new potatoes or Jerusalem artichokes. Smoothies, esp. berry, but also leftover cooked squash with pumpkin pie spices. Lots of pumpkin pie, even in individual cups without a crust as a breakfast pudding--this is our autumn yogurt substitute. Lots of applesauce--apple everything. Rhubarb tapioca made with apple juice instead of milk and stevia instead of sugar. More creamed cubed potatoes than peas, topped with grated cheese and baked--a favorite ethnic recipe. Wild blackberry everything. Elderberry pancakes.

Posted On 03/25/2024

kelmorse

Dr Mercola, I think being able to take the type of estrogen you mentioned relies on a few things-esp is someone is estrogen dominant. For example, I am. I had an extensive DNA test done at "The DNA Company" and found out that my body converts testosterone and progesterone into estrogen at a very high rate & excretes estrogen at a medium rate. I have tried taking several forms of bioidentical test and progesterone only to end up getting really sick from it. Taking progesterone is not a cure all for some women. Instead, I have lowered my estrogen and my sex binding globulin through taking Sulforaphane, DIM and Calcium D glucarate. I have lowered my sex binding globulin to a normal level (it was also very high and causing my progesterone & testosterone to be zero) with boron.

I took 5mg DHEA for about a month to aid my testosterone as well. After feeling incredibly sick on the bioidentical hormones which I took in low doses and tried several different times-first 200mg of Progesterone, then 100mg and feeling utterly sick and AWFUL on test I had to find a new answer. When I stopped taking those and started taking the supplements it only took a few days to feel better and a month to see my bloodwork improve. It has been about 3-4 months now and I feel SO MUCH better!! My testosterone is within normal levels for a 50 year old, perimenopausal woman which is what I am.

It went from 0 to 5 in a month and is now at 11. My progesterone went from 0 to 26 and is up further now and my estrogen dropped from being off the charts to normal levels too. The main reason for my comment is that this has been a difficult, painstaking process to find answers and PROGESTERONE IS NOT A CURE ALL FOR EVERYONE. I have seen my naturopath, OBGYN, an interventional dr, joined Facebook groups and done extensive research on my own-including the deep dive DNA test and the DUTCH test. I have followed you for almost 19 years and appreciate the work you do and share with us!!

Posted On 03/25/2024

sutlaf2

At least 3 decades ago there was a surge in breast cancer in Toronto I Believe. Suddenly tissue samples grown in Petri dishes were coming back positive in huge numbers. It turned out that the high estrogen levels in the tested specimens were the result of new plastic Petri dishes which had been used to replace the glass version. Plastics give off estrogen. Glass does not. Think about that when you open a can of beans (lined with plastic) for your son .

Posted On 03/25/2024

MysticTuba

I note that no mention was made of bio-identical hormone replacement for women who have had hysterectomy/oophorectomy and have lost capability of making their own. I also wanted to comment as to why I do not use Dr Bronner's products any more. I found out that the orange scenting agent used in their orange-scented castile soap was an industrial chemical that is actually toxic. Based on that, I will no longer use any of their products. I'm using castile soap by Dr Natural, almond scent. I have no proof that this is any better but at least I am avoiding the one that I know contains ingredients I don't want.

Posted On 03/25/2024

Horsea

If I remember right, Adelle Davis recommended Vitamin A to cure men who had developed female-type breasts. This would be in her book Let's Get Well. All in all, I should think that healing the liver is the main way to go. It's the liver's function to dispose of excess estrogen, so we have to help it out. We will always be exposed one way or another to estrogen, so then we have to get rid of it.

Posted On 03/25/2024

faithstar11

Please (!) look into flaxseed more thoroughly. It's been found to be 20X more estrogenic than soy! The book "Breast Cancer Boot Camp" details this and is a very important read IMHO. She discusses that 80% of breast cancer stems from excess estrogen. Great article thanks!!

Posted On 03/25/2024

kanajelly

Bowgirl, this is a reply to your question on shampoo alternatives. Check out this blog, blog.mountainroseherbs.com/diy-herbal-hair-rinses there are several herbs you can use. Also a good one I have used on my long red hair is as follows; Mix 1/4 cup rhassoul clay with 2 cups filtered water add a few drops of peppermint essential oil for your scalp. Rinse with small amount of apple cider vinegar mixed in water. Of course everything in moderation.

Posted On 03/25/2024

Fuzzy.wuzzy

Well, am confused about flaxseeds, too. Data is conflicting. What about Tofu? Yay or Nay?

Posted On 03/25/2024

ZTFZTF

Some good news re: potentially eliminating some of the toxins we're all swimming in: TN's Senate recently passed a bill banning "the "intentional injection, release, or dispersion" of "chemicals, chemical compounds, substances, or apparatus" within Tennessee for the "express purpose of affecting temperature, weather, or the intensity of the sunlight," or the process commonly known as geoengineering." "The measure has already passed the Senate on a party-line vote March 18, with no discussion of the measure on the Senate floor. Fritts' version of the bill is set to go before the House Agriculture & Natural Resources Committee Wednesday, March 27, according to the Capitol website." Hopefully this gets the ball rolling for other States and Countries!!!

Posted On 03/25/2024

Eevee

ia902909.us.archive.org/34/items/FROMPMSToMENOPAUSE/FROM%20PMS%20to%20..

Posted On 03/25/2024

josephunger

Thank you for this most essential information. I have followed the works of Dr. John Lee MD for many years and have seen a surprising variety of conditions resolved for many patients using progesterone creams. Dr. Lee's website has much pertinent information. An essential read is " The greatest experiment ever performed on women" by Barbara Seaman. Informative, insightful and downright sobering. Men, do not be fooled. When I was first introduced to the research I had been battling a pesky skin rash for almost a decade.

I had tried almost every conceivable intervention with no success. Progesterone resolved the issue almost 2 decades ago and it has never returned. On an interesting note, for many decades I have been avoiding plastics and estrogens in foods as best I can. I never drink from plastic water bottles and stopped using baggies and plastic wraps many many years in advance. Living as cleanly as humanly possible did not spare me from, what appears to be, some estrogen and/or Zeno estrogen toxicity.

Posted On 03/25/2024

DumberFarmer

Let's face it we have to recognize that we can run, but cannot hide from all the pollutants in our environment food and water. Your best defense is to help your body neutralize these toxins. This goes for people animals and soils going back to nature is always your best defense. Humic and Fulvic acids and supplemental iodine are fundamental for detox and nutrient absorption. cholesterol is a nutrient and will help you receive the vitamin D from the sun. Grounding is a proactive way to deal with some of the EMF radiation.

Posted On 03/25/2024

Horsea

@DumberFarmer. I think you have summed it up quite well, though I am not so sure about humic acids.

Posted On 03/25/2024

rkostoff

An Op-ed has been posted on Trial Site News (TSN) titled "Adverse Health Effects following Herbicide Exposure" (www.trialsitenews.com/a/adverse-health-effects-following-herbicide-exp..). This Op-ed describes adverse health effects following Herbicide exposure/ingestion. It uses a novel five-component query to comprehensively retrieve Pubmed articles specifically focused on adverse Herbicide effects. Nineteen thematic symptom/disease categories are used for assignment of retrieved articles, and these categories are assessed briefly. A listing of phrases representing the well-over 1500 symptoms/diseases that were identified is also presented. The Op-ed is Open Access.

Posted On 03/25/2024

iro5345

Excellent!! It will take me some time to digest all the notes I have taken.

Posted On 03/29/2024

shery77

Hi Guillerrou. Many thanks for your kind and detailed explanation on flax seeds and natural estrogens as well as the links! Appreciate it! Will study through them to gain a better understanding, Many thanks!!

Posted On 03/26/2024

frank999999

I was surprised that flaxseeds were recommended as they are high in polyunsaturated fats which are the worse fats,,,, although when I eat them I do feel better.

Posted On 03/25/2024

jnjgambee

OPI - Most of Ray Peat's newsletters are available at Raypeat.com. Urine is one of the best individualized homeopathic detoxifiers. "Your Own Perfect Medicine" by Christy.

Posted On 03/25/2024

cello55

And recently we learn that 90% of cheese is produced using GMO rennet (by phryzer) to be vegan and cheap. Are we not Men, we are "hackable animals"-WEF

Posted On 03/25/2024

spo8164

I've taken bio identical hormones for many years after a hysterectomy in my early 30's. I have osteoporosis so my doctors encouraged extra estrogen to protect my bones..Now.at 75, after reading this, I'm planning to eliminate slowly..where can I find a GOOD progesterone to use for protection?

Posted On 03/25/2024

DeenaLin

spo8164, I'd like to cut back on my bioidentical hormones as well. Because of low levels shown on blood tests and osteoporosis, my doctor put me on a combination of estrogen, progesterone, and testosterone. But all this info sure is concerning! Just like you, I'd like to know if there's a GOOD progesterone that would be helpful. Mine is taken orally and is bioidentical, but still not sure I'm on the right track. Good luck with your search as well.

Posted On 03/25/2024

Horsea

@DeenaLin How about pursuing overall health and see what happens? This piecemeal approach never worked for long in a healthful way. IMO.

Posted On 03/25/2024

rrealrose

Caveat: blood tests are known to be not that accurate for testing sex hormones, esp estrogen is in tissues. Most likely you want to find someone familiar with interpreting a DUTCH test. Look it up in the article archives.

Posted On 03/25/2024

gojoe99

I thought flax seed was one of the most estrogenic foods out there after sesame seeds?

Posted On 03/25/2024

shery77

gojoe99, i thought so too... i read somewhere some years ago, that flax seeds in its forms (seeds & oil) due to the high estrogenic content can have a negative effect on women from some ethnic backgrounds (such as Asian) during menopause, since they apparently naturally have higher levels of estrogen. I recall reading that for example, Japanese women do not much feel the various discomforts of menopause. Perhaps this is due to the genetic make up and/or the type of foods consumed in the culture? Will have to research this.....

Posted On 03/26/2024

Georgi Dinkov correctly points out that measurement of estrogen needs to be done in tissue, not in circulating plasma, which may show decreases of estrogen with age. Tissue estrogen tends to rise in many cases as we age, easily tracked by hair tests, and this can be also correlated with higher levels of cancer. Thus the deduction "Estrogen may cause cancer." He mentions that from a Chinese paper, the study results show "Estrogen levels actually increase with age" and also there was "a positive correlation between Body Mass Index (BMI) and the level of Estrogen". So the question is: Do we assume that Estrogen is a cause of increased BMI?; or do we assume that increased BMI is a cause of Estrogen increase in tissue tests?; or do we assume neither is the cause of the other, but both are caused by some other variable?

My gut tells me there is probably a more common, and significant cause of cancer than just elevated Estrogen, though that may certainly be a cause, especially considering the highlighted very high load of estrogens man is now experiencing in our environment. However, here's a UK study of 5.2 million people where nearly 167,000 developed cancer and BMI elevation was associated with 17 of the 22 cancer types studied.

www.thelancet.com/journals/lancet/article/PIIS0140-6736%2814%2960892-8.. Well, we who read a lot of health articles already knew that obesity is correlated with, and thought to be a cause of cancer. So while we are focused on the subject of exogenous Estrogen as a probably cause of cancer today, I will still keep in mind that obesity is a serious cause of not just cancer, but most of the other chronic diseases associated with metabolic syndrome like diabetes and cardiovascular disease. It seems the elephant in the room is obesity. Let's not forget that, as we focus on Estrogens found in many consumer products. And Estrogen load is also dependent on our natural, even organic, food supply.

Posted On 03/25/2024

stoneharbor

Phytoestrogens are in so many foods that we consider healthy. It's still debatable whether these foods are really still good for us, or detrimental due to their higher Estrogen levels. Here are valuable considerations on not just the Phytoestrogens in foods, but how we might balance the levels of these: www.verywellhealth.com/foods-with-estrogen-to-eat-or-avoid-6831143 Here is more on the Phytoestrogens by food group, and some advice on whether you can even determine if you are already low or high in Estrogen: mentalhealthdaily.com/2015/04/08/20-foods-high-in-estrogen-phytoestrog.. It seems that dried fruit, due to the fact the water content has been removed, are some of the most potent providers of Phytoestrogens: www.healthline.com/.../foods-with-estrogen Here are the thoughts of Dr. Axe who was featured on Dr. Mercola article yesterday.

He has some great advice on comparing Phytoestrogen with the Estrogen produced in our bodies, and also in comparison to "Endocrine Disruptors" draxe.com/.../phytoestrogens Dr. Axe points out "Phytoestrogens are weak estrogens in comparison to xenoestrogens or the biological estrogen the human body produces. They may not be as unsafe as other endocrine disruptors... [but remember] endocrine disruptors are chemicals and natural compounds that interrupt hormonal balance in the body and may cause a host of health problems, especially when they build up over time"

Posted On 03/25/2024

Guillermou

Interesting references stoneharbor. DCEG researchers in the Occupational and Environmental Epidemiology Branch (OEEB) have developed a portfolio of research aimed at identifying cancers associated with per- and polyfluoroalkyl substances (PFAS). These studies are innovative for their direct assessment of exposure using stored serum samples, as well as their assessment of risks at different levels of exposure, from occupational exposure to those found in the general population or among military personnel. These investigations informed the most recent assessment of the carcinogenicity of two PFAS by the Monographs Program of the International Agency for Research on Cancer (IARC).

Perfluorooctanoic acid (PFOA), the best-studied PFAS, was first classified in 2014 as a possible human carcinogen, and in 2023, the task force elevated PFOA to a human carcinogen. The task force classified perfluorooctanesulfonic acid (PFOS) for the first time in 2023 as a possible human carcinogen. In the link the risks of PFAS in ----1) KIDNEY Cancer -----2) Testicular cancer -----3) Breast cancer ----4) Ovarian and endometrial cancer ----5) Prostate cancer ----6) Non-Hodgkin lymphoma and thyroid cancer ----7) Thyroid cancer and childhood leukemia And the assessment of drinking water exposure in the California Teacher Study (CTS) dceg.cancer.gov/.../pfas (2023)

Posted On 03/25/2024

stoneharbor

Thanks Gui. PFAS group of environmentally persistent chemicals are, unfortunately "here to stay" and we just better find ways to avoid them to a large degree. They won't degrade as all organic materials will (like cotton, linen, wool) that we used to use for clothing and upholstery in the old days. Here are some Environmental Working Group guidelines on how to avoid or get rid of PFAS materials: static.ewg.org/.../EWG-AvoidingPFCs.pdf

Posted On 03/25/2024

shery77

@stoneharbor, Wanted to reply to your other post, (but could not find the reply button on it....) In the article link you posted, Seven Foods with Estrogen, it's still hard to know which and how much of these foods to eat. And which ones to entirely avoid. Does one go mainly by test results on estrogen levels? Also, just wondering: I've seen for example, a prostate health supplement, pumpkin seed extract, which includes soy isoflavones, Isn't soy very high in estrogen, so I'm wondering how is this good for helping with men's prostate health and reducing enlarged prostate?

Posted On 03/26/2024

Almond

Sorry for posting off topic, but this is important. I am having difficulty adding links so will post them below. The ultimate goal is to starve people into submission and take their land by making food production and wells illegal. This is only the beginning. Hope this insanity will not be spreading to other states. It would not be real popular behavior to try and enforce this behind locked farm gates in parts of the nation. This is one more reason why you need a constitutional sheriff as the highest officer of the law in your county. You also have to ask yourself how people will obtain food (from out-of-state?) if fossil-fueled trucks can no longer deliver... Oregon Orders Gardeners and Farmers to Cease All Activity "To Protect the People" ... OREGON URGENTLY SHUTS DOWN SMALL FARMS EN MASSE "To Protect The People"... How Oregon Will Continue Disarming Its Citizens This Summer

Posted On 03/25/2024

Almond

Oregon Orders Gardeners and Farmers to Cease all Activity "To Protect the People"

www.youtube.com/watch

Posted On 03/25/2024

Almond

OREGON URGENTLY SHUTS DOWN SMALL FARMS EN MASSE "To Protect The People"

www.youtube.com/watch

Posted On 03/25/2024

Almond

How Oregon Will Continue Disarming Its Citizens This Summer www.youtube.com/watch

Posted On 03/25/2024

Is this off topic? As the article expresses the thousands of estrogens and similar chemicals products, all the ingredients for the toxic soup basically force fed on us one way or another. Yet the sources, the headwaters for those sources remain untouched, given protection, but those of us downstream in it all are being shut down. We, the People who more each day have been abandoning the many Chem Trails by creating, sourcing directly Locally, who are being once again Forced to Comply with regulations that do not touch the Headwater Polluters, but instead shut down people directly bypassing the actual polluters. Regulations only the polluters can afford to get a free pass.

The honest to God Real Small Farmer, Local Market Farmer, unbelievable even the homeowner backyard grown my own is a transgressor for being stuck in conditions caused by the Source of it all. Done properly, our Biodynamic Regenerative Methods clean up their mess. Their methods continue to just add more of the same. The extreme results of Estrogen in it all are just one more in their Depopulate Agenda. So far contaminated by Polluters and Industrial Farms Ground Water used as an excuse; Biosolids small operations were encouraged to use then in turn now used as an excuse; Once again a definition changed so the little guy's efforts are labeled as CAFOs when they are nothing such.

Then the Gun Violence, Gun Control agenda. Pass Gun Control, pass Gun Violence laws and when it is done, what do we have? The Guns are gone, but we are left with what? Control, and still have the Violence and the sources of Violence. Neat trick. We also have very little ways for the general public to protect ourselves. RFKJR on American farming <https://.../watch> And, RFKJR what is causing the rise in violence? www.youtube.com/watch All along the same lines, the small business has much in common with Small Farmers; RFKJR www.youtube.com/watch

Posted On 03/25/2024

Almond

juststeve and all... I will remind people who are buying land to buy high and dry. -Because she-it still flows down hill. You want to drink the water first. You want a small year around creek crossing one corner of your property. It will always be a backup source of water. A stream small enough not to be considered a "navigable waterway " as environmental legislation may require setbacks that prevent you from using the land you pay taxes on. Even better if you are at the head of a spring. More than one navigable waterway could make your land worthless. Check environmental legislation in your state, but also be mindful that there could be future changes.

For that reason, you do not want a waterway cutting thru the center of your property. Govt bureaucrats can be obtuse. We had to jump thru a number of legal \$hoops\$ because an aerial photo "allegedly" showed the possibility of water on our land. We could not get someone from govt to make a trip out to eyeball the location on our land. The fact that there was no water in the "stream" was not enough to convince the state that there were no "alleged" fish in the "alleged" stream. Had to hire a biologist to write a stupid report. Had to wait until there were some raindrops so there would be some water on the ground to shock so he could say he tested for fish and nothing floated up.

Absolute insanity. Do not buy land if there is not a good well, you cannot get a permit or there is no water. Ask around and hire a water witcher if you are not experienced. Try a few different methods and with practice you will learn. It is one thing to make a law, but quite another to enforce it. I don't think there will be many people applying for jobs going behind locked gates to tell farmers how they can raise their egg-layers or homestead hogs. If vegetarians get hungry enough, they would be only too eager to eat my "government beef". Except for those totally enamored with the buggy "people chow".

Posted On 03/25/2024

Horsea

@Almond. I want to get to the bottom of this topic. Has the state actually banned all gardening and farming? YES or NO. My understanding is that the state has halted the building of new large confined animal operations. However, that would allow the existing large ones to continue in business - is that right? What matters here is to be able to read between the lines. Would gardening in your back yard be banned or not? If not, is it helpful to anyone to make these kinds of claims? I need to find out.

Posted On 03/25/2024

rrealrose

Hi Almond and Steve, last night, this interview appeared on Twitter X, well worth the hour to watch:
"Globalist Secret Agenda Behind Climate Alarmism, NetZero Policies, Food Shortages | Facts Matter" -
- www.theepochtimes.com/epochtv/globalist-secret-agenda-behind-climate-a.. - - only way to fight is
for numerous people of a like mind coming together to expose each of these programs underneath
the overarching UN/WEF/WHO 2030 Agenda and World in Crisis Reports from the WEF. The legal
system and nearly all agencies have been captured, even some at the state level.

Posted On 03/25/2024

Almond

Horsea and all.. If cease and desist orders have been sent out, it is my understanding that this is already law. The risk is that it will spread to other states. That is the globalist agenda--individuals not allowed to own resources, esp. those that make them self-reliant. When communists took over in China, they went thru and destroyed many gardens and even cut down fruit trees of private owners. The claim was that private ownership was not equitable because some people owned more than others. Then, you needed govt permission to plant a govt-approved tree. People were fed in govt canteens--this meant you needed a govt-approved job and a govt-issued meal ticket.

(Microchip?) The Chinese also had a metal recycling drive during which people were encouraged to surrender their metal cookware as a show of patriotism. Learn from history. Laws will be selectively enforced. Much depends on your local sheriff who is the highest law in the county if laws apply. Some things to think about... Guitar strings are cheap and legal and make effective snares. Bow hunting is silent. Guerilla gardening and foraging. Reusable canning lids. Dehydrators. Network with others. Learn how native peoples and early settlers lived in your part of the country and what foods they had. How they sheltered. How people survived during war time.

Dependency and convenience will be the downfall of the nation. It may be difficult or impossible for city folks to evacuate. They may need to shelter in place. Even if they can evacuate, they may have no place to go to be out of severe weather and survive. Rural folks know the lay of the land and where they can hide a tiny shack in the woods, underground or in caves. A hunting stand (tree house) in the woods, with a roof over it, offers a possible option, if miserable--can be insulated using various materials. Consider all your usual backpacking needs. People must be very familiar with the lay of the land and natural resources. Be skilled, prepared.

Posted On 03/25/2024

Almond

rrealrose... We are facing coming times of great evil. However, the bible tells us how this will all end. The ultimate choice we will need to make is whether we want to be on the winning side. We must do our part and what we can to prepare. Beyond that, it is in God's hands. All of this makes me more sad than angry... to see people who choose to pursue a life of such darkness when they are also capable of doing so much good that would benefit the world.

Posted On 03/25/2024
