

Guillermou

In this research, a review of the literature was conducted to identify possible associations between exposure to toxic substances and racial disparities in women's health, such as breast cancer, endometriosis, polycystic ovary syndrome, uterine fibroids, and premature birth. Environmental pollutants are generally divided into three categories: persistent organic pollutants (POPs), endocrine disrupting chemicals (EDCs), and heavy metals. POPs are chemicals that are not easily metabolized and exhibit a long half-life of more than 10 years. Due to their ability to bioaccumulate in adipose tissue, they can be biomagnified within the food chain; Therefore, the body burden of toxic substances tends to increase with age in both humans and animals.

Boston University's Slone Epidemiology Center examined the data and found that the incidence of fibroids was 65% higher among women with PCOS than among those without PCOS. Uterine fibroids are the most common benign smooth muscle neoplasm of the female reproductive system, and up to 70% of women develop this disease during menopause. Research suggests that exposure to environmental pollutants increases the risk of breast cancer, endometriosis, polycystic ovary syndrome, uterine fibroids, and preterm birth in women, as demonstrated in Table 1.

Ancestral history of toxic exposure in combination with a woman's lifetime exposure history may influence the development and severity of the disease. However, the disproportionate exposure of women of color to EDCs, POPs, and heavy metals supports the influence of these compounds on the racial disparity in women's health conditions. PCOS and preterm birth could contribute to a woman's susceptibility to the disease. www.mdpi.com/.../1257 (2022).---- fibroids.com/blog/uterine-fibroids-and-polycystic-ovarian-syndrome-is-.. (2023).-----

Posted On 02/01/2024

juststeve

Gui, just the Gut Speaking but while this focuses on Women's Health, (sorely under researched,) it would seem the positive effects on insulin resistance and endocrine functions would very likely have positive implications on Men's prostate health?

Posted On 02/01/2024

Almond

juststeve... Yes, definitely. Inositol can be part of a broader protocol of supplements for prostate cancer. Many of the dietary changes that support recovery from breast cancer also apply for prostate cancer. I suppose the reason is restoring hormonal harmony.

Posted On 02/01/2024

Guillermou

Yes Just and Almond, the anticancer action of IP6 has been demonstrated in several experimental models, a broad-spectrum action that is surprisingly consistent and reproducible, independent of the type of tissue (epithelial vs. mesenchymal) or its origin (colon, mammary gland, prostate, lungs, liver, skin, tissue soft, muscle, blood cells, etc.). www.samem.es/.../file1558953641.pdf .-----

-----The efficacy of inositol hexaphosphate (IP6) in prostate cancer (PCA) and anticancer effects have been observed in many human, mouse and rat prostate cancer cells.

Complete studies also show that oral feeding of IP6 inhibits human PCA xenograft growth in nude mice without toxicity. In a recently completed pilot study, we observed similar preventive effects of IP6 on prostate tumorigenesis in the TRAMP model. Mechanistic studies indicate that IP6 targets mitogenic and survival signaling, as well as cell cycle progression, in PCA cells. IP6 has also been shown to target molecular events associated with angiogenesis. Furthermore, IP6 has pleiotropic molecular targets for its general efficacy against PCA and could therefore be a suitable candidate agent for preventive intervention of this malignancy in humans.

pubmed.ncbi.nlm.nih.gov/16080543 .---- Its chelating property affects the absorption and toxicities associated with essential and non-essential heavy metals, a scenario that could prevent neurodegenerative diseases such as Alzheimer's, Parkinson's and other related diseases. IP6 is well known for its action on the immune system.

www.ingentaconnect.com/content/ben/cctr/2010/00000006/00000001/art0000.. (2010).----

www.sciencedirect.com/.../S2352939319301216 (2019).--- This review analyzes the benefits of phytic acid in various diseases, including cancer. www.sciencedirect.com/.../S2352939319301216 (2019).---

Posted On 02/01/2024

juststeve

Almond, Gui, thank you. Being as the article was a focus on women's health and rightly so. But, when information travels in such territories being as so many areas Inositol were positively affecting are shared areas as a fetus until the split happens and one becomes male or female. It seems in one way or another it should affect a male in distinct ways too. Useful information to expand health benefits a little further than the article, thanks again.

Posted On 02/02/2024

drbaker

I think a very brief explanation of inositol would be helpful in this article. Good info to share with patients!

Posted On 02/01/2024

lav9421

Agreed I would like more info on how it should be used, when, etc

Posted On 02/01/2024

Bumble01

PCOS seems to be one of those conditions that is portrayed in the media as having wide parameters. It was something I considered may be the cause when I started getting some hormonal acne, finding it difficult to lose weight and my periods weren't as regular as they always had been. A friend who was a doctor just shook his head when I mentioned my concerns so I think it is also something where if you don't have the obvious signs like excess body hair, you may run the risk of being dismissed by the medical community.

Anyway, an androgen test did come back as normal but due to being frustrated with the hormonal acne I did try Inositol as it is also said to help with depression. It is a powerful supplement. I took much less than the recommended dose and my periods became much more frequent- like every 20 days so I soon stopped taking it. As well as the cancer benefits mentioned in posts above about IP6, the normal, non-IP6 form can help to lower Iron levels so may it be beneficial for people who have higher iron levels.

Posted On 02/02/2024

helpothers

My daughter has pcos. I knew there was something wrong when a few years after puberty she was still having very irregular periods. We had her tested at the time and they did a glucose tolerance test. It was totally flat - never did the glucose go over 80. The ND at the time said with such a high insulin response that she'd likely be diabetic by her 20s. I removed HFCS as well as hydrogenated oils from our diet, but later found out the healthier foods I fed my kids had pufas and now that seems to be a contributing factor as well. I'd read about inositol a long time ago but the supplement wasn't readily available at the time.

I also have a son who started male pattern baldness in high school and had gotten to stage 7 by sophomore year in college - now reading this may also be an insulin resistance issue. My daughter is 5'1" and overweight but my son is 6ft tall and slender. So it isn't readily apparent that insulin is a problem altho I bet it is. I attributed my son's issue with stress as well. I do believe that body has the ability to heal many things if we just give it the things it needs. Pretty tough today with all the toxins in the environment as well as poor food quality. Will need to look into inositol again and see if it can help.

Posted On 02/01/2024
