

# The Estrogen Influence

By Isabelle Vetesse

According to Dr. John R. Lee's book *What Your Doctor May Not Tell You About Menopause: the Breakthrough Book on Natural Progesterone*, the culprit of menopausal symptoms during perimenopause is estrogen dominance. A weak liver that fails to remove estrogen efficiently may lead to their accumulation. Therefore, in a polluted world where estrogens are present in almost every type of food, the role of your liver, the organ that removes estrogen, is determinant.

Asians don't even have a word for menopause. Approximately 80% of American women experience hot flashes against about 20% of women in many parts of Asia. The Asian diet is not high in animal products like the westerners' and is rather rich in phytoestrogens - with soybeans and soy products- and algae products, like chlorella. According to Chinese medicine, "heat" results from a sluggish liver when the "Chi" (energy flow) encounters too much resistance and is led to produce "heat". When the liver is healthy, no "heat" builds up. Chlorella can certainly ease your liver's functions in many ways, thanks to its scientifically validated therapeutic value, and protective, detoxifying & stimulating properties on the liver.

Normally before menopause, your estrogen and progesterones were both produced by your ovaries and adrenals. During menopause, when the ovaries leave off, your adrenals become the major suppliers of these hormones. Stabilizing their function is also helpful for the thyroid. Studies have found that mercury toxicity could greatly affect the normal functioning of the thyroid. Again, Chlorella, as a hormonal balancer and well known for its capacities to detoxify the body of mercury and of other environmental toxins, could partner-up efficiently with the body.

Finally, chlorella could help you with weight control, as indicated by a Japanese report in the *February 2004's Phytotherapy Research* where chlorella reduced the serum total cholesterol in ovariectomized rats, models for postmenopausal bone loss. The conclusion was that chlorella may be useful to control the body weight and improve lipid metabolism of menopausal women.

## OMEGA 3 FOR OSTEOPOROSIS

In post-menopausal stage, bone loss or osteoporosis is another major health concern. The good news is according to a recent study by scientists at Purdue University and the Indiana University School of Medicine, "omega-3s may minimize bone loss with estrogen deficiency in association with their anti-inflammatory effects".

Also during menopause, when the body's eicosanoids balance gets thrown off, it leads to the rise of hot flashes & other discomforts, and to an increase in the production of insulin. This increase of insulin leads to an increased production of Arachidonic acid, the building block of 'bad' eicosanoids (such as the PGE 2 series). High doses of omega 3 could help your body to reduce this production of eicosanoids by lowering the excess of arachidonic acid.

Finally, as "brain foods", Chlorella and omega 3 can team up to lift your mood swings and emotional roller coaster, and as anti-aging agents, they could give you this extra boost of vitality & energy needed to lighten up this stage of life!