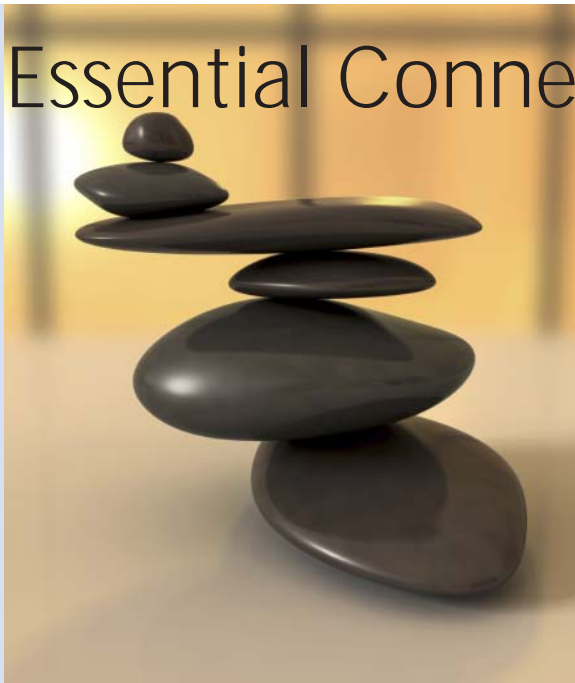


Zia's Essential Connection

Vol. 7 No. 2



Supporting Endocrine Balance May Reduce Breast Cancer Risk Factors

Fourth in a series - Reasons for Hope in the Fight Against Cancer

In past issues, we've focused on reducing our cancer risk by living green-switching to safe home and personal care products. In this way, we avoid exposure to environmental toxics and synthetic chemicals, an important, proactive step towards taking charge of our health.

In this issue we'll focus on reducing cancer risk factors—especially those for breast cancer—associated with certain types of medications, high levels of estrogen and the disruption of the body's ability to maintain hormonal balance. We will also discuss Young Living® products that may be safer alternatives and which support a balanced endocrine system.

Breast cancer statistics

Every three minutes a woman in the U.S. is diagnosed with breast cancer.

Breast cancer is the second most common type of cancer in American women, after skin cancer.

Women are diagnosed with breast cancer at a rate of 126 per 100,000 women.

One in eight American women will be diagnosed with breast cancer.

Historically, breast cancer rates in the United States are six times greater than those in Asian countries.¹

National Cancer Institute



Jeanmarie Hepworth, Crown Diamond

This newsletter is being sent to select Young Living members within the Zia Essential Oils organization. As a member of your Young Living upline, I have produced this newsletter for purposes of education and not solicitation. Previous newsletters and other information is available on my website. If you would like a free information packet or I can be of service to you, please let me hear from you.

PHONE (303) 404-9612
EMAIL ZiaEssOils@comcast.net
WEBSITE www.ZiaEssentialOils.com
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Concerns about medications, excess estrogen and risk of cancer

Medical researchers are concerned that the overuse of prescription and over-the-counter medications could increase the risk of cancer by reducing the effectiveness of the immune system. According to a study at the University of Rochester cited in the *Journal of Immunology*, "Nonsteroidal anti-inflammatory drugs (NSAIDs) [such as aspirin, acetaminophen and ibuprofen]...reduce the ability of white blood cells to make antibodies."²

Scientists are also concerned about the impact on cancer risks—especially for breast cancer—from higher levels of estrogen.³ Elevated estrogen can be a side effect of medications such as Hormone Replacement Therapy (HRT).³

Xenoestrogens, foreign estrogens from synthetic chemicals, may also increase estrogen levels. We are exposed daily to hosts of foreign estrogens in our air, water and in the plastics and products we use.⁴

Precisely how xenoestrogens affect our estrogen levels is not yet fully understood. Marcelle Pick, OB-GYN NP of Women to Women Clinic states,

"Many synthetic chemicals have an ability to mimic our own estrogen's chemical structure, which can allow them to link with and modulate our estrogen receptors...which has the effect of interrupting our normal endocrine function, hence the term **endocrine disruptors**."⁵

While our understanding is far from complete, we can surmise that avoiding substances which could compromise our immune and endocrine systems is wise.

IMPORTANT NOTE

The material in this newsletter is not intended as a substitute for your physician's recommendations, but to empower you to take reasonable, logical steps, ideally in partnership with your healthcare provider, to support optimum health.



Supporting Endocrine Balance May Reduce Breast Cancer Risk Factors

Where are xenoestrogens found?

Following are just a few of the chemical families which function as xenoestrogens and the types of products in which they're found:

- Nonylphenols—cleaning products
- Benzophenones—perfumes, soaps
- Organochlorides—chlorinated water, many plastics, agricultural chemicals
- Bisphenol-A—hard polycarbonate plastics, can liners³

How do you avoid exposure to xenoestrogens?

At home, Young Living's non-toxic Thieves Household Cleaner is a safe and effective all-purpose cleaner that works without harsh chemicals. Young Living essential oils are a very appealing option to synthetic perfumes. Their therapeutic properties can help you feel good, too. Safer choices in bath and hand soaps are also available.

How unopposed estrogen is implicated in breast cancer

Estrogen is naturally produced in humans for the normal development of female secondary sex characteristics, regulation of the menstrual cycle and human reproduction. It is a risk factor in breast cancer for these reasons:

- It has a role plus it interacts with other hormones in the stimulation of epithelial breast cell division.⁶
- It is involved in periods of breast growth and development and supports the growth of estrogen-responsive tumors.⁶

Balancing estrogen with progesterone

To function as designed, adequate amounts of progesterone, estrogen's opposing hormone, must be present. Below are a few general examples showing how they balance.

Estrogens prepare a woman for pregnancy while progesterone maintains the pregnancy and favors the well-being of the developing child.⁷

Estrogen activates cancer, progesterone activates a tumor suppressor gene.⁷

Estrogen may increase risk of breast cell proliferation while progesterone decreases proliferation.⁷

Unfortunately, between the ages of 35 and 50, the average American female's estrogen to progesterone levels become imbalanced: The level of progesterone falls 75% while the level of estrogen falls 35%. Without adequate progesterone, estrogen becomes dominant, increasing the risk of breast cancer. As many as 50% of U.S. women are progesterone-deficient by age 35.⁷

Important resources and a precaution

In the Essential Desk Reference (EDR)—an extensive guide to the use of therapeutic-grade essential oils and other natural health products—you will find a chapter on Topical Hormone Products. Reading this chapter will help you better understand the range of natural options available to support your endocrine system. Showing your healthcare provider the EDR's recommendations will enable you to jointly discuss and choose the best solution.

The EDR includes the following **important precaution**, "Before commencing any regimen of natural progesterone, pregnenolone or DHEA supplementation, you should have your hormone levels tested and evaluated by a healthcare professional or a reliable laboratory that specializes in saliva hormone tests. In an arena as complex as hormone therapy, it is critical that any deficiencies be correctly identified BEFORE supplementation is initiated."⁸

For affordable, accurate, at-home testing of hormones the EDR suggests ZRT Laboratories. Contact them at www.salivatest.com or (503) 466-2445.

Endocrine support solutions for women

An effective solution for many is hormone replacement therapy using natural hormones (not synthetic analogues or look-alikes) in a cream application for transdermal absorption. In the specific case of supplementing with progesterone, Harvard University researcher John R. Lee MD, found that natural progesterone is, "...very well absorbed through the skin – 40 to 70 times more efficiently than if taken by mouth."^{7,8}

Research also indicates that topical hormone creams formulated with certain essential oils penetrate more effectively than hormone creams without essential oils.⁸

continued on page three

Resources

¹ www.cancer.gov

² <http://www.urmc.rochester.edu/pr/news/story.cfm?id=1318>

³ Baird, C., Cann, M. Environmental Chemistry. 3rd ed. New York: W.H. Freeman and Company. 2005. pp 407-408.

⁴ <http://www.cosmeticsdatabase.com/research/whythismatters.php>

⁵ www.womentowomen.com/menopause/estrogendominance.aspx

⁶ Clark, R.A., et al. "Estrogen and Breast Cancer Risk: What Factors Might Affect a Woman's Exposure to Estrogen?" Cornell University. Fact Sheet 10. July 2002. pp 1-4.

⁷ Lee, J. R. et al. What Your Doctor May Not Tell You About Menopause. New York: Warner Books. 2005.

⁸ Essential Desk Reference. 4th ed. Utah: Essential Science Publishing. 2008. pp 213-220.

⁹ www.youngliving.com

Radiant Health News

editor Bonnie McDermid

email info@RadiantHealthNews.com

© 2009 Bonnie McDermid

cont. editor Monica Goldberg

phone (612) 920-9205

website RadiantHealthNews.com

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Supporting Endocrine Balance May Reduce Breast Cancer Risk Factors

Endocrine support solutions for women *continued*

Topical creams and dietary supplements

Progressence Cream – Contains only safe, natural ingredients formulated to rejuvenate skin including progesterone, antioxidant wolfberry oil, herbs such as wild yam and black and blue cohosh, MSM, vitamins and a powerful blend of therapeutic-grade essential oils.



Prenolone® Cream – Prenolone Body Cream boasts the benefits of pregnenolone, a precursor to progesterone and estrogen. It also contains progesterone, wild yam, MSM, wolfberry oil, St. John's wort, Ginkgo biloba, blue and black cohosh, trace minerals, botanical oils and soothing therapeutic-grade essential oils in a silky cream that moisturizes and balances skin.

Prenolone® Plus – Prenolone Plus Body Cream has the same high-quality, natural ingredients as Prenolone Body Cream with the addition of DHEA. DHEA production peaks near age twenty and steadily declines with age.



PD 80/20 is a dietary supplement formulated to help maximize internal health and support the endocrine system. It contains pregnenolone and DHEA. Pregnenolone is the key precursor for

the body's production of estrogen, DHEA and progesterone. It has an impact on mental acuity and memory and is involved in maintaining the health of the cardiovascular and immune systems.

CortiStop® for Women is a proprietary dietary supplement designed to help the body maintain its natural balance and harmony. When under stress, the body produces cortisol. When cortisol is produced too frequently, it can have negative health consequences such as feelings of fatigue, difficulty maintaining healthy weight and optimal health of the cardiovascular system. CortiStop supports the glandular systems of women.⁹

Essential oils for women

Many women over the age of 40 have found that essential oils effectively relieve PMS and menopause symptoms. Essential oils with estrogen-like activity include fennel, anise, clary sage and sage. Three essential oil blends, Dragon Time, SclarEssence and Lady Sclareol, were formulated to balance and normalize hormone levels. They have given excellent results.⁹



Endocrine support solutions for men

ProGen – Dietary supplement contain an herbal complex formulated to provide unparalleled support for healthy prostate function. Includes saw palmetto, widely studied and used in Europe for male glandular support. ProGen also contains Pygeum africanum, wild yam, blessed thistle, marshmallow root, eleuthero and zinc.

Mister essential oil blend is beneficial to men, especially those over age thirty. Mister helps promote greater inner-body balance and is soothing at stressful times.⁹

NEXT ISSUE - How over-the-counter drugs may impact our immune systems and how to create a healthy medicine cabinet for everyday care.

Featured Young Living Products

Product Name	Code # Size	Prices Wholesale Pref Cust Customer
Progressence Cream	#3725 1.4 oz	\$31.00 \$35.89 \$40.79
Prenolone Body Cream without DHEA	#3731 1.94 oz	\$19.75 \$22.87 \$25.99
Prenolone Plus Body Cream with DHEA	#3732 1.94 oz	\$22.75 \$26.34 \$29.93
PD 80/20 supplement	#3263 30 caps	\$61.00 \$70.63 \$80.26
CortiStop for Women supplement	#3275 30 caps	\$43.75 \$50.66 \$57.57
Clary sage essential oil	#3521 15 ml	\$44.75 \$51.82 \$58.88
Dragon Time essential oil blend	#3327 15 ml	\$42.75 \$49.50 \$56.25
Lady Sclareol essential oil blend	#3376 15 ml	\$39.75 \$46.03 \$52.30
SclarEssence essential oil blend	#3418 15 ml	\$27.75 \$32.13 \$36.51
ProGen dietary supplement	#3233 60 caps	\$26.75 \$30.97 \$35.20
Mister essential oil blend	#3381 15 ml	\$34.75 \$40.24 \$45.72
Live Green at Home Thieves Essential Rewards Pack	#3697	\$115.00 \$133.16 n/a