

WOMEN'S HEALTH

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Transformational Harmony

Aging. Looking older. Hot flashes. So often, the experience of menopause brings feelings of great loss. Depression. Fatigue. Emotional instability. And yet there is no need to feel powerless. You see, as we look within—as we search for our inner harmony and balance—we come to realize that we are not victims. Rather, we come to recognize that, by being in absolute control of our own bodies, we also have command over our thoughts. Of course, we all recognize that these symptoms happen. Yet so many of us might not recognize why we are obliged to endure them. But remember that we can make the symptoms of menopause clear. Then, once we make these symptoms more comprehensible, we may be able to treat ourselves with compassion rather than frustration, even while experiencing menopause. This is actually a sacred and magnificent time in our lives. We believe that your determination to acquire quality of life and maintain equilibrium will be achieved if you make choices based on knowledge. We hope to show you why many of these intellectual choices should be based on the science of biochemical individualism, which incorporates proper nutrition, bio-identical enzymes, and hormonal support.

Women's Issues: Weight, Hormonal Balancing, and Longevity

For many, Women's Health is the impossible subject. There is so much confusion and misinformation in the media right now. Yet there is such a great need for an accurate understanding of our own human bodies. Aging. It is a fact of life. We will all age. Some will age slower and some will age faster than others. Aging will vary from person to person depending on genetics, stress, digestion, and exercise. It should thus not be surprising that weight balancing, mood, fatigue, and hormonal deficiencies are a unique dilemma for each individual. Our primary goal here is to show how those topics are fundamentally connected with each other. We will do this by showing how enzymes, nutrition, and hormones are interconnected. Normally, a woman will go into a clinic complaining of symptoms— either a particular symptom or a group of symptoms. That's what she knows and that's why she's there. She might not know that she is actually experiencing a nutritional imbalance. She almost definitely didn't go to her clinic in order to get put on an enzyme program. She also probably didn't expect that she would benefit from nutritional education. No, this woman comes into her clinic because she needs help. She wants to find relief from a symptom and she is suspicious that it might be related to a hormonal imbalance. But for an effective re-balancing to happen, she needs to understand the relationship between hormones and enzymes.

What Has Been Happening Lately?

Countless women who have had hysterectomies were put on a synthetic product called Progestin™ and had come to rely on it. It was then “discovered” that women who were taking this product are at risk for cancer. But there were thousands of women on Progestin™ who had been relying on it. And yet we have known all along that products containing hormones from animals—products that contain five to eight different types of hormones from horses that the human body does not use—will lead to cancer. That is simply because the human body cannot use all of those animal hormones. If these hormones are not recognized or used properly, they create further imbalances. Doctors, fearful for their insurance liabilities, are taking their patients off of these products and advising them to get off of animal hormone replacement therapy. Unfortunately, many doctors do not have a history using bio-identical hormones. It just so happens that some of the biggest groups that are local to me are compounding pharmacies. And, fortunately, many pharmacists are currently being trained on bio-identical hormones. But many of our doctors also have to be re-educated.

There Is No Need to Start Over

Remember that a woman goes to her clinic because she is afraid. It is bad enough that she feels like she is no longer in control of her body, its cycles, and her emotions. Previously, at least there was hormone replacement medication to give her hope. It may even have seemed like it might have worked for her. But now she is being told by the News and by the media that hormone replacement therapy could possibly give her a disease. Now she is fearful and confused because she thought that this was her only option. Her emotions were unpredictable before, but now there is a bigger reason for her to be concerned. And now, this stress has started feeding back into the process and making things worse. You can see why she feels like she needs to start over. But there is no need to start over. If you understand why hormone replacement therapy works for some, then you will understand why it does not work for others. You will see the connection between hormones, nutrition, and health. You will be able to use this knowledge to help yourself, your family, and your community. Clients are really leaning on health professionals right now. That is why they are called "clients," which comes from the root word that means: "to lean." Now more than ever, they are counting on their doctors. That is why this information is so critical right now. Our focus is on how hormones are affected by poor digestion. We will be paying special attention to the hormones that are made from proteins and fats. That is because it all goes back to how well we digest protein and how well we can break down fats. You cannot really look at hormones unless you also look at enzymes. That is why we are not just trying to teach proper hormone usage. Rather, we are trying to explain the symptoms that hormone therapy addresses. Health care professionals cannot cure all of their patient's symptoms just by giving out hormones. Doctors have finally seen that. Doctors now need to see that they also must give enzymes.

Hormones: Meeting a Need

We will touch on the proper use of hormones, but you will see very quickly that you first have to look at enzymes. Hormones are powerful. You should not normally take them unless you already have a hormonal deficiency. Their presence as a treatment option is only meant for meeting a need. But even if a woman has a need, giving her synthetic or animal hormones does not always meet that need. Some women have found that their hot flashes stopped. But that does not mean that hormones met their need. Because this is not just about taking hormones. It is about resetting your whole biochemical clock.

What can women do to readjust themselves? This is what women can do. Women can build muscle. Women can establish a balance in their biological terrain. They can educate themselves and work with their doctor towards their own balance. What should doctors do? Instead of just saying, "take these hormones," doctors can try saying, "there are these steps that you need to take before you even consider taking hormones." That process would involve testing, education, and balancing. Otherwise, you will have an overabundance of hormones, which will create a lack of other important hormones. I hope that this comes across loud and clear. I think it should because I have spent my career helping health care professionals understand enzyme relationships. I do hope that this comes across as a powerful message because this is also very important to me personally.

Three Phases of Menopause

This material is going to be about the rise and fall of the major hormones that are of primary concern to women. We can define our terms by establishing the differences between them. *Hormones* are molecules that serve as messengers in an amazing system of inner intelligence that organizes our physiology. They determine how we feel and how we think. Life itself is based on this inner intelligence. *Enzymes* function as the catalysts. They are molecules that help energize the various metabolic reactions in our body and are key players in the synthesis of the hormones. Everybody knows that there are three phases of menopause, but we will take a look at them so as to further define our terms. Although *peri-menopause* (or pre-menopause) usually occurs only in younger women, different women can go into it at different ages. It sometimes varies greatly from person to person. Usually referred to as PMS, these symptoms can involve a variety of uncomfortable problems. Even endometriosis falls under this category. We view PMS

as a biochemical imbalance because it involves an imbalance with the woman's menstrual cycle. PMS is the beginning stage of menopause.

Menopause is usually recognized as the time in a woman's life when her periods begin to stop or when she experiences changes in the cycle of menses. Surgery can also be considered a form of menopause—surgical menopause. Hysterectomies are part of this category. Probably one-fourth of our baby boomers have had a hysterectomy. These are the women that are suffering right now.

These are our menopause women. All hysterectomies are a "total hysterectomy" because the doctor has removed the uterus. However, after experiencing surgical menopause, you can still go through menopause again later as your hormones reach that point in their cycle. After surgery, you are still making plenty of estrogen and may become estrogen dominant. What you really need is progesterone and testosterone.

The final phase—*post-menopause*—is the phase that begins after a woman's periods have stopped completely. Many women believe that they are in post-menopause when they are simply out of balance.

Hormonal Imbalance

There are a variety of reasons for menopausal imbalance. Many women are never in balance at any age. Consequentially, that is the way they tend to feel during menopause. They tend to feel imbalanced. A woman who is hormonally imbalanced by age twentyfive continues that way to early menopause. In fact, some little girls have been on birth control hormones since they were eight or nine years old. It is no surprise, then, that hormonal imbalance is so prevalent.

Unhealthy aging is primarily a hormonal issue. Menses is a time of peaking hormone levels. Menopause is when there are fewer peaks (or when there are no more peaks at all). The day women begin to decline is the day their hormones start declining from a normal peak level. Menopause is also the start of a stage where the body begins breaking down. It is when catabolism begins. But it is all very individual. Two friends will be going through menopause in completely opposite ways and it will be completely confusing to them. However, the following symptoms may generally occur during menopause.

- Hot flashes • Night sweats • Heart palpitations • Migraine headaches • Breast tenderness • Heavy menstrual periods • Irregular or erratic periods • Fibroids • Loss of sexual desire • Vaginal dryness • Urinary problems • Skin problems • Bone loss • Mood swings / Insomnia • Fuzzy thinking

With mood swings and insomnia, some doctors have used brain chemistry drugs when later they have later found out that they should have used hormones. However, with night sweats, it is important to make sure that it is not just a problem based on the liver. You should make sure of this before using hormones.

Is It Menopause?

Is it menopause you are dealing with or is it something else? We have thought about the symptoms of menopause. Now we can compare them to the symptoms of poor protein digestion, which can be because of either improper intake of protein or inadequate digestion of protein. You will find that the symptoms are strikingly similar. Take a look at the symptoms of protein deficiency.

- Weakness, general fatigue, or body debilitation • Brittle, cracked, or broken fingernails • Dry, lackluster hair, thinning hair, or hair loss • Skin problems / dermatological problems • Lethargy, lack of energy • Wasting away of essential body tissue, muscle loss • Depression, mental confusion, irritability • Loss of body condition, physical severity

Did you see the similarities? For instance, many women will say that they had brittle, cracked, or broken fingernails before they started taking hormones, indicating that it was probably a symptom of menopause. But it is also a common symptom of protein deficiency. Proper protein digestion helps achieve an absence of digestive difficulties. The improper digestion of fats or lipids can result in the presence of improper hormones that drive some breast cancer and prostate cancer. That is why it is important to avoid the improper digestion of fats, protein, and carbohydrates. Is it the inability to break down our foods properly or is it menopause? The above symptoms are identical to many menopause symptoms. Is it a lack of good nutrition? What came first, the chicken or the egg? What do you think?

Hormones and Nutrition

Everything that our body needs comes from the nutrients that we consume. That is why enzymes should come first, and then hormones. If you have the right enzymes, then you are able to “eat” properly in the sense that you can digest adequately. When your body needs something specific (insulin, etc), it signals that need from somewhere higher up in the brain system. That is where the hormones are involved. That is why you cannot digest food unless you have your signal system right.

How are hormones involved at the cellular level? This question is especially important as we talk about Women's Health. Let's focus on estrogen, for instance. Estrogen is a steroid hormone. When it gets into the cell, estrogen goes directly to DNA where it initiates the synthesis of sex-related factor. It also stimulates other sequences of the DNA. This promotes the manufacture of other substances. This quality that makes it good also makes it potentially damaging, since the excess of it leads to tumors and malformations.

If you are taking oral hormones, then you have to be careful that you have the right need for that particular hormone. If RNA is made when you do not need it, then it creates proteins that you do not need. These activate things that you do not need activated. You no longer have control. That is why the need for a hormone has to be established before your actually take it. This is one of our key messages.

What Are Hormones Made Of?

Hormones can be divided into two main groups. The first group comprises those made from cholesterol. These could be listed under steroids. Here is a list of steroid and catechol (non-peptidique) hormones. These are the ones that seem to go out of balance during menopause.

• Adrenaline • Nonadrenaline • Pregnenolone • Dehydroepiandrosterone (DHEA) • Testosterone • Estrogen (estradiol, estrone, estriol) • Progesterone • Cortisol • Aldosterone

The other group consists of peptide hormones. These are more like our thyroid hormones. You will see that even some calcium can act as a hormone. But note that that Calcitonin has to be connected to an enzyme to work as a hormone. Here is a list of peptidique (protein) hormones.

• Thyroid hormones • Parathyroid hormones • Calcitonin • Insulin • Somatostatin (HGH) • Gastrin • Secretin • Cholecystokinin • Melatonin

Obtaining the building blocks for hormones cannot be achieved with a poor protein or poor lipid diet. Only an adequate amount of proteins and lipids will provide the necessary building blocks for hormones. The proper digestion of these foods is therefore absolutely necessary. Complete protein foods are required for the hormones that are derived from protein. The proper digestion of lipids is likewise required for the steroid hormones that are made from proper cholesterol.

Protein is not optional. Unfortunately, many do not eat enough protein for their body's ideal balance. Many who do not eat enough for body balance begin to live off of their tissues and their

own bacteria. Good lipid digestion is likewise not optional. The reason that the adequate digestion of lipids is not optional is because most of the hormones are steroid. Each hormone in the body is bound to a protein to do its job.

Hormone Regulation Sites

There are eight different hormones that are made from cholesterol, including steroid hormones. They can be divided according to the following schematic.

• Brain – *Pregnenolone / DHEA* • Pineal Body – *Melatonin* • Pituitary – *Growth hormone* • Thyroid – *Thyroid hormones* • Adrenals – *DHEA* • Ovaries – *Estrogen / Progesterone* • Testes – *Testosterone* • Skin – *DHEA*

Within this context, we can consider the effects of menopausal emotions on health. For instance, the hypothalamus regulates the production of most hormones. Those hormones, in turn, regulate the hypothalamus. It has receptors not only for the balance of hormones such as progesterone, estrogen, DHEA, and testosterone, but also for norepinephrine, dopamine, and serotonin—our brain chemicals. Those brain chemicals are the neurotransmitters that regulate mood. Our emotions, health, and hormone production are all affected by our thoughts, beliefs, diet/digestion, and environment.

Together, all of this helps provide inner intelligence and balance. Pregnenolone is the “grandmother” hormone in the sense that it is the first one that we make. Pregnenolone is a hormone intermediate. It is the “first step” after cholesterol. You form it first. Then, you form DHEA from it. DHEA, then, is the “mother” hormone, since the others come after it as part of the “hormone cascade.” In women, DHEA can create estrogen. In men, DHEA can create testosterone.

However, DHEA is not just a sexual hormone. It is just one step in making several different things. It is part of the hormone cascade, which is a building process. From DHEA and/or pregnenolone, you can form the others. Pregnenolone and DHEA are likewise the only two that you can get “over the counter.” A lot of our hormones (the major eight) are made from cholesterol. We make cholesterol no matter what. That is why the improper digestion of lipids can damage or hinder the production of hormones. Remember how some of the non-peptidique hormones include adrenaline, noradrenaline, pregnenolone, dehydroepiandrosterone (DHEA), testosterone, estrogen (estradiol, estrone, estriol), progesterone, cortisol, and aldosterone. All of these are affected.

There are some that are protein hormones and, in these cases, the hormones themselves are amino acids. For example, insulin and glucagon are proteins. Growth hormones are proteins. Even thyroid hormones are proteins. Remember how some of the peptidique hormones include the thyroid hormones, parathyroid hormone, calcitonin, insulin, glucagons, somatostatin, gastrin, secretin, and cholecystokinin.

Just in the gut itself, there are over twenty hormones. This is all a dynamic thing. Some are simple molecules and some are complex molecules. Melatonin, for example, is not a steroid. It is not a peptide, either. It is more of a derivative of an amino acid of tyrosine, which means that it is a single-molecule substance.

An Overview of Nutrition

Water is the most abundant substance in the body. It should clearly be necessary for good health. When there is an inadequate amount, the body will hold onto excessive fluid, as if in fear that you will dehydrate. Drinking adequate amounts of water for good health is necessary for menopausal woman. Women going through menopause may find themselves faced with edema and will probably be put on diuretics.

Protein is the second most common substance in the body. Only water is more abundant. Your muscles, bones, blood, skin, hair, nails, and tissues are all made up of protein. However, your body is in a constant flux. Tissues are being repaired and replaced daily. Consequently, enzyme and hormone production takes place continuously. Consuming adequate amounts of protein is therefore essential for maintaining our ongoing function. Everyone's individual requirements for protein are unique, however. We need enough protein foods to meet our particular biochemical needs for this essential building block of the body.

Carbohydrate foods are the body's main energy source. But carbohydrates are also needed for the utilization of hormones. These are so important that the body will store them as glycogen for further use. Understandably, if they are eaten in excess, then they will be stored as fat.

Fats are used for building tissue. Fats are also stored for energy. These reserves are continually being converted into carbohydrates by the body for its work. They are thus continuously replaced by new reserves. That is why fatty acids are essential for balance. However, when the intake of food exceeds the energy needs of the body, then the food stored as fat accumulates under the skin in layers.

Biochemical Individualism

Women will differ in their experience of peri-menopause, menopause, and post-menopause. The expression of this condition will be different among various women, and this is directly related to genetics. Biochemical individualism accounts for these differences and explains how they are related to body types, lifestyle tendencies, and enzyme potentials.

Different biochemical individuals come into this world with different abilities to digest certain foods. Consequently, they will also have different cravings. Likewise, the inability to properly digest food will have everything to do with the way we may experience menopause.

What a person lacks in enzymes will determine what they need in food. If they cannot break down a certain food, then their body will crave that nourishment even more. However, regardless of how much of it they eat, they will not benefit from it. If they are unable to properly digest their food, then the more of it they eat, the more of it they will crave. Enzyme supplementation is what bridges the gap between biochemical deficiencies and nutritional balance. Enzyme therapy has given countless patients the key to weight loss. Not surprisingly, weight fluctuations are also involved with the hormonal fluctuation of menopause. Many times, weight gain is a part of how a woman will experience menopause. Many women will gain weight during menopause, especially around their tummy. However, weight management is possible through enzyme supplementation. For our purposes, we can extend our knowledge of biochemical individualism and body types to explain how different women experience their hormonal imbalances.

Biochemical Individualism and Body Types

Family members with the same father and mother are often very different, both in looks and in how they experience their lives. They will have differences in their emotional tendencies, food preferences, and susceptibility to illness. We are similar but different. The difference lies in our genes. We are 99.8% alike, however the 0.2% makes a great difference in how we utilize minerals, hormones, and enzymes. These genetic differences can be seen in many ways.

Our biochemical type will determine how we absorb nutrients, how we digest food, and the extent to which we experience menopausal symptoms. Remember how the symptoms of poor digestion reflected the symptoms of menopause? Well, our biochemical type will determine both. It all comes out to be the same thing. The symptoms of menopause and the symptoms of poor digestion are the same as the symptoms of a lack of protein. Which came first, the chicken or the egg? Let's take a look.

There are four bases that make up our DNA and there are four biochemical individualistic types. We have been able to prove this technique by evaluating fluids and measuring skeletal structure. Time after time, we have demonstrated that these body types really do exist. It is more than a theory. It is who we are. The development of an individual's biochemical type happened in their mother's womb. We have thus been able to accurately measure children as young as three to five years old. That is why it is especially important for mothers to eat properly.

Each one of these types may have different symptoms and may not tolerate the same amount of hormone replacement. It is important to recognize your biochemical type so that you may begin the balancing of proper food, hormones, and exercise for your type. Although there is no "quick fix," remember that there is still the power of knowledge and the effectiveness of choices that are based on knowledge.

The Four Body Types

Type One is referred to as *Para*, which indicates the parathyroid. Paras have difficulty properly digesting carbohydrates. Anything that breaks down into glucose or sugar gives them problems. That is because they have a deficiency of polysaccharolytic enzymes, the enzymes needed to break down carbohydrates (fruit, vegetables, starch, and sugar foods). Paras tend to experience insulin and low blood sugar problems. Their genetic weakness for and excess intake of sweets and grains interferes with cellular operations, such as the chemical information delivered by insulin and hormones. They likewise usually do not eat enough protein for sufficient thyroid support and for other protein hormones. This is especially the case during menopause.

Type Two is referred to as *Estro*, which indicates their high estrogen levels. They are usually small through the shoulders but with wide hips. They are nurturing people, which is why many health care professionals fall into this category, since they like to take care of people. Estros (as with Testros, their male counterparts), have difficulty properly digesting lipids. This is because they have a deficiency of lipolytic enzymes, which are the enzymes needed to break down all lipids (oils, fried foods, butter, fats, avocados, and other fatty foods). If you cannot break down lipids, then the ability to break down fat soluble vitamins is hindered. Consequentially, Estro/Testro types tend to like fried foods and other foods that are very tasty. They like them for only as long as they can tolerate them, since they also have gallbladder problems that hinder the consumption of those fatty foods. That is also why they have a problem with steroid hormones. It is because of the fats involved.

Estros will produce more estrogen if they are full busted, since estrogen creates larger breasts and earlier bone closure. Small breasted women have less estrogen, which is why pregnancy makes them feel better. Small breasted Estros become similar to the full breasted types and have elevated estrogen during those nine months of pregnancy. Small breasted Estros have a more difficult time with PMS and require less estrogen during menopause. They also do not tolerate an estrogen increase, such as in birth control pills. Estro types gain weight from too much estrogen replacement. Menopause requires higher estrogen replacement for adequate balance. Again, this will depend on whether they are full busted and whether they have had a hysterectomy. Type Three is referred to as *Supra*, which indicates the suprarenals. They have broad shoulders compared to their small waists. Supras have difficulty properly digesting protein (animal products, fish, fowl, and nuts). That is because they have a deficiency of proteolytic enzymes. Consequentially, they have a genetic weakness for protein foods. These people will tend to be your "meat and potato" type. They have problems with holding fluid on the body, since protein is hard for the kidney to clear. Later in life, their improper breakdown of protein will interfere with thyroid, melatonin, and other protein-driven hormones. But before menopause, hormones are not usually an issue. This type usually will not suffer from really harsh PMS.

Type Four is referred to as *Neuro*, which indicates the neurological system. They tend to be soft, with either a small, boyish frame or a large, round body. Neuros have difficulty properly digesting all of the above types of food. They are usually drawn to dairy products, up until the point that they can no longer tolerate the sugar. Plus, they are usually lactose intolerant. They are very

sensitive, experiencing problems with most all foods. They especially have problems with steroid-driven hormones. But Neuros have a higher HGH in menopause than the others do, so they do not show as great of a need for replacement than do the other types. Many times, they are given brain chemistry drugs because of their extreme mood swings during menopause.

Find your Body Type by taking this 7-Question [Body Type Survey](#).

Unfortunately, many types are given brain chemical drugs when tests should first be performed for hormonal imbalance. If a woman already has a difficulty breaking down a particular food, then they already have a difficulty with the signal system for certain hormones. Estros are estrogen dominant. Testros are testosterone dominant. The ones that are really hurting are the Paras and the Neuros. That is because these body types cannot make muscle as easily. Estros make muscle from their waist-line down. They are usually very strong around the lower part of their frame, but weak on top.

Enzymes

Enzymes must be present before any chemical reaction can take place in our body. Even vitamins, minerals, and hormones cannot do their jobs without enzymes. Every action, including hormonal action, is run by enzymatic activity. Enzymes are the catalysts, while hormones are the messengers. If you want to manage the hormonal symptoms of menopause, does it not make a great deal of sense for you to keep the body fortified with a continuous supply of enzymes?

The healing power of supplemental bio-identical enzymes can turn your life around. Sure, you can search out the best food sources in the world. That is a wonderful idea. And yet it means nothing if you cannot properly digest, assimilate, utilize, and then eliminate what you put into your mouth. Doesn't that make sense? Granted, you are what you eat, but you can only get nutritive value from what you digest.

Since we come into the world, it's all about building. We are mostly building ourselves our whole lives. This is the anabolic state, one of building. The anabolic state usually lasts until the teenage years. This is different from the catabolic state, one of breaking yourself down. Menopause is the beginning of the catabolic state, when the body begins to break down. It usually involves breaking down protein and muscle.

Proteins (meats, fowl, fish, nuts, and dairy)

When properly digested, proteins are broken down into essential amino acids. They are then used as our body's building blocks. The body needs to get nine different amino acids from the food we eat. The supplemental use of bio-identical proteolytic enzymes will assist the digestion of all food proteins.

When we do not eat proper protein or if we are unable to break the protein down into the necessary amino acids, then the body as a whole suffers. Taken at meals, however, proteolytic enzymes will assist in the digestion of protein. Unfortunately, though, undigested protein particles have likely already caused an aggregation of blood cells in your body. The liver and the kidneys have had to release substances to filter the unabsorbed protein out of the system. That is why, taken between meals, proteolytic enzymes are used for therapy, since they bind to alpha-2 macro-molecules in circulation.

It is vitally important to digest proteins while they are still in the gut. What happens to undigested proteins? Partially digested proteins are utilized by the microorganisms in your gut, resulting in toxic amines such as cadaverine and putrescine, substances that are characteristically found in cadavers. That is why Supras will tend to have a lot of gas. This starts a chain reaction of inflammatory conditions and immune reactions. The microflora population uses the undigested protein, resulting in the release of ammonia. The liver is now bombarded with toxins. The liver

then forms ammonia (nitrogen) and the kidneys release urea, since they have become overloaded. Your lymphatic system, which also works to remove toxins, will likewise suffer.

Really, there is just so much that depends on your body's ability to maintain protein balance. Longevity is primarily associated with trying to keep the muscle you've got. That is why, in the case of cancer or other desperate illnesses, the first thing that goes is muscle. And that is why, for longevity, it is important to maintain digestion as a way to protect our muscle-building balance.

The symptoms of poor protein digestion are the same symptoms of menopause. Some of our young girls are starting their periods so early and our women are having so many problems because it all goes back to digestion. Protein digestion leads to the building of muscle and hormones. These must all go together. Supra women that I have met seem to go into menopause much later than everyone else. They have their period later in life. But the girls who start their periods early are Paras and Estros. The ones that are really late are Neuros. That is because these other body types handle fats and carbohydrates differently.

Fats (animal fats, butter, and dairy)

When properly digested and utilized throughout the system, fats are the building blocks for our hormones. Cholesterol is extremely important for balancing a great many of our hormones. If you have problems breaking down fats, then you will also be unable to utilize fatty acids or fat-soluble vitamins.

What happens to these undigested fats? Partially digested fats and lipids turn rancid. Toxins in the colon that have been absorbed into the bloodstream are then oxidized into free radicals. Other molecules become affected, since free radicals are like a "turn off" switch. Further acidity thus causes stress to the liver. Excessive cholesterol now invades the system. Microorganisms take the cholesterol (which is normally and naturally produced by the body) together with other lipids and this results in excessive amounts of the hormones that can trigger disease.

Although the body's own normal production of cholesterol is essential to the functioning of body systems, the formation of fatty deposits in the arteries can impede blood flow and can cause damage to the arteries, especially the coronary arteries. But lipase enzymes are not only valuable for good health. They are valuable for our hormonal balance, as well. Supplemental bio-identical lipolytic enzymes will assist the proper digestion, assimilation, and utilization of lipids. This is essential for hormonal balance. Taken between meals, they will therefore assist the maintenance of good cholesterol balance.

Carbohydrates (starch, fruit, sugars, and vegetables)

Carbohydrates are the body's primary source of energy. They make especially popular foods because they are a "quick" source of energy. However, simple carbohydrates in the form of simple sugars are acidic to the cell. When the cell becomes acidic, then nutrients cannot get into the cell and waste cannot get out of the cell. Not only is the cell unable to carry oxygen, but it cannot even reproduce itself.

This acidic environment will create the further aggregation of blood cells and, once again, the liver and the kidneys will be assailed in the process. This imbalance will breed fungal forms, which will cause you to feel fatigued. Various symptoms can develop, including everything from fibromyalgia and chronic fatigue to skin disorders and flatulence. However, the addition of supplemental polysaccholytic enzymes to the meal will assist the proper digestion of all carbohydrates. Taken between meals, they will also assist the clean-up of unwanted amyloid incrustation.

What happens to these undigested carbohydrates? Microorganisms consume these prior to the colon. Partially digested carbohydrates will now begin to ferment. This results in excess lactic acid, butyric acid, acetic acid, etc. Gases are produced and are absorbed into the blood. The

blood cells will start to aggregate. Our buffering system soon becomes overwhelmed and this impairs the flow of oxygen. That is why Paras are always fatigued or tired. They feel like they are not getting enough oxygen to the brain. Guess what. They aren't getting enough oxygen!

Again, this is all due to deficiencies in the digestive system. Again, these deficiencies are all related to biochemical individualism. Paras do not even like to eat protein. They like sugar. That is because their pancreas is not working properly. It's all tied in together. Carbohydrates are also important for the insulin-glucose process. Elevated glucose leads to the release of advanced glycosated end (AGE) products.

It comes as no surprise, then, that body typing determines how different women experience menopause difficulties. Paras experiences it "on top," which explains why their face begins to burn or itch. Their body uses carbohydrates for energy and also for glycoproteins, the stimulation hormones for the thyroid. Estros, on the other hand, have high estrogen. If you give them estrogen, then they start to gain weight immediately. Supras, though, will mostly start to hold fluid on their body if you give them hormones. Neuros, who are the ones that often have deficient pituitary function, do well on hormones. That is because they matured later in life.

There is not enough space in this format for me to go into scientific detail. I wish there was enough space, but at least you can begin to see how interrelated it all is. You are starting to see how the effects of poor digestion are felt in the most surprising ways. Excess cholesterol. Free radicals. Disease. These are some of the effects of poor digestion. Remember that everything in the body operates as a system. For Supras, consuming food creates low HDLs (good cholesterol) and a rise in LDLs (bad cholesterol).

With Estros, consumption causes their triglycerides to go over the moon. Paras and Neuros experience carbohydrate malabsorption, which can occur in many diseases notable for causing mucosal damage or dysfunction (gluten sensitivity and lactose intolerance). Eating too many sugar-producing foods for any type will create extreme toxicity. This calls for both a diet change and an enzyme program. That is why this concept is important.

Nutritional deficiencies. Excess weight. Free radicals. Stress. Of course, all of those are going to negatively affect your health. But we can narrow our focus in order to understand exactly why these factors will negatively affect a woman's experience with menopause.

Think of digestion as a signal system. Inflammation can be a form of catabolism. Every health condition has inflammation connected with it. Everyone who is aging has excessive inflammation. That is why it should not be surprising that there is so much arthritis among the elderly. The effects of poor digestion are felt as inflammatory conditions and immune reactions. It hits menopausal people the hardest.

The Importance of Digestion

We cannot overstate the importance of lipid digestion and the extreme importance of fat digestion. It is important for us to hit this really, really hard. Digestion is the loop that ties it all into a bow. Any program for the treatment of women's issues simply must involve pro-active measures to ensure the proper digestion of lipids, proteins, and carbohydrates.

If you eat a good, complete protein but fail to digest it properly, you will not get all of the necessary amino acids from it. However, if you eat a good, complete protein and have the enzyme supply necessary to digest it properly, you will get all of those amino acids.

Your body will have the right "pool" of amino acids to take from when it tries to balance its hormones. If one of the essential amino acids is missing, then the body is not going to make certain hormones. Meanwhile, other hormones will not be absorbed. This is even the case with the steroid hormones. The process that they involve uses proteins, so these still have to be made from the amino acid pool. That is because the enzymes that are making these will need proteins.

Once those hormones are in the blood stream, they will be bound to the proteins. Proteins are used to carry them and also to prevent too many hormones from entering the system and permeating the cell.

If a lot of free radicals are present in the system, then some of those hormones can be oxidized. If this happens, then you do not get any benefit from them. You will not experience benefits from the presence of these hormones, even if you are producing them yourself. Over 70-80% of the hormones are glycoproteins, meaning that they are proteins but will require a carbohydrate portion. This means that they are part of a glucose chain.

Replacing Hormone Replacement

The inner intelligence of the body tries to maintain internal balance. Your body does not want hormones to be in excess or falling too low. It requires systemic balance in order to achieve this. That is where SHBG (sex hormone binding globulin) comes in. These are a team of specialized proteins produced by the liver. They chaperone hormones through the blood or, if the level is too high, they will bind to and inactivate them. They thereby assist, regulate, and access target cells. The problem is that they can bind up to, not just one hormone, but all of them. So, excess in one hormone can trigger fallout of many others that are also needed. Now that you understand this, we can take a look at hormone replacement therapy (HRT).

Here is what we have to change. Downplaying synthetic hormonal replacement, these figures for HRT come from the pharmaceutical companies that are producing these products. For every 8000 to 10,000 woman on HRT during one year:

- 8 will have invasive breast cancer
- 7 will have a heart attack
- 8 will have a stroke
- 18 will have blood clots

However, there are 8-10 million women on synthetic HRT. According to the figures above, this would include:

- 64,000 cases of invasive breast cancer
- 56,000 heart attacks
- 64,000 strokes
- 144,000 cases of blood clots in organs such as the lungs.

This adds up to 328,000 new cases each year driven by synthetic HRT. This information is particularly interesting because we are speaking of the “good” hormones as bio-available or natural. The other hormones are synthetic or animal-derived. It is these synthetic hormones that are the ones that are frightening everyone, even though the information has been out there for years.

Hormone Options

The doctor that published the above figures teaches the need for *bio-absorbable hormones*, also known as bio-identical hormones. This term means that these are exact replicas, not just similar. Their usage should be based on each individual woman’s hormone test results and adjusted to her particular need. That is because some women need a change, while some do not. This way, hormones can be formulated by a compounding pharmacy to match a woman’s particular requirement.

It is also important to add something here about *phytonutrients*. Many women turn to them instead of synthetic hormonal replacement. Phytoestrogens are the natural hormones found in plants.

These contain natural hormone-like compounds that are readily absorbed into the body. Although they may have somewhat beneficial effects, they are very weak, thousands of times weaker than the hormones in our body. Phytoestrogens are in more than 300 plants. In fact, they are in many of the plants that we eat every day, including apples. The ratio of strength is anywhere from hundreds to thousands by comparison.

Because of the unique molecular structure of soy and yams, scientists extract them from the raw material that is processed through chemical reactions into the very same hormones in our body. In other words, the estrogen compounds, including testosterone, DHEA, progesterone, and Pregnenolone, are exact (identical) replicas of the hormones in the human body.

Some pharmaceutical companies are producing hormones from soy and calling them natural. But these products are reconstructed in a way that is not similar to human hormones, but rather to equine urine hormones. They are advertised as natural because they come from soybean. Educate yourself about the hormones you are putting in your body. I personally am offended by their perceived view of a woman's lack of intelligence necessary in order to pull this off.

Enzymes and Hormones for Specific Systems and Signs

The best recommendation is to *eat the proper foods for your genetics* along with taking the following suggestions:

Excess Weight

- Digestive enzymes (*DigestZyme*) • Protein digestive enzymes (*PureZyme*) • Probiotics (*Plantadophilus*) • Cholesterol/Triglyceride support (*LypoZyme*) • Adrenal and Thyroid support (*MasterZyme*) • Thyroid (*check the need for free T3*) • DHEA (*Super HormoneZyme*) • Testosterone • HGH (human growth hormone)

Loss of Muscle

- Exercise / Resistance Training • *PureZyme* • Testosterone • DHEA (*Super HormoneZyme*) • HGH

Poor Skin Tone & Appearance

- *PureZyme* • *Plantadophilus* • Estrogen • HGH • Testosterone

Lack of Energy

- *DigestZyme* • *PureZyme* • *Plantadophilus* • *Super CellZyme* • *MasterZyme* • *Super HormoneZyme* • Use estrogen cream instead of pill • Check Thyroid • Check testosterone / Check HGH

Sleep problems

- Herbal relaxant (*CalmZyme*) • Progesterone (taken at bedtime) • Melatonin • HGH (injection / only used in evening)

Memory Loss

- *PureZyme* • *Plantadophilus* • *Super HormoneZyme* • Check Estrogen

Poor Sex Drive

- *PureZyme* • *Super HormoneZyme* • Check testosterone • Check estrogen
- *DigestZyme* • *Plantadophilus* • *Super HormoneZyme* • Progesterone • HGH

Osteoporosis

- *DigestZyme* • *PureZyme* • *Plantadophilus* • *Super CellZyme* • Progesterone • HGH

Stress Resistance, Endurance, Stamina, and Resiliency

- *Super HormoneZyme*

By taking DHEA and Pregnenolone together, they are more likely to generate subtle effects. *Super HormoneZyme* contains both DHEA and Pregnenolone together in proper proportions, plus lipase and protease enzymes to assist in their transport.

Super HormoneZyme should be taken first thing in the morning and at midday. If taken in the evening, add *CalmZyme* before bed.

The Emotions of Menopause

Emotions are important. Many women go to the doctor because of their emotional reactions. They just don't feel like themselves. Often, though, the doctor is puzzled about how to proceed. That is why exceptional health care professionals listen for and talk about emotions. Many times, emotions are the indicator for the doctor to retest or readjust the hormone script. That is why it is important to understand the role of emotions in maintaining good health.

What we think, what we feel, and what we believe play roles in the emotional impact on menopause. That is because our immune system is innervated by our autonomic nervous system. This includes our red blood cells, white blood cells, T cells, B cells, and lymphocytes, which all affect our immune system. We can think of our *sympathetic* nervous system as the gas pedal of a car. It drives you forward. The brake pedal is called the *parasympathetic* nervous system. When our hormones are unbalanced, it is as though we are pushing both pedals at the same time. It just revs the motor. You do not go anywhere. Imbalances between the sympathetic and the parasympathetic nervous system, then, when combined with the changing hormonal milieu of menopause, can increase our body's susceptibility to symptoms and disease.

This is important because of how the body processes our emotions through hormones and neurochemicals. Our (emotions and their hormonal and neurochemical basis) are important because our body is run by these systems. It has been noted that, if a woman has a backlog of unprocessed emotions, they will surface during menopause. This is especially the case with unprocessed emotions from youth. As a result, susceptibility to illness may increase during this time, as well. Additionally, our "fight or flight" impulses that accompany these emotions and fears can help cause disease. In other words, the hormones translate the "language" spoken by the autonomic nervous system and convey this language to the body as a whole.

"Feeling" the Results

We can feel the results. Stress causes the addition of cortisol. The over-stimulation of the sympathetic nervous system is caused by the decreased production of progesterone, a calming agent. These tend towards an increased hormonal imbalance between estrogen, progesterone, and testosterone. All of these things happen together because a hormone does not just stand alone. It is part of a cascade.

Dr. Northrup and Dr. Schultz have done studies into how women experience overwhelming recognition of past pain during menopause. They have also written about why these disappointments are released during menopause. They believe that the amygdala and the hippocampus are rich with receptors for estrogen, progesterone, and GnRH just before menopause. This, you will remember, is where memories are stored. It is during the receptor fluctuation that we can no longer hide them or deal with them. All sex hormones can affect mood, memory, and cognition in complex, interregulated ways. This includes estrogen and progesterone as well as androgens, which account for testosterone and estrogen.

What products can help? Again, *DigestZyme*, *PureZyme*, *LypoZyme*, and *Plantadophilus* help provide a nutritional base of core maintenance. There are also certain "super foods" that help the symptoms of menopause. I designed just such a blend, called *Super CellZyme*. There is also *CalmZyme*, *MasterZyme*, and *Super HormoneZyme* to help regulate moods. These formulations will help digest your food, cleanse and fortify your blood, and provide the essential nutrients required by the body. A good balance of these products will help a variety of symptoms, including the problems we have been listing throughout.

Longevity through Balance

It's all about balance. That is because balance, in turn, leads to longevity. A good balance of adequate enzymes, good digestion, and proper diet will naturally help hormone balance. Depending on who you are genetically, depending on what foods you eat, depending on what you are taking enzymatically, *then* you can look at hormone treatments. But a woman should seek proper testing for a hormone imbalance. This is a place for her to begin. And be aware that testing is also available to evaluate your dietary and enzyme needs. Every woman should play an active role in her own balance. Hormone balance is an art. It is to be controlled or regulated by both her and her doctor.

Yes, it's about how a woman experiences menopause. It's also about how different types of people handle digestion. We've talked about hormones. We've talked about biochemical individualism.

All of that is meaningful because proper digestion is so very important to our health. We need to digest our food, especially protein. Why is it that, as we age, we have a problem digesting protein? So many in nursing homes are wasting away, just skin on bones. This happens even if they are staying active. What is it? The one thing that all elderly people have in common is that they cannot break down protein. They cannot build muscle. And that is because everything is tied to the loss of enzymes.

It's about control, not blame. If you know what your choices are but you continue to make poor choices, then it is something that you have created and you are not in control. We have to stop doing what doesn't work for us. We do that by finding out the reasons why it doesn't work for us. Hormones, as I am finding out, are a double-edged sword. Their being off balance can make you miserable. Hormones can make you feel out of control. They are very subtle that way.

Bring Your Body into Balance

We have to educate ourselves so that we know what our choices are. But it takes work. Bringing your body into balance is the answer. It is the best answer. Balance is everything. Everything! But how can we get our friends, family, and community to understand the importance? I guess it's just facts, facts, facts. And someday it takes. But I still believe that stress is one of the worst things that you can allow to happen. That is why it is important to mention some things that you can do right now.

- **Breathing Exercises** (Yoga, etc.) especially when nervous or upset
- **Meditation** to forget thoughts and come to peace
- **Feed your spirit** speak to your inner source
- **Adjust your attitude or intention** every day, get up with the intention to have a joyous and balanced day

Hormones are important, but unless you have the signals to recognize them and the catalysts to carry out their messages, there is not a balance. Menopause means that either you just do not make estrogen or your signaling systems are inadequate. The old thinking was that, if you overload on hormones, then they would build enough receptor sites on the cell to get in. In other words, just knock on the door hard enough and it will open for you. But that is not the way the body works.

A Parting Statement

A parting statement? Sure. How does one achieve longevity? Avoid stress, take enzymes, eat properly, and build muscle. How does one achieve hormone balance? Avoid stress, take enzymes, eat properly, and build muscle. It all comes out to be the same thing. They go hand in hand. The symptoms of menopause and the symptoms of poor protein digestion are the same. Which came first, the chicken or the egg? What do you think?

For more information and to order the enzyme formulas mentioned above, visit
www.pureenergyrx.com and click on "ENZYMES"
OR, call 620-399-7462 | Mobile: 971-269-7050

NOTE: Some of the enzyme formulas talked about in this article are not available online, but can be ordered via phone.