

## PROVIDER HANDOUT

# Estrogen Dominance and Hormone Balance



## Hormone Testing In Saliva

### The Condition

Many of the most common and unwanted symptoms of menopause and the years preceding it (peri-menopause) are causally connected to the condition of Estrogen Dominance, a term coined by John Lee, M.D., (What Your Doctor May Not Tell You About Menopause). The name refers to a prolonged state of estrogen excess (particularly in relation to progesterone) common to the waning of reproductive hormones with age, but exacerbated by exposure to the plethora of synthetic "xenohormones" such as HRT, pesticides and pollutants in our environment.

### The Problem

The scientific literature is clear (www.salivatest.com for complete references) that an excess of estrogen or estrogen activity at the cell level is a root cause of breast cancer. We know too, that hormone imbalances triggered by the use of synthetic hormone combinations ( Premarin, Prempro, Premphase, Provera) can have deadly consequences. The most recent definitive study, The Womens Health Initiative Trial, was abruptly cancelled in July 2002 when it showed a greater risk vs. benefit for a majority of diseases it was thought to be preventing:

- A 41% increase in strokes
- A 29% increase in heart attacks
- A 26% increase in breast cancer
- A 22% increase in total CVD
- A doubling of the rate of blood clots
- A possible contributor to Alzheimer's disease

### Causes

#### In Premenopausal Women:

Ovulation or lack of (anovulation) followed by insufficient production of progesterone.

#### At PeriMenopause (30s-mid-50s):

Lack of ovulation or erratic cycles, when estrogen levels fluctuate rapidly from high to low in the absence of adequate progesterone.

#### PostMenopause:

An excess of estrogen to progesterone in waning reproductive years when ovarian production of estrogen declines up to 60% but progesterone levels can drop to nearly zero with the cessation of ovulation.

*Estrogen dominance is a condition in which a woman can have deficient, normal or excess estrogen but has little or no progesterone to balance its effects upon the body."* Dr. John Lee, M.D. Author of [What Your Doctor May Not Tell You About Menopause](#)

### Candidates

Individuals in Menopause and/or with signs of low thyroid, fibroids, endometriosis and overall symptoms of too much estrogen including: breast tenderness, fibrocystic breasts, mood swings, vasomotor fluctuations, (hot flashes &/or night sweats) irritability, anxiety, fat gain (hips and thighs) and water retention.

### Purpose

Saliva testing is a simple, reliable means for detecting estrogen dominance as it measures only the fraction of hormones that have left the bloodstream and are active in the tissues of the breast, uterus, brain, bones and skin. This "bioavailable" measurement can detect long hidden hormone imbalances and more closely correlates with the clinical picture. Because hormones work together to create a balanced internal milieu, its important to test all of the following to determine estrogen dominance:

- Estradiol (E2) the most potent of the estrogens
- Progesterone (Pg)
- Testosterone
- DHEAS
- Cortisol (Adrenal Function)

### Benefits

Key to hormone balance is the knowledge that when estrogen becomes the dominant hormone and progesterone is deficient, estrogen becomes toxic to the body. At ZRT we monitor symptoms and hormone usage and relate these back to tested hormone levels to provide more diagnostic clues than are available with standard tests. In this way, saliva testing can assist detection of previously undiagnosed disorders, and serve as a rational basis for treatment to relieve symptoms and restore hormone balance.



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