

Dr Simon Hsia's nutraceutical research focuses on the benefits nutrition and natural supplementation provide to fight diseases like cancer. Dr. Hsia has led the charge for scientific evidence through ongoing clinical research with medical centers and hospitals in Taiwan. The body of knowledge demonstrating nutraceutical benefits for human health and enabling the development of optimally beneficial nutraceutical solutions is continually growing. Additionally, Dr. Hsia has dedicated significant resources and effort towards women's health research related to nutraceutical supplementation. By invitation he was able to share his most recent research findings and knowledge at various medical and educational events. Interest generated in these findings resulted in Dr. Hsia's invitation to many more seminars to share his clinical research results. Dr. Hsia also shares all of his research findings to our New Health members from coast to coast in the United States. This month's newsletter will be sharing the summary of Dr. Hsia's seminar. Don't miss his next upcoming seminar!

2012 Dr. Simon Hsia Seminar Summary (I)

How Nutraceuticals Prevent Common Women's Health Problems Estrogens : Hormone that closely relate to Women's Health

The three forms of circulating Estrogens, include: Estrone (E1) : 10~20%, Estradiol (E2) : 10~20%, and Estriol (E3) : 60~80%. Normally these three types of estrogens occur in the percentage listed above, with E2 having the highest bioactivity in the non-conjugated form with more harmful property, followed by E1, and E3 being the weakest. If these three types of hormones exist in the ratios listed above, estrogens will be stable.

The percentages of E1, E2, and E3 in the circulation differ for many reasons, and some of them are harmful. For example: synthetic estrogens, estrogens in animal products, xenoestrogens from environmental or chemical products, can increase E2 levels, leading to diseases of the breast, uterus, and ovary. On the other hand, phytoestrogens act beneficially by sending out a gentle signal to cells. It also prevents extra estrogens from binding with cell receptors. As a result, we know estrogen's bioactivity and concentration in the circulation are closely related to health problems such as uterine myoma, endometriosis, uterine cancer, and breast cancer.

Research has shown that endometriosis is related to unbalanced high levels of E2 stimulation and increases in inflammatory products in the abdomen. Omega-3 fatty acids from fish oil act as an anti-inflammatory, and can improve symptoms and prevent the incidence. Green tea extract (EGCG) has also been shown to have a positive effect: EGCG plays an important role in inhibiting high levels of E2 secretion. A recent study indicated that participants with increased fruit and vegetable intake and high antioxidant levels, had a lower rate of endometriosis.

The liver, one of the organs responsible for detoxification, also helps to eliminate extra estrogens in our body. Estrogens are catalyzed through the liver and then passed into the intestine for elimination. During this process, if the estrogens are hydrolyzed by β -glucuronidase, a byproduct from bad bacteria in the intestine, they will be circulated back to the body. When we raise the levels of good bacteria in the intestine, we can reduce the bad bacteria and lower β -glucuronidase secretion. Also, vitamin B complex, antioxidants, chlorophyll, and other herbs help boost liver metabolism and detoxification which can increase estrogen elimination.

Some phytoestrogens, like those found in soy are especially helpful. Soy isoflavones are structurally similar to estrogens and can compete with "estrogen receptors" on breast cells, ovary cells, and uterus lining cells. The result is a reduction in the stimulation that causes the related diseases. Recommendation: Using nutritional supplementation, such as soy isoflavones to increase good estrogen levels, can efficiently reduce and improve women's common health problems related to estrogen imbalance.

We can't avoid all the damage resulting from environmental hormones. Many women are suffering from menopause due to estrogen imbalance; some have genetic problems that prevent them from regulating hormones or eliminating extra estrogens. However, we can utilize phytoestrogen supplementation to reduce extra E2 estrogen, and boost liver and intestine health. Finally use omega-3 rich fish oil and antioxidants to fight the diseases caused by inflammation.

