



HORMONE HEALTH AND THE HUMAN BODY: Protecting Yourself From Environmental Challenges

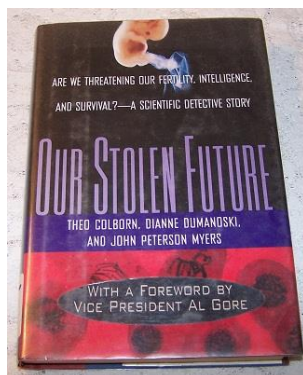
By Dr. Henriette Alban

Foreword: You may be surprised by the first few paragraphs, and some may already be familiar with the causes of hormonal imbalance. I hope you will benefit from knowing these facts and how this information can help to keep us and our families healthy and viable.

The scenario:

For the past 40 plus years we have experienced a huge increase in reproductive cancers and infertility in both men and women, the unnatural early sexual maturing of young girls, as well as the development of breast tissue in grown men. Plus, male pattern baldness in both men and women has become more common. However, ***it doesn't have to be this way.***

While many of us are getting smarter about how to take better care of our bodies, there are still a lot of questions as to how we got here. Perhaps this offers a good reason for us to review our household habits, what we eat and drink, and how we feed our families. Although it is not easy to escape the influences from the air or the water, by being more aware, we can find better ways to source our foods and maybe even consider growing some of our own produce and fruits. Hormone imbalances have become a significant problem in our world and must be at the forefront of our health concerns, especially amidst incorrect and often poorly diagnosed issues.



In 1996, the book "Our Stolen Future" was published following scientific research outlining the consequences of hormone disruption in all mammals, including humans. The authors' research reviewed findings since 1952 on the gulf coast of Florida where bald eagles turned sterile, female sea gulls would have their eggs in the same nest but never seeing any hatch, and alligators were born having both male and female parts. The hormonal confusion was rampant. Ocean mammals were equally affected and at the same time, the level of viability in sperm was down more than 50%.

Evidence on the effects of environmental pollution is no longer hard to find. For instance, see this post - <https://healthyfocus.org/what-are-xenoestrogens/>. And Pubmed has this to offer - <https://pubmed.ncbi.nlm.nih.gov/36412768/>

Sadly, there are massive special interests at play in the old tried and true fashion, which usually equals denial of responsibility. We can each draw our own conclusions what practices and laws are responsible for the environmental challenges we face today.

Some of the worst culprits are plastics. The fallout from petrochemical compounds mimicking female estrogens is negatively affecting the hormone levels and reproductive and immune function of men and women. For example, people have been drinking commercially produced hormone and antibiotic loaded milk and milk products for decades. With that, we're seeing many young girls who start their menstrual cycles at ages 8 or 9, instead of 12-14. Equally, the majority of us have eaten meat and dairy products commercially produced in a similar fashion. Injected with growth hormones and a constant diet of antibiotics both dairy and meat cattle have passed this on to the people who eat them. Touting the benefits of speed and efficiency this unnatural propaganda spread across the globe, leading to the damaging factors of convenience and cheap fast foods. More and more engineered food was brought to market with the effects of near zero natural nutrient values.

Meanwhile, people in their gardens, on playgrounds, in public parks, and of course on the golf courses have been exposed to Roundup (glyphosate) for the past 40 years. Roundup has antibiotic properties (it was augmented from an original antibiotic, expired Japanese patent in the 80s by Monsanto and reinvented as a highly toxic agricultural pesticide). It is water soluble and kills all our important soil-based organisms, and destroys the soil which has caused intense soil runoff in the Midwest and other places of intense mono crops during periods of heavy rain.



In wheat and grain production, glyphosate is sprayed post-harvest to speed up the drying process of grain for quicker processing. Time-saving measures cost us a great deal: taking out natural then putting in unnatural only makes sense for the industry but damages people's bodies.

Inside our bodies, glyphosate has severely affected our digestive viability causing countless leaky gut and leaky brain issues. For more on this see <https://zachbushmd.com/gmo/glyphosate-toxins/>

In my view, there is no need for the world to be doused with all these chemical disruptions. There are ways to produce and make food nourishing and healthy without relying on mono crops and synthetics or factory animal farms with their inhumane, cruel treatments, violating natural laws at every turn.

The effects on humans:

- Sharp increase of female reproductive cancers (cancers were the number 2 cause of death in 2021)
- Young girls menstruating at 8 or 9, getting teenage breasts
- Women having trouble conceiving and carrying a pregnancy
- Men began growing breasts
- Viability of sperm overall is now lower than the 50% it was 20 years ago. (There are no clear numbers as the science is still pending on this one).

Did you know that a cow's natural diet is grass and hay, yet at the factory farm they're fed ground up dead cows with heavy grains and other by products to fatten them up? In turn, they become grossly overweight in the most unnatural way. Best to choose pasture raised meat and milk.

Needless to say, commercial interests on all levels are clearly implicated. We haven't even touched on the disastrous and discontinued hormone replacement therapies for menopausal women (made from pregnant horse urine) that were designed to ease the loss of estrogen.

These man-made health challenges have now been going on for 3 generations, and with each following generation we are handing down chromosome changes and hormonal proclivities to the next generation. People's body and sexual experiences continue to be affected in ways that can be disruptive and confusing.



The common cause that several up-to-date international studies finally agree on is the pollution from petrochemical pesticides and herbicide sprays, artificial fertilizers, the outgassing of manufacturing facilities, Polychlorinated Biphenyls (PCBs), Bisphenol A (BPA), and from the foods that are grown and processed with synthetics additives. We have also been warned of heavy metals in the fish populations for decades with cities prohibiting fishing in certain lakes and various other countries reporting similar problems, yet nobody regulates the immense spraying of our agricultural fields nor what is regularly sprayed into the skies affecting clean air and drinking water.

The effects and result of such practices is something called xenoestrogens, meaning '*foreign estrogens*', acting on the endocrine system of men and women as a major cause of estrogen

dominance, one of the leading causes of reproductive cancers. Pub Med has a study from 2014 that helps further identify the causes and related issues with reproductive cancers:

<https://pubmed.ncbi.nlm.nih.gov/24163391/>

Nature has a very specific way in which she will allow health to work. Violation of natural laws has certainly shown us that collectively human's immune system and reproductive health are seriously compromised. Over the past 3-4 generations, these issues have risen to the top of our awareness and countless people have been deeply affected. In 2021 the first three causes of death are Heart disease, followed closely by cancer. (3rd cause of death is medical/pharmaceutical error).

Let's see how we can address these issues creatively, starting with these suggestions:

1. **Get a hormone baseline test** including thyroid, adrenals, female and male hormones, and Vitamin D which is also a hormone. ZRTlab.com is a great source and there is a nonprofit organization called Canaryclub.org whose "Advanced Plus test" is \$299 and covers both saliva and dried blood testing for hormones, including Vitamin D. Saliva and dried blood tests tend to be more accurate and far more detailed than most others. (See below on the frequency of testing.) The result pages also suggest the optimal values for your age and gender.
2. **Find a natural practitioner** who is familiar with saliva, dried blood and urine testing and who can lead you to improve and balance your scores. Books by Dr. Christian Northrup, Dr. Sarah Gottfried, offer expert advice in this field. Their websites carry important information and their books are available at most libraries and bookstores across the country.
3. **Find a holistic gynecologist, a certified midwife or nurse practitioner** whose recommendations are focused on your test results and who will work with you to achieve hormonal balance.
4. **Work with a Naturopath or functional medicine doctor** to examine your wellbeing, diet, habits, emotional states, and family history.
5. **Take a look at the 'blood type diet'** by Dr. D'Adamo. There is a home blood test available that determines your type easily: <https://www.4yourtype.com/original-home-blood-typing-kit/> . It's been a successful and self-help way to change your eating habits and lifestyle for the past 25 years, altering digestive reactions that you may not even be aware of. Consistently following the recommendations for your blood type offers you an individualized nutritional path.

Women: *when to test*

- Young women once menstruating for a year, retesting when sexually active (It is not uncommon for intensely athletic women not to menstruate, their body being in a constant demand for performance, far removed from the receptive mode of conception).
- Women who have severe cramping issues – good to know where you're imbalanced.
- Women contemplating pregnancy to ascertain the level of progesterone production.
- Women who come off birth control pills – you may have to balance your hormones.
- Women who are concerned about excess testosterone (hair loss and facial hair increase PCOS etc.)

Men: *when to test*

- Young men – check overall hormone levels, testosterone, DHEA, as well as the less produced progesterone and estrogen, good information to have, balancing may be helpful for overall health. A good start into adult life.
- Testing for sperm viability, good information to have in case you wish to have children or donate sperm to others.
- If you feel weak, one of the causes may be that you're lacking in testosterone, it has balanced people's lives by helping them be more assertive and feel better. Potential benefits are in this article: <https://www.menshormonalhealth.com/high-testosterone-levels.html> To test, you would see a urologist – ideally someone who will offer bio identical hormones.
- Age 40-55 to check on the healthy balance of all hormone levels including cortisol (the stress hormone) and a pre-check on xenoestrogens, which mimic female estrogens in a man's body (which can negatively affect prostate health).

Additional suggestions:

You may also find it helpful to work with someone who can help with past emotional issues, old trauma, and mental imbalances while you make important physical changes.

For men and women in child-bearing years, and with the desire to bear children, it is recommended to engage and commit to a year of detoxification and of abstaining from substances that disturb the optimal workings of the body. This takes a serious commitment and is truly worth it if you intend to raise healthy children. It pays to be educated and mindful of your rights regarding your child's immunization schedule.



And just in case you thought it was only up to the woman, I am glad to change your mind. Male sperm viability is obviously linked to overall personal vitality and attitude. The focus on self-healing and self-care is important to us all to bear great fruit, especially when you start this journey before you're forty. Even without plans to have children, it's a great idea to occasionally fast and to plan regular detoxification sessions to ensure you have a healthier and more resilient body.

Learning with Xooma



There is an array of functional lifestyle options and products to help you achieve a natural sense of vitality and wellbeing. The Member's portal of the Xooma website holds many helpful health education audio recordings and Health Beat articles to help you along.

Life's Harmony Natural Bio-Identical Progesterone Cream

- Use once to twice a day. Two pumps provide 22 mg of natural progesterone, which is the recommended amount for women's bodies to maintain and balance healthy levels. (Once you have the test results we discussed above, you should seek the counsel of your preferred practitioner to fine tune your body's need for healthy hormone balance).
- Made with Aloe and other skin nourishing natural ingredients and skin friendly oils for healthy and well hydrated skin.
- Uses organically sourced essential oils as natural preservatives and a pleasing scent.
- Broccoli extract sourced to support healthy immunity.
- Can be used by both women and men for healthy hormonal balance.



Quality is vitally important:

- Life's Harmony Cream is an exclusive formula developed for Xooma Worldwide and made in an FDA registered laboratory to the FDA's GMP standards.
- This formula is paraben-free, phthalate-free, fragrance-free and contains only naturally sourced ingredients.
- Each batch is tested to ascertain contents correspond to the original formula and label.
- Life's Harmony has a solid track record of helping to balance a woman's journey through the different phases of life. The many oral and written testimonials we continue to receive are the best proof of success.

KardiaXyme – excellent formulation of well absorbed Vitamin D3, marine mineral complex for cardiovascular health and inflammation control.

Omega 3/75 – for keeping inflammation as low as possible and to help ease stress both emotionally and on the cellular level.

Berry Balance – powerful and unique multi-berry extract for countering oxidative stress, which is more important than ever.

X2O – the foundation for optimal physical hydration with its careful bio available infusion of minerals and electrolytes.

Xiome365 – a fun probiotic drink to begin your day with. Our microbiome is essential to hormonal health. Include this into your morning routine and let your microbiome be nourished and replenished with this unique successful product.

Ellagic Acid – as a preventive support of cancer, in particular the reproductive kind. Just 5 capsules a day lead to natural cancer cell death – apoptosis. <https://naturalsociety.com/ellagic-acid-cervical-breast-prostate-cancer-fighting-wonder/>

SilverMAX – the natural, highly effective solution for colds, flus, and infections of the skin, burns, dental sores. Both preventive and curative; and has for many taken the place of antibiotics.

A word to the many who take rock or shell-based Calcium supplements:



Please do yourself a favor and switch to vegetable or marine algae sourced calcium. To balance and help absorb calcium we need to take at least half the amount of Magnesium. Recommended are **Magnesium Glycinate**, **Magnesium Threonate** (particularly calming to the brain), **Magnesium Malate**, or **Magnesium Taurate**. For more expanded information, I recommend www.DrJockers.com

To keep your hormones balanced it's important to consider:

- Stop using microwave and plastics - they are loaded with xeno-estrogenic compounds.
- Avoid processed and fast food, they are made from poor sources and laced with synthetic flavors, preservatives and colorings
- Get lymphatic drainage massage several times per year (once a month is an ideal goal)

- Dry skin brushing before your shower, followed by a cold 10-30 second rinse
- Use an infrared sauna or steam sauna and then chill your body with a cold shower
- Eliminate sugar, chocolate, gluten and dairy from your diet, takes time and consistency
- Use caffeine and alcohol sparingly, especially when you're in pre and menopause.
- Buy organic produce or grown without pesticide sprays or GMOs, know your farmers
- If you eat animal flesh, choose pasture raised and free ranging outside animals - humanely treated - *all other sources are contaminated and toxic for human consumption*
- Commit to at least 60 - 90 days of making these changes
- If you really want to make a difference, regularly consume fresh vegetable juices, do colonics, get regular massages, and properly hydrate your body on a daily basis with X2O water.

About Dr. Henriette Alban



Born and raised in Switzerland by health conscious parents, Dr. Henriette Alban, ND grew up using natural ways to achieve and maintain well-being. Building on this foundation from her youth, Henriette moved to New York City where she studied and received certifications in Shiatsu and Swedish massage therapy, as well as digestive and colon health therapies. She also became a researcher in vitamins, nutrition and hormone health – all of which was very helpful after she gave birth to a beautiful son whose allergies led to life-threatening asthma. While watching the ineffectiveness of the medical system in healing her son, she intensified her studies of the holistic field to avert the awful effects of asthma. Founding a group for parents of asthmatic children in NYC, she brought in experts in the field and offered much needed nutritional advice to parents who were challenged by how to take care of their asthmatic children.

Combining her 20 years of studies, Henriette Alban pursued and was awarded a Diploma of Doctor of Naturopathy from the Trinity School of Natural Health in 1997. The same year she opened her private practice in Maryland, with the intent of helping people in the community to eat better and learn how to heal themselves and their families. Almost immediately she began holding classes, lectures, and workshops. Thus, she brought to reality her desire to be a beneficial presence in the world. Henriette, now in Reading, PA, opened her practice Living in Balance in 2004.

As part of Xooma's Advisory Board, Dr. Alban brings years of experience and a variety of modalities to support her work in helping others create positive changes in their health and their lives. This is coupled by a strong sense of quality and integrity in formulations and a desire to assist Xooma in making products as pure and effective as possible.

*The statements in this publication have not been evaluated by the Food and Drug Administration and are not intended to replace the services of a qualified health professional, nor are they intended to diagnose, treat, cure or prevent any illness or disease.