

Hormone Receptor Detox

“Without clean receptor sites, hormones can't do their job.”

I am very excited about a new product developed by Dr. Lindsey Berkson manufactured by Biotics Research to mobilize, enhance and protect hormones and the receptors sites they are attracted to. And best of all, the formula focuses on maximizing existing endogenous hormones.

I am certainly not opposed to using bioidentical hormone replacement when done correctly. But this formula maximizes existing hormones, or if one is taking bioidentical hormones, help them work more efficiently. The formula is called, “Receptor Daily Detox” because it targets hormone receptor health and functionality.

You see, testing hormone levels whether it be in blood, saliva or urine doesn't matter unless the receptor function is working. Without clean receptors, hormones can't do their job.



Dr. Berkson worked directly with the scientists who discovered the first two estrogen receptors and learned in detail how they work and what they need to function properly. She is an estrogen scholar at a hormone think tank at Tulane University. She is the author of 21 books and educates physicians and nutritionists to optimize their patients' hormones. I will be taking a lot of my material from her book, “Sexy Brain.”

As you know, hormones are signaling molecules

that deliver signals to tissues throughout the entire human body and are critical for staying healthy or fighting illness. Hormones deliver signals to receptors that line most of our tissues and cells.

Receptors are proteins that are shaped like satellite dishes. “The shape of the individual hormone merges with the shape of the satellite receptor and they go through a shape-shift process. This movement is called molecular shimmying. Receptors

receive the signal and then translate that signal to the gene.”

“Receptors line cells, inside and out, and are uniquely designed to receive and translate messages that any hormone intends to deliver. They shape-shift and then send signals to genes. Both men and women have at least 48 different receptors with more being discovered.”

Most of us are familiar with measuring hormones, but I have never heard anyone articulate the value of receptor site health like Dr. Berkson. A breast cancer survivor of over 25 years she has made it a part of her life mission to understand hormone signals and what may thwart them. She emphasizes that “Blood, saliva or urine levels do not tell the whole story of hormones. Receptors or how functional those receptor sites are... is where the rubber of hormonal health meets the hormonal road.”

If receptor site health is just as important as actual hormone levels, what sabotages receptor site performance? I am glad you asked that question. Chronic Inflammation, oxidation, pollutants, plastics, stress, toxic cosmetics, too much sugar, too many cocktails, and metals like mercury, lead, arsenic, aluminum, excess copper, to name a few. The technical term is Endocrine Disrupting Compounds or EDC's. In effect, pollutants that we are exposed to everyday.

Pollutants aggravate existing polymorphisms in our genes, alter signaling pathways and change the ways genes are expressed by blocking or mimicking

hormones and disturb hormone receptor sites.

Many minerals are needed as cofactors to convert hormones to their active form. So, Receptor Daily Detox contains trace levels of the minerals: magnesium, zinc, iodine and selenium. It also contains 5 mg of B6 as P-5-P as a cofactor.

But the real punch of the product comes in the proprietary blend of botanicals. Receptor Daily Detox contains cilantro, cracked cell wall chlorella, parsley, dandelion and milk thistle.

As I mentioned earlier Dr. Berkson worked with the scientists who discovered the first two estrogen receptors and learned in detail how they work and what they need to function properly. She offers a unique perspective to a very confusing field.

Baby boomers don't want to lose their edge and insufficient hormone signals or the reception of those signals are a major cause of premature aging. If tissues miss out on protective hormone signals, many systems will be affected from gut health to joint pain, from brain fog to autoimmunity.

It is impossible to escape the pollutants in our world, and thanks to Dr. Berkson we have 2 more dynamic tools to fight the battle.

By the way, Dr. Berkson will be lecturing in detail on this subject so keep your eyes open for webinars and other educational forums. I know I will.

Thanks for watching I look forward to being with you again next Tuesday.