

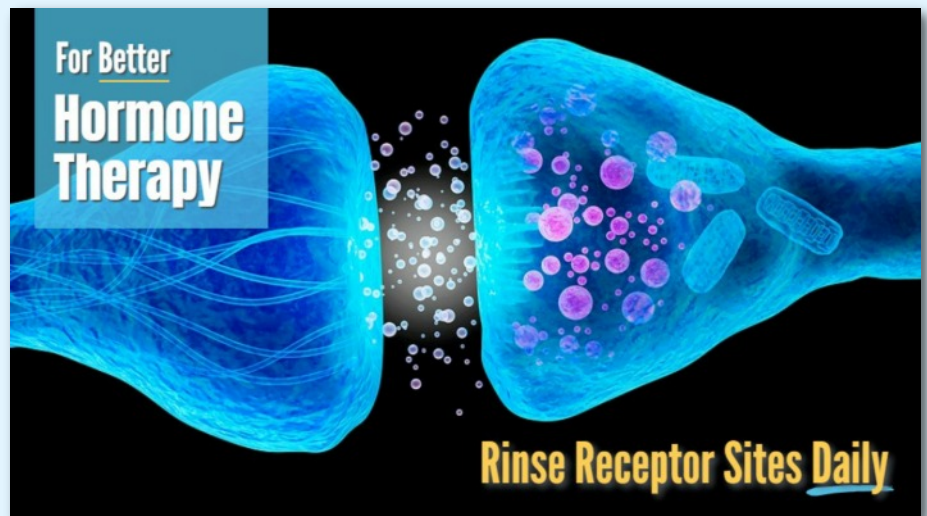
Optimize Hormone Signaling

“Receptors should be rinsed or cleared on a daily basis to provide maximum signaling.”

I love that I get to bring new ideas to you each Tuesday Minute, and this one is particularly exciting for me. Because the topic is receptors.

You see hormones work because they signal receptors. We have 2 different types of receptors. The first is a lock and key mechanism in the cytoplasm. It's called genomic signaling because the gene is signaled. Secondly, there are trans-membranous receptors where the signals go in and out of the cell membrane seven times. And I just learned that nutrients determine how long hormones sit in their receptor sites. If we have the right nutrients, hormones will sit in the receptor site long enough to send an optimal signal to its' target inside the cell.

Here's another thought you may not have considered; receptor sites are being blocked by environmental toxins. How many times



have we given what we thought was the right protocol and nothing happened? When the receptor sites are blocked, the signals that the hormones are sending are not being received properly. So, receptors are really where the rubber meets the road.

To quote Dr. Lindsey Berkson, “Whether we know it or not, right now we live in an endocrine disruptive “SOUP”. Endocrine disruptors are the agents that disrupt endocrine signaling. What are the agents that block receptor

sites? Environmental pollutants, xenoestrogens, plastics, heavy metals to name a few.

Dr. Berkson's mentors who discovered the estrogen receptor sites alpha, ER alpha and then ER beta spent over 10 years drilling into her head that you can measure hormones in blood, urine, or saliva and the levels can be sufficient, but can they signal the cells to support health? To achieve that goal, the receptors must be healthy, and they must be flush with the nutrients needed to allow hormones to dock.

As a reminder, hormones are not just about sex and muscles, they influence our immunity, gut health, our microbiome, our brain, heart, and renal health. We are talking about thyroid hormones, insulin, growth hormone, melatonin, even our vocal cords and lung capacity are influenced by hormones and their receptor sites. And let's not forget collagen that affects our skin and certainly our appearance.

So, hormones when understood and applied properly, are a big deal for us and our patients. To have healthy hormone signaling we need to constantly: rinse receptor sites of competitive inhibitors, support transcriptional cofactors for hormones to dock and signal, keep hormone levels consistent throughout the day and support controlled growth as uncontrolled growth leads to cancer.

Dr. Berkson believes receptors should be rinsed or cleared on a daily basis to provide maximum signaling. Why daily? Because we are exposed to toxins daily in our air, food and water as well as in our cleaning and personal care products.

I want to encourage you to please take the time to watch the webinar on Biotics Research's website by Dr. Berkson called Younger Longer - Receptor Functionality & Keeping Hormones Zen. After having cancer herself 30 years ago, she started taking hormone replacement 27 years ago. And since she herself was taking hormone with a history of several cancers she has made it her life's passion to understand the science and educate doctors on how to make hormones safe and effective.

She teamed with Biotics Research to make 2 products. One to rinse or clear off receptors and to balance the action of receptors called Receptor Detox. The second, Hormone Balance and Protect, to make sure hormones were consistent in the body throughout the day and to avoid complications like excessive coagulation or uncontrolled cell growth.

Receptor Detox is to support receptor sites that receive the hormone signals. It doesn't matter how many hormones signals the body puts out, if the hormone receptor sites are not healthy, they can't receive the signal properly. In terms of vitamins and minerals Receptor Detox contains Vitamin B6 as P-5-P, Iodine, magnesium glycinate, zinc citrate, and Selenium (from vegetable culture). The botanicals which have multifunction applications are Cilantro, Parsley, Chlorella, Dandelion and Milk thistle. In terms of dosing, Dr. Berkson suggests 4 capsules bid for a week then 2 capsules bid as maintenance.

I quoted Dr. Berkson earlier, "We live in an endocrine disruptive "SOUP" and this endocrine disruptive soup weakens hormonal signals causing premature aging. Remember, receptors affect: brain health because sex steroids influence the size of our brain, pancreatic enzymes, our thyroid, our parathyroid, our adrenals, even insulin.

A lot of us are aging, and by learning from Dr. Berkson, it could open a whole new subspecialty for you. And more important, it could keep you or someone you love in the game longer.

Thanks for taking time to join me, I look forward to seeing you again next Tuesday.