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Physiological Effects - Estrogen and Progesterone: Contrasting Effects

Excerpted From:

WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT BREAST CANCER:
Balance Your Hormones and Your Life from Thirty to Fifty

PHYSIOLOGICAL EFFECTS OF ESTROGEN AND PROGESTERONE

Estrogen Effects

- Creates proliferative endometrium
- Breast cell stimulation (fibrocystic breasts*)
- Increased body fat and weight gain*
- Salt and fluid retention
- Depression, anxiety, and headaches*
- Cyclical migraines*
- Poor sleep patterns*
- Interferes with thyroid hormone function*
- Impairs blood sugar control*
- Increased risk of blood clots*
- Little or no libido effect*
- Loss of zinc and retention of copper*
- Reduced oxygen levels in all cells*
- Causes endometrial cancer*
- Increased risk of breast cancer*
- Increased risk of prostate cancer*
- Restrains bone loss
- Reduces vascular tone (dilates blood vessels)

Progesterone Effects

- Maintains secretory endometrium
- Protects against breast fibrocysts
- Helps use fat for energy
- Natural diuretic
- Natural anti-depressant & calms anxiety
- Prevents cyclical migraines
- Promotes normal sleep patterns
- Facilitates thyroid hormone function
- Helps normalize blood sugar levels
- Normalizes blood clotting
- Helps restores normal libido
- Normalizes zinc and copper levels
- Restores proper cell oxygen levels
- Prevents endometrial cancer
- Helps prevent breast cancer¹
- Decreased risk of prostate cancer
- Stimulates new bone formation
- Improves vascular tone

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Saliva testing is a simple, accurate way to determine your "free" or bioavailable hormone levels. This is the best way to answer your questions about hormone balance--or imbalance--in the privacy of your own home.



Triggers autoimmune diseases*
Creates progesterone receptors
Relieves hot flashes***
Prevents vaginal dryness & mucosal atrophy***
Increases risk of gall bladder disease*
Improves memory***
Improves sleep disorders***
Improves health of urinary tract***
Relieves night sweats***

Prevents autoimmune diseases
Increases sensitivity of estrogen receptors
Necessary for survival of embryo
Precursor of corticosteroid biosynthesis
Prevents coronary artery spasm and atherosclerotic plaque.
Sleepiness, depression**
Digestive problems**

The John R. Lee, M.D. Medical Letter

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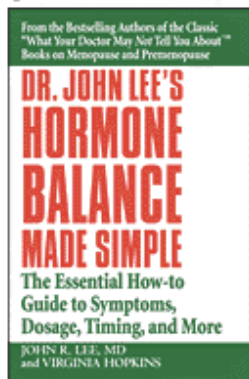
* Indicates that these effects are caused by estrogen dominance, or an imbalance of estrogen caused by too little progesterone.

** Indicates that these effects are caused by an excess of progesterone.

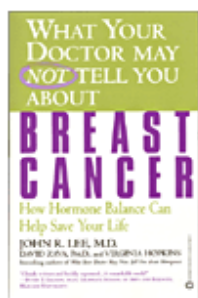
*** Indicates that these effects are caused by a deficiency of estrogen.

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by John R. Lee, M.D., David Zava, Ph.D. and Virginia Hopkins.

Warner Books 2002 (410 Pages)

Another pioneering book by John R. Lee, M.D. that really gets to the bottom of why women get breast cancer and how to prevent it. It covers a wide array of topics including how HRT may trigger breast cancer, why doctors use chemo and radiation even though they don't work very well, what causes breast cancer, how to prevent it, and the remarkably

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