

# Essential Oil Therapies

Vol. 7 No. 2



## Balancing Excess Estrogen May Reduce Breast Cancer Risk Factors

*Fourth in a series - Reasons for Hope in the Fight Against Cancer*

In past issues, we've focused on reducing our cancer risk by living green—switching to safe home and personal care products. In this way, we avoid exposure to environmental toxics and synthetic chemicals, an important, proactive step towards taking charge of our health.

In this issue we'll focus on reducing cancer risk factors—especially those for breast cancer—associated with certain types of medications, high levels of estrogen and the disruption of the body's ability to maintain hormonal balance. We also discuss Young Living® products that are safer alternatives and which support a balanced hormonal system.

### Breast cancer statistics

Every three minutes a woman in the U.S. is diagnosed with breast cancer.

Breast cancer is the second most common type of cancer in American women, after skin cancer.

Women are diagnosed with breast cancer at a rate of 126 per 100,000 women.

One in eight American women will be diagnosed with breast cancer.

Historically, breast cancer rates in the United States are six times greater than those in Asian countries.<sup>1</sup>

*National Cancer Institute*

### The links between medications, excess estrogen and risk of cancer

Medical researchers are concerned that the overuse of prescription and over-the-counter medications could increase the risk of cancer by reducing the effectiveness of the immune system. According to a study at the University of Rochester cited in the *Journal of Immunology*, "Nonsteroidal anti-inflammatory drugs (NSAIDs) [such as aspirin, acetaminophen and ibuprofen]...reduce the ability of white blood cells to make antibodies."<sup>2</sup>

Scientists are also concerned about the impact on cancer risks—especially for breast cancer—from higher levels of estrogen.<sup>3</sup> Elevated estrogen can be a side effect of medications such as Hormone Replacement Therapy (HRT).<sup>3</sup>

**Xenoestrogens**, foreign estrogens from synthetic chemicals, may also increase estrogen levels. We are exposed daily to hosts of foreign estrogens in our air, water and in the plastics and products we use.<sup>4</sup>

Precisely how xenoestrogens affect our estrogen levels is not yet fully understood. Marcelle Pick, OB-GYN NP of Women to Women Clinic states,

"Many synthetic chemicals have an ability to mimic our own estrogen's chemical structure, which can allow them to link with and modulate our estrogen receptors...which has the effect of interrupting our normal endocrine function, hence the term **endocrine disruptors**."<sup>5</sup>

While our understanding is far from complete, we can surmise that avoiding substances which could compromise our immune and endocrine systems is wise.



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## Balancing Excess Estrogen May Reduce Breast Cancer Risk Factors

### Where are xenoestrogens found?

Following are just a few of the chemical families which function as xenoestrogens and the types of products in which they're found:

- Nonylphenols—cleaning products
- Benzophenones—perfumes, soaps
- Organochlorides—chlorinated water, many plastics, agricultural chemicals
- Bisphenol-A—hard polycarbonate plastics, can liners<sup>3</sup>

### How do you avoid exposure to xenoestrogens?

Young Living's non-toxic **Thieves Household Cleaner** is a safe and effective all-purpose cleaner that works without harsh chemicals. Young Living essential oils are a very appealing option to synthetic perfumes. Their therapeutic properties can help you feel good, too. Safer choices in bath and hand soaps are also available.

### How unopposed estrogen is implicated in breast cancer

Estrogen is naturally produced in humans for the normal development of female secondary sex characteristics, regulation of the menstrual cycle and human reproduction. It is a risk factor in breast cancer for these reasons:

- It has a role plus it interacts with other hormones in the stimulation of epithelial breast cell division.
- It is involved in periods of breast growth and development and supports the growth of estrogen-responsive tumors.<sup>6</sup>

### How balancing estrogen with progesterone may reduce cancer risk

To function as designed, adequate amounts of progesterone, estrogen's opposing hormone, must be present. Let's look at a few ways progesterone balances estrogen.

Estrogens prepare a woman for pregnancy while progesterone maintains the pregnancy and favors the well-being of the developing child.<sup>7</sup>

Estrogen activates cancer, progesterone activates a tumor suppressor gene.<sup>7</sup>

Estrogen may increase risk of breast cell proliferation while progesterone decreases proliferation.<sup>7</sup>

Unfortunately, between the ages of 35 and 50, the average American female's estrogen to progesterone levels become imbalanced: The level of progesterone falls 75% while the level of estrogen falls 35%. Without adequate progesterone, estrogen becomes dominant, increasing the risk of breast cancer. As many as 50% of U.S. women are progesterone-deficient by age 35.<sup>7</sup>

### Hormone balancing solutions for women AND men

*Important precaution*—The endocrine system is very complex, as is hormone therapy, so it is critical that your hormonal levels be accurately measured BEFORE starting any supplementation. Have your hormone levels tested by a healthcare professional or a reliable laboratory that specializes in saliva hormone tests. Then have your healthcare provider evaluate your tests, customize a hormone regimen for you and monitor your results on a regular basis.

### Young Living hormone balancing solutions for women

Hormone replacement therapy using natural hormones (not synthetic analogues or look-alikes) in a cream application for transdermal absorption has been an effective solution for many.

In the specific case of supplementing with progesterone, Harvard University researcher, John R. Lee, MD, found that natural progesterone is, "...very well absorbed through the skin – 40 to 70 times more efficiently than if taken by mouth."<sup>8,9</sup>

Research also indicates that topical hormone creams formulated with certain essential oils penetrate more effectively than hormone creams without essential oils.<sup>8</sup>

*continued on page three*

### Resources

<sup>1</sup> [www.cancer.gov](http://www.cancer.gov)

<sup>2</sup> <http://www.urmc.rochester.edu/pr/news/story.cfm?id=1318>.

<sup>3</sup> Baird, C., Cann, M. Environmental Chemistry. 3rd ed. New York: W.H. Freeman and Company. 2005. pp 407-408.

<sup>4</sup> <http://www.cosmeticsdatabase.com/research/whythismatters.php>

<sup>5</sup> [www.womentowomen.com/menopause/estrogendominance.aspx](http://www.womentowomen.com/menopause/estrogendominance.aspx)

<sup>6</sup> Clark, R.A., et al. "Estrogen and Breast Cancer Risk: What Factors Might Affect a Woman's Exposure to Estrogen?" Cornell University. Fact Sheet 10. July 2002. pp 1-4.

<sup>7</sup> Lee, J. R. et al. What Your Doctor May Not Tell You About Premenopause. New York: Warner Books. 2005.

<sup>8</sup> Essential Desk Reference. 4th ed. Utah: Essential Science Publishing. 2008. p. 213.

<sup>9</sup> Gittleman, A. Before the Change: Taking Charge of Your Perimenopause.

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## Balancing Excess Estrogen May Reduce Breast Cancer Risk Factors

### Young Living solutions for women *continued*

#### Topical Creams and Dietary Supplements

**Progressence Cream** – To combat estrogen dominance and amplify progesterone levels. The first treatment of choice for women over 40.

**Prenolone® Cream** – For those who are deficient in both progesterone and estrogen.

**Prenolone® Plus** – Designed for people who have either inadequate results with Progressence or Prenolone or have deficient levels of estrogen, progesterone and DHEA or testosterone.

**PD 80/20** – A dietary supplement designed to provide natural hormone support for the body. Contains pregnenolone and DHEA.

**CortiStop® for Women** – A dietary supplement which contains progesterone and hormone precursors, which slow cortisol production in women.

#### Essential oils for women

Many women over the age of 40 have found that essential oils effectively relieve PMS and menopause symptoms. Essential oils with estrogen-like activity include fennel, anise, clary sage and sage. Three essential oil blends, Dragon Time, SclarEssence and Lady Sclareol, were formulated to balance and normalize hormone levels. They have given excellent results.

#### Young Living hormone balancing solutions for men



**ProGen** – An all-vegetable and herbal dietary supplement for the prostate and male glandular system. Saw palmetto is one of the most widely used herbs to combat prostate enlargement, which affects most men over the age of 45. Pygeum africanum may inhibit prostate atrophy and malfunction.

**Mister** – An essential oil blend that supports the male reproductive system. Helps to decongest the prostate and promote greater male hormonal balance. May be taken as a dietary supplement or applied topically.

In our next issue, we'll discuss how over-the-counter drugs can affect our immune systems and how to create a healthy medicine cabinet for everyday care at home.

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#### Featured Young Living Products

Product Name	Code # Size	Prices Wholesale Pref Cust Customer
Progressence Cream	#3725 1.4 oz	\$31.00 \$35.89 \$40.79
Prenolone Body Cream without DHEA	#3731 1.94 oz	\$19.75 \$22.87 \$25.99
Prenolone Plus Body Cream with DHEA	#3732 1.94 oz	\$22.75 \$26.34 \$29.93
PD 80/20 supplement	#3263 30 caps	\$61.00 \$70.63 \$80.26
CortiStop for Women supplement	#3275 30 caps	\$43.75 \$50.66 \$57.57
Clary sage essential oil	#3521 15 ml	\$44.75 \$51.82 \$58.88
Dragon Time essential oil blend	#3327 15 ml	\$42.75 \$49.50 \$56.25
Lady Sclareol essential oil blend	#3376 15 ml	\$39.75 \$46.03 \$52.30
SclarEssence essential oil blend	#3418 15 ml	\$27.75 \$32.13 \$36.51
ProGen dietary supplement	#3233 60 caps	\$26.75 \$30.97 \$35.20
Mister essential oil blend	#3381 15 ml	\$34.75 \$40.24 \$45.72
Live Green at Home <b>Thieves Essential Rewards Pack</b>	#3697	\$115.00 \$133.16 --
Healthy Medicine Cabinet <b>Everyday Oils Collection</b>	#3695	\$115.00 \$133.16 \$151.32
Fill Nutritional Gaps <b>Core Essentials Complete Essential Rewards Pack</b>	#3482	\$219.75 \$254.45 --