



Me? Do an Estrogen Detox?

How and why men and women will benefit from an estrogen detox.

By Scott Vander Wielen, DC

There is no question that no matter how hard we try, we will all be exposed to man-made chemicals. Whether in our drinking water, shampoos, soaps, cleaners, or in many of the lawn care pesticide/weed killer products, and even directly in our food supply, you can be very certain that just about any household “goop” will contain estrogens that we will absorb into our system.

So you may ask, “What is the big deal about estrogens anyway?” Well that is an excellent question! A 1997 article in the Journal of Endocrinology described environmental estrogens as “a diverse group of chemicals that bind to estrogen receptors, mimic estrogen actions, and may have adverse effects on human health. BPA, an environmental estrogen, was accidentally discovered when researchers autoclaved water in polycarbonate flasks. The estrogenic effects of BPA on cancer cells were so strong that scientists observed cancer cells multiplying that were taken from cadavers and the concentration of the BPA was one-ten thousandth of the concentration of estrogen required to stimulate cancer cell growth. BPA is a xenoestrogen, (xeno meaning strange). Since this discovery, a great deal of research has been published regarding what BPA does in the body. Thankfully, Governor Doyle signed legislation banning BPA in infant-related plastics starting in June, 2010. This is just one example of why we should pay attention to the environmental estrogens we come in contact with in our daily lives.

Why should men be interested in estrogen detox? For men, there is an important factor that is near and dear to all of us, testosterone. A 2010 article of the National Institute of Health Toxicology Letter concluded that BPA reduced testosterone production significantly through the pituitary gland. When estrogen affects men’s testosterone levels, this suddenly is no longer a laughing matter. Erectile dysfunction, and yes, man-boobs are frequently the biggest impacts it can have on men. Prostate problems with urination are also a signal of estrogen dominance. Do you want to build more muscle? Do you want to have full and lasting erections? Do you want to lose the man-boobs? If you answered “yes” to any of the previous questions, then an estrogen detox is part of the solution for you. It is worth noting that Olympic athletes do estrogen detoxes so their bodies can make more testosterone naturally. Removing environmental estrogens is vital to having healthy hormone function in men.



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