

# Smart Life Forum

SmartLifeForum.org

Presents

## Sherrill Sellman, N.D., B.A. Women's Holistic Health and Wellness: Truths & Myths

Thurs, Sept 18, 2008, 7 PM

LOCATION: Cubberley  
Community Center - Room H1  
4000 Middlefield Rd  
Palo Alto, CA

### FUTURE SPEAKERS

October 16, **Larry Roberts, PhD**  
& **Tedde Rinker, DO**

*"The Renegade Patient"*

November 20, **John Gray, PhD**  
*"Mars & Venus in Collision"*

**Note:** This month SLF moves back to Room H1 at Cubberley Community Center.

**Short Presentation:** Dave Asprey will present a short summary of Dr. Costantini's 18 years of WHO-backed research linking mold-based toxins called mycotoxins to a variety of diseases, including atherosclerosis, diabetes, hormone disorders, and cancer. Mycotoxins, some of which are antibiotics, impact our health when present even in the parts per billions range. The most famous mycotoxin is aflatoxin, but the number of other mycotoxins in our processed food is shocking. This report will contain a brief list of the foods most likely to be contaminated by mycotoxins. It will also cover mycotoxins from the environment, mostly moldy buildings, and endogenously produced mycotoxins from often-undiagnosed fungal infections. Information in the report comes from Dr. Costantini's book series, Dr. Shoemaker's work with chronic neurotoxins in the book *Mold Warriors*, and a dozen other books on the topic. Report will conclude with Dave Asprey's proprietary list of substances that bind mycotoxins once they are in the body. Dave used these substances to get better after years of exposure to toxic mold.

truthful information and safe holistic solutions regarding the many aspects of their hormonal health and wellbeing. She is the author of "Hormone Heresy: What Women MUST Know About Their Hormones" and "What Women MUST Know to Protect Their Daughters From Breast Cancer".

Sherrill lectures and consults worldwide, and is a speaker providing seminars and lectures in the US, Canada, Ireland, the UK, Australia and New Zealand. Her areas of expertise include: the myths and truths of menopause, hysterectomies, peri-menopause, menstrual wisdom, practical holistic solutions for regaining hormonal balance, osteoporosis, breast cancer prevention, permanent weight loss, food as medicine, and the impact of cell phones on hormones. In addition, Sherrill has conducted corporate trainings on stress management, personal development, and women's wellness.

### Meet Sherrill Sellman

Dr. Sherrill Sellman is a Naturopathic Doctor, psychotherapist, health journalist and hormone wellness coach. Sherrill is a dynamic lecturer and educator, assisting women to access

She has been a guest on over 1400 radio and TV shows. She has also written over 500 articles for newspapers, health magazines and trade journals published in the U.S. the UK, Germany, Australia,

New Zealand, Italy, Ireland, Canada, and Holland including: Total Health, Alternative Medicine, Well Being Journal, Natural Health, Alive Magazine, (Canada) Nexus Magazine, Icon (the UK), and Kindred Spirit (UK).

Sherrill also hosts a weekly internet radio show called "What Women MUST Know" empowering women with truthful information and in-depth conversations regarding their health, hormones and pertinent life issues.

She consults with women worldwide and designs custom health plans. Her unique focus is to uncover the causes of hormonal imbalances and then provide the life style, nutritional and dietary guidelines to regain hormonal health and quality of life.

Sherrill is a passionate, inspiring and powerful voice for the empowerment and health of women of all ages.

## **Main Presentation**

Like so many people who have become passionate advocates for health causes, Dr. Sellman's mission evolved from her own hormonal challenges in her mid-forties. Stress, inappropriate diet and underlying health issues resulted in debilitating perimenopausal hormonal symptoms such as insomnia, depression, weight gain, anxiety attacks, night sweats, fatigue and low libido. In her quest to resolve her own health issues, she uncovered a world of myths, misinformation and lies regarding women's bodies, hormonal changes, hormonal treatments and procedures. This was a decisive experience which led her to her life's mission.

Dr. Sellman's book "Hormone Heresy: What Women MUST Know" offered women empowering information

regarding their bodies and hormonal cycles as all stages of their life: fertility years, perimenopause and menopause. It also provided many natural solutions...helping women to make truly informed, effective and safe choices.

For hundreds of years, many myths have prevailed regarding women's physiology which have had devastating consequences to women. It is time to reveal the Truths!

### **Myth #1**

Women's bodies are innately flawed and are the source of much suffering and disease.

### **Truth #1**

Nature did not create a design flaw in women's bodies causing their health to deteriorate when they arrive at menopause. Menopause is neither a downhill slide nor an "estrogen deficiency disease" as the medical world likes to call it. At menopause there is an adjustment in estrogen levels reducing the output of the ovaries by about 40-60 percent. Just low enough so that the menopausal woman won't be maturing eggs (the post-menopausal journey is a time to nurture our passion and creativity not to bear children). Nature has also provided a back-up system in the estrogen department...both the fat cells and the adrenals produce estrogen. If we have any "meat on our bones," menopausal women are generally making plenty of estrogen, even if they have had a full hysterectomy (surgical removal of the uterus).

### **Myth #2**

Menopause is a time when the ovaries fail and cease to make estrogen.

### **Truth #2**

Menopause is not a time of the ovaries failing or ceasing to produce estrogen. However, with menopause there is a cessation of ovulation. When we ovulate, the site from which an egg bursts forth (known as a follicle) turns into an endocrine gland that makes progesterone. When there's no ovulation, this primary supply of progesterone is not available. Thus, there is a precipitous fall in progesterone levels at menopause. However, once again, nature's back-up system makes progesterone from the adrenals.

#### Myth #3

Hormone Replacement Therapy is the salvation for menopausal women.

#### Truth # 3

Hormone Replacement Therapy, i.e., estrogen and synthetic progestins (natural progesterone mimics – ed.), have a combined 120 possible risks and side-effects. They are not natural hormones replacing our own hormones but rather powerful drug therapies. Estrogen and progestins are carcinogenic substances (according to the NIH) initiating and promoting breast, ovarian and uterine cancer. They also cause blood clots, strokes and high blood pressure and much more.

#### Myth #4

“The Pill” is safe and helpful for a variety of hormonal imbalances.

#### Truth #4

The contraceptive Pill is not safe nor does it balance out menstrual cycles and hormonal imbalances. The Pill is made up of the same steroid hormones as HRT but up to four times the strength. The Pill can not only predispose a woman to a life time of hormonal imbalances, but also breast cancer, strokes, miscarriages, infertility, autoimmune diseases, inflammation, thyroid imbalances,

depression and nutritional deficiencies.

#### Myth #5

Menopausal women are deficient in estrogen.

#### Truth #5

Menopausal women are usually experiencing an imbalance of too much estrogen in relationship to progesterone. Menopause is not a time of a lack of estrogen.

The World Health Organization has found that an overweight postmenopausal woman has more estrogen circulating in her body than a skinny pre-menopausal woman! Western women now have some of the highest estrogen levels ever recorded in history. In fact, we are literally swimming in a sea of estrogen exposure due to medication such as the Pill and HRT, the estrogen mimics (a/k/a endocrine disruptors – ed.) found in pesticides, herbicides, and plastics, as well as the hormones injected into feed lot cattle and farmed fish (estrogen accelerates growth and increases weight gain in animals.... and in women, too!).

#### Myth #6

Perimenopause is a time of declining estrogen levels and requires HRT.

#### Truth # 6

As a result of saliva testing, we now know that perimenopause is not a time of declining estrogen levels at all. But rather a time when the body is doing its “final hurrah” trying to stir those ovaries into action, thus making some of the highest levels of estrogen ever made by the body. Perimenopause is really a time of high but fluctuating estrogen levels along with low progesterone.

Myth #7 PMS, menopausal hot flashes, and other symptoms are inevitable.

#### Truth # 7

Hormonal imbalances and menopausal symptoms are neither innate to women nor discomfort they must endure. They are symptoms of imbalance due to stress, toxicity, nutritional deficiencies and lifestyle abuses. By committing to a health program, hormonal imbalances can be successfully resolved naturally.

#### Myth # 8

Hormonal imbalance is not related to any other factors

#### Truth #8

The key issues behind most hormonal imbalances and estrogen dominance include adrenal exhaustion, hypothyroidism, blood sugar imbalances, liver toxicity, inflammation and poor digestion. These are the key issues that need to be addressed in all hormonal problems for women of all ages.

#### Myth #9

Hormones are not affected by Electropollution

#### Truth #9

The enthusiastic embrace of the wireless world (i.e. cell phones, cordless phones, wireless networks, etc.) profoundly interferes with hormonal balance in all people. Electropollution increases estrogen dominance, testosterone deficiency, adrenal exhaustion, impaired thyroid function, low melatonin levels, and risk of breast, prostate and testicular cancers. Protection from electropollution is vital.

#### Myth #10

Breast cancer is in decline and young women are not a risk.

#### Truth #10

Breast cancer is now occurring in younger and younger women. There is a growing trend.

#### Summary

As Eleanor Roosevelt so wisely stated, "It is better to light a candle than curse the darkness." Dr. Sellman's years of research and clinical experience has culminated in writing "What Women MUST Know To Protect Their Daughters From Breast Cancer". Her intention in writing this book is not so much to curse the darkness but to light many candles. It provides an understanding of the many factors that create this problem. There are many proactive steps that one can take on a daily basis to literally alter the fate of our children as well as ourselves. With women's and men's combined candlepower, their illumination can indeed transform the world that our children and grandchildren will inhabit.

A woman's journey through life is one of hormonal change and transition. Women are endowed with the ability to maneuver through all these changes safely while maintaining optimal health and gaining wisdom. Learning to get your hormones back on track requires regaining health balance through diet, nutritional support, and life style. This journey can be a wonderful adventure. It is time that women of all ages reclaim the power and wisdom of their Feminine Wisdom.

More information and articles are available at Dr. Sellman's website [www.whatwomenmustknow.com](http://www.whatwomenmustknow.com).

#### **The editors recommend:**

##### Hormone Information

John Lee, MD: [www.johnleemd.com](http://www.johnleemd.com)

Article: [http://www.lef.org/protocols/female\\_reproductive/female\\_hormone\\_restoration\\_01.htm](http://www.lef.org/protocols/female_reproductive/female_hormone_restoration_01.htm)

##### Hormone Saliva Testing

<http://www.salivatest.com/>

<http://www.diagnostechs.com/main.htm>

[http://www.johnleemd.com/store/prod\\_stest.html](http://www.johnleemd.com/store/prod_stest.html)

## Background Information

### Female Hormone Balance

Conventional hormone replacement, which relies primarily on equine (horse) estrogen and synthetic progestin, is associated with increased risk of breast cancer and heart attack. Unopposed hormone replacement (estrogen only) is associated with increased risk of breast cancer. These forms of HRT should not be prescribed for the prevention of osteoporosis or heart disease.

Women's hormone levels begin to change in their middle 30s, long before menopause sets in. At this time, progesterone and estrogen levels both decline. Progesterone declines more rapidly than estrogen, however.

When the balance between estrogen and progesterone is thrown off in favor of estrogen, a woman may be "estrogen dominant," which is associated with a wide variety of female conditions, including endometriosis, uterine fibroids, polycystic ovaries, and breast cancer. Natural, bioidentical hormone restoration with estrogen and progesterone offers an alternative much safer than conventional HRT.

Because all the levels of steroid hormones are interconnected, and many freely convert to one another, true hormone restoration also monitors for pregnenolone, DHEA, and testosterone.

### Causes of Estrogen Dominance

Beginning in perimenopause and continuing through menopause, women's production of progesterone tends to decline more rapidly than their estrogen production does. Between puberty and perimenopause, estrogen levels can be raised by external influences, such as birth control pills or chemicals and toxins. If the ratio between progesterone and estrogen is altered in favor of estrogen, a condition may result that is known as "estrogen dominance," which is associated with increased risk of cancer and other health risks (Kubista 1990; Ashby et al 2001).

Causes of estrogen dominance include:

- Environmental pesticides, including those found on commercially grown fruits and vegetables, which have an estrogen-like effect in the body (Tapiero et al 2002)
- Exposure to xenoestrogens (external estrogens) such as those found in herbicides and in petrochemicals found in cosmetics, glue, plastic, and other modern materials (Tapiero et al 2002)
- Unopposed conjugated equine estrogen (CEE)
- Obesity, in which fat cells cause the

conversion of other hormones into estrogen

- Increased intake of sugar and processed food, which is linked to magnesium deficiency.

Estrogen dominance often produces the following symptoms:

Menstrual cramps, migraines, bloating, breast tenderness, hot flashes, weight gain, fatigue, depression, hair loss, fibroid tumors, and endometriosis

### The Dangers of Hormone Loss

By the time a woman enters menopause, she may have already experienced two decades of hormonal imbalance and estrogen dominance. After menopause, when all hormone levels decrease significantly, aging women are at increased risk of major diseases, including the following:

**Heart disease.** Rates of heart disease in postmenopausal women gradually climb until they equal the rates typically seen among men. According to the American Heart Association, heart disease is the leading killer of American women (American Heart Association 2004). A number of negative changes in cardiovascular health are provoked by menopause, including elevations in blood pressure, low-density lipoprotein (LDL) cholesterol, total cholesterol, and triglycerides.

**Osteoporosis.** Hormone deficiencies are clearly associated with bone loss and osteoporosis, beginning even in the third decade of life. By the time women reach 50, they are at significantly increased risk of an osteoporotic bone fracture.

**Alzheimer's and dementia.** Loss of hormones is associated with neurodegeneration and increased risk of dementia, such as Alzheimer's disease and Parkinson's disease (Danilovich et al 2004; O'Suilleabhain et al 2004). Deficiencies in pregnenolone and DHEA, which are both neuroprotective hormones, are also linked to reduced memory and brain cell death associated with Alzheimer's disease (Yao et al 2002). These two hormones play an important role in regulating neurotransmitter systems that are involved in learning, stress, depression, addiction, and many other vital functions (Maurice T et al 1999).

Source:

[www.lef.org/protocols/female\\_reproductive/female\\_hormone\\_restoration\\_01.htm](http://www.lef.org/protocols/female_reproductive/female_hormone_restoration_01.htm)

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