We've got a lot to cover this morning. What we're going to get into today is about how to naturally keep your hormones in the right range. This is a really interesting area of research. What we know right now is not where we're going to end up; it's just the best of what we've got right now.

If you have to go to bioidentical hormones or progesterone cream for a short period of time, great – if it works and it helps you and it's good. But not all of us want to be on bioidentical hormones every day for the rest of our lives. If we can do it naturally, then we are going to do it naturally. And that's what we're going to talk about here. This is such a pressing issue.

I'm learning more about this all the time. There is very little out there on this subject, so I want you to pay really close attention. We are going to go through a five-step process and learn how to activate this in your own life.

The key to it is that you cannot do any of this consistently; it actually has to be done randomly and sporadically. Otherwise you create resistance, like insulin resistance. If you do insulin all the time, for example at exactly 9:00 a.m. every day, what happens is you create resistance. That is also true with hormones and our hormone approach.

**Hormones are the master switches of metabolism.**

Hormones tell the cells what to do. If you are a thirteen-year-old girl and you have estradiol pouring on, that's a great thing. That's amazing. But if you're sixty years old and estradiol is turning on, you've got to be careful – because that could trigger the growth of certain cells in your breast. And they may not be healthy cells, if you know what I mean.

What do I mean? It triggers breast cancer. We know what the triggers are. We know what triggers breast cancer and prostate cancer. I'm going to get into this – and I'll say it over and over again as we develop this conversation.

So let's get into the role of hormones in cellular health. We are going to talk about the array of the major sex hormones. What we are finding out now is that the sex hormones are our health hormones. Hormones are the master switches of metabolism. They tell our cells what to do. They are chemical messengers, like neurotransmitters.

They also regulate your weight. This is a big issue, because a lot of people do all the right diets, and everything is going well, but they are estrogen-dominant so they're battling that last 25 pounds, saying, "This thing ain't moving, no matter what!" Does that sound familiar?
Hormones are anti-aging, and we know that now. There are thirty years of research on this. Dr. Jonathan Wright out of Harvard has a facility in Tacoma, Washington. He really innovated the whole field of bioidentical hormones. Dr. Wright has proven that bioidentical hormones are anti-cancer—and they “de-age” you. However, it’s like the old alchemical riddle: once you are on them, you are on them for good because if you stop taking them, all the magic goes away. We have all heard this idea in literature, in movies, and in television. Haven’t we? You get on it and it’s good; but once you get off it, it’s bad. That’s an alchemical idea—like quicksilver. There’s a medicine made out of quicksilver that keeps you eternally young, but you have to stay on it forever. If you study alchemy you come across this stuff.

Our body fat composition and energy levels are very closely associated with our different hormones. If they are out of balance, for example—let me say this over and over again—if your estrone (which is an estrogen) is elevated, your estriol is down. In a man and a woman. So if your estrone is high and your estriol is low; and your estradiol is high and your progesterone is low; and your testosterone is moderate or high and you are over the age of 50—I can guarantee you, you’re in trouble. Because these are triggers.

For a man, testosterone actually has to be high enough to counterbalance all of those estrogens. On top of that, we have to be able to “hold” the testosterone. For a woman, you have to be able to “hold” the progesterone. If you can’t hold the progesterone, it will back-flip and become a bad estrogen. That’s called aromatization. This is very important. If you are doing progesterone cream, there are ways to do it so that you can “hold” it, and so it’s able to balance out the other hormones.

Again, where we are at in our understanding of this is very rudimentary. I’m learning stuff about this all the time. This is the best we’ve got right now. I’ve talked about this with the best hormone doctors in the world, and they all say, “This is where we’re at.”

I know we are going to see great innovations in the future. I have seen where it’s going, and I’m going to tell you. If we want to get real about where this is going to end up a hundred years from now, or a thousand years from now—if we make it that far—we will come to the understanding that the healthiest time of our life is not when we’re twenty-five; it's when we’re five. The healthiest time of your life is when you’re five, six, seven years old—when you have juvenile hormones.

So it’s not just getting your sex hormones normalized. Eventually, what we want to do is to figure out the whole chemistry of juvenile hormones, flooding those back into the body and getting off the sex hormones—so that as you age, you become more like a five-year-old. We will become like the beings in this universe who have figured out how to live thousands of years. And I know scientists and doctors are already on this.
If you have ever studied that, or believe in those beings, or whatever your condition of belief is about that, they are very juvenile-looking. Right? They are neotenized. Do you know that word? Neoteny. A human is like a neotenized ape. We look like a juvenile ape. If you see a baby chimpanzee, it looks more like a human than an adult chimpanzee. That's where I first came across this. Neoteny is a very interesting concept, and juvenile hormones will neotenize you as you age. Eventually that is where we are going to be – enjoying the most abundant health ever when we are 105, 130, or 180. This is science fiction becoming science fact.

I was talking with Dr. Dave Woynarowski at dinner the other night. Science fiction becoming science fact is way further down the pipeline than you can believe. I was with Dr. Hu in Winnipeg a few weeks ago. Dr. Hu is the leading stem cell scientist in China. What they are up to and where stem cell research is at is science fiction become science fact. And the cat's out of the bag. It's like what happened with your personal computer. I can guarantee you “they” – whoever “they” are – didn't want you to have a personal computer with your ability. Like me with my phone, where I can ask, "What's neoteny? Let me Google it right now." Do you know what I mean? I'm sure they didn't want you to have that! But it slipped out from under the control grid and now all of us have that ability. The cat’s out of the bag.

That's what's happened with stem cell research. It slipped out from under the control grid and now there are thousands and thousands of research scientists. What's being found out is crazy. Yesterday I talked about autologous mesenchymal stem cells. You take your own stem cells out, culture them and then inject that back into a damaged joint. It repairs the joint; if you are forty, it repairs it to the level of a forty-year-old. If you take the stem cells out, culture them and then “de-age” them – push them back into embryonic stem cells – and then inject them, you get a brand new knee like a ten-year-old. That's here now.

So again, science fiction is becoming science fact. I'm telling you, you need to hang in there another fifteen years – because you might get another forty. And if you hang in there for another forty, you might get another hundred and forty because of where it's all going. It's folding over so fast.

In the future, the biggest tourism is not going to be, "Honey, let's go to Hawaii." It will be medical tourism. That will be the biggest thing. And China is gearing up for it, because in China they don't have an FDA. And they know that we do. They are gearing up for all of us to go over there to get all these treatments, so that we can actually become younger.

The research is getting more and more and more dialed in every single day. Dr. Hu was telling me that every three months they have to redo all their protocols because of what has been learned. Every three months. Because everything is accelerating. Isn't this great news? It's already here. I just wanted to put that out there about juvenile hormones.
So the sex hormones that start flooding into our body when we go through puberty are related to
our endocrine system. In a woman, there is a bit more complexity than in a man. Due to a lot of
factors which we are going to be discussing – toxicity in our environment, plastics in our
environment, age-related stress – a woman's body is generally going to be a little bit more
susceptible to damage (from xenoestrogens, for example) than a man's body. However, men do
suffer from estrogen imbalance, and it is definitely a triggering mechanism in reproductive cancers in
men, like prostate cancer.

What are the major hormones?

I mentioned insulin before. Insulin is actually a hormone. And there are growth hormones, like HGH,
human growth hormone. Vitamin D is a hormone. Adrenalin is a hormone. I like talking about
adrenalin, because when I talk about levity and gravity people are like, "Levity? That guy's a moron."
Then you hear a story about a woman who flips over in her car and her baby's trapped and she lifts
the car off the baby. Where did that strength come from? Adrenalin. So adrenalin has a concentrate
of certain – what kind of forces? Gravitational forces? Levitational. So that makes it more real,
doesn't it? You pump adrenalin into somebody, and there is no telling what they are going to be able
to do.

Norepinephrine, which is the precursor of adrenalin, is very closely
correlated with our ability to stand up. One of the remarkable
things about being a human is that we are standing up. If you look
at a bear, they don't stand up, they walk on all fours. You look at a
dog, they are on all fours. You look at a cat, they are on all fours.
Even a monkey, an ape, a gorilla – they are on all fours most of the
time; but we are different.

The thing that makes us different is we have to adrenalize to stand
up. This is important. If you have actually started getting to the
core of fatigue and what causes it, there are two components that
come up over and over: 1) adrenal exhaustion and 2) a hormone
profile that indicates thyroxin is down, estrone is up, estriol is
down, estradiol is up, progesterone is down and testosterone is up
or very high (in a woman's metabolism) and cortisol is high. We
are often adrenalizing just to keep going, so one of the things you
can do is to get upside down. That's the yogic idea. Get inverted
and suddenly you are recharged and have more energy.

The king of poses in yoga is? Oh, you mean you are upside down. Right? The queen of poses in yoga is?
You mean you are upside down? Yes. And then in
downward dog, hips are above the heart. That is
also an inversion. If you start looking at the whole
yogic theory, it's all about inversions, which is
basically taking gravity – a toxin – and turning it into
a medicine. That's one way of thinking about it.
Norepinephrine is all wrapped up in that, and
adrenalin is all wrapped up in that. As soon as you
get upside down, you de-adrenalize yourself.
Cortisol is part of the fight or flight response. Elevated cortisol over a long period of time is a cause of chronic inflammatory conditions in your system. But if we bump back over we see progesterone and testosterone. Progesterone is the primary feminizing hormone and is definitely anti-cancer – if you can hold it. Testosterone in a man is anti-cancer – if you can hold it. We all have estrogens. Those are part of the natural metabolism.

See, with age all hormones go down. It's just that progesterone and testosterone go down faster than the estrogens do. The idea is to flip that backwards. We want the progesterone and testosterone to counterbalance the estrogens.

And then DHEA. If you are eighty and you say to yourself, "Wait. I can't really remember what's going on," it's DHEA that's responsible for that. DHEA is the memory hormone. And it's kind of interesting to know that DHEA is related to DHA. If you start doing research on DHA, you find out that it has very powerful hormonal effects, also. It's actually helpful in alleviating PMS.

Back to progesterone. Just to be clear – for a woman, it's the dominant female hormone. To be specific, it's the dominant female sex hormone. It opposes estrogen. It allows for gestation of a child. It protects against cancer. Testosterone in a man does that same thing. It's anti-prostate cancer.

Again, I know what you are thinking. Some of you are thinking, "Wait a second, I read that you should not have anything to do with testosterone if you have prostate cancer." I have talked to the top doctors in the world about this, and this is what I have been able to determine. If you aromatize testosterone – which means you can't hold it – then testosterone is dangerous. Because it can't hold, it back-flips and suddenly becomes a bad estrogen. But if you can hold the testosterone, it's anti-cancer.

Testosterone is an anabolic steroid. It makes you stronger. That's why if you are a woman, and you get into a chronic deficiency and you are totally adrenalized you might have high testosterone to try to keep things going anabolically, try to keep it together. Testosterone is part of that willpower and strength thing. If you are totally adrenalized and wiped out and your progesterone is down, you are going to produce testosterone to try to keep things going, to get the job done, to pay the bills.

Estrogens are there to balance out progesterone and testosterone. They increase cell growth rates, which is great if you are a thirteen-year-old girl, or if you are a young man at puberty and you are producing secondary sex characteristics. But again, you have to be a little bit careful about how much estrogen you are being exposed to.

We have got three challenges now. We have natural age-related accumulation of estrogen; we have unnatural accumulation of estrogen from pesticides, plastics, plasticizers, BPA, and all the phony plastics or xenoestrogens; and then we've got exposure to too much estrogenic food. So there are three challenges, not just the age-related accumulation of estrogen. And all of this stuff is on the liver. It sits in the liver and it's stuck. Today we are talking about how to get it out.
DHEA is the memory hormone. It has a lot to do with DHA, and has a lot to do with pregnenolone, if you’ve ever heard of that. One of the more interesting androgens, human growth hormone, is something that can save your life. There are certain foods like goji berries that actually help you secrete more human growth hormone. Those are called secretagogues.

Adrenalin – there is your fight or flight response. Adrenalin is the very embodiment of your Jing energy. Does anybody wonder what Jing means? It's your kidney adrenal energy. It's your adrenalin. So if you can keep powering through, you have good Jing. But if you start faltering, it means you are sapped of Jing. You always want to keep that adrenal power high, which is your kidney adrenal complex. In Chinese medicine, that's your battery pack.

By the way, that point on the bottom of your foot that needs to be grounded according to the research – kidney one (K1). That's part of your kidney meridian. So the Jing energy also has a lot to do with electricity, with being grounded. It's all connected.

Vitamin D. From a genetic perspective, vitamin D is actually the most active compound discovered for turning on healing genes. Sunlight. So sunlight is actually the most healing thing for you. Dr. Mercola and I have done a whole piece on vitamin D3. It's really important to know about this. When you have eczema, psoriasis, skin disorders, a lot of times it's because of a lifetime vitamin D3 deficiency.

MS. Which doesn't mean multiple sclerosis, but it does. If you know what I mean. Related to vitamin D3 deficiency. The Canadian government has now said that. They have now actually come out and said that MS is not really a disease; it's a syndrome. Most of these things are not diseases. Diabetes isn't a disease; it's a syndrome. It's a syndrome of toxicity, it's a syndrome of excess omega-6, it's a syndrome of demineralization. It's a syndrome. It's not a disease. If you remove the cause of the syndrome, the syndrome goes away.

**Hormonal Imbalance**

So hormonal imbalance of all types creates these things, and these are chronic conditions. By the way, chronic migraine headaches is estrogen dominance. Insomnia – estrogen dominance. Chronic acne – estrogen dominance. Inability to lose weight – estrogen dominance. Mood swings – estrogen dominance. And it just goes on and on like this, where there is elevated estrone, low estriol, elevated estradiol, low progesterone – that pattern.

You can get that tested. You can get a capillary test and find out where you are. We are going to talk about how to work with all this naturally, with herbs and foods and lifestyle. If you do tests over time, you can see what's working and what's not working – which is very helpful.

All of the hormone problems that we are facing today would happen naturally due to aging. Aging is part of it. However, we accelerate the process with phytoestrogens, which are really estrogenic. For example, the phytoestrogens in pomegranate are good for you. But phytoestrogens in soy, that's a problem.
Dr. Mary Enig's work pointed out that two or three servings of soy per day is the equivalent of a birth control pill. That's how estrogenic soy is. Also, birth control pills. If you have been on birth control for ten or twenty years and then you come off, you are going to be dealing with estrogen dominance. It's hard to get that balance back. The pill is one of the leading contributors to hormone imbalance. Cholesterol-lowering medication is like that also. It will lead to those types of conditions.

Artificial light. If you are in an office, and you are not grounded, and you also have artificial light on you, this can throw your hormones out of balance – because your hormones are part of a Circadian rhythm. If you are grounded, that is less likely to happen because at least you are connected to one half of the equation. Mix the stuff of the Heavens and Earth, where Heaven and Earth meet. H-e-a-v-e-n-E-a-r-th. You got that one? Mix the Heavens and Earth and you get H-e-a-r-t.

But it's hard to do that with a shoe on. And with fluorescent light bulbs on, it's not the easiest thing ever. That's giving you a false sky, and then of course with the carpet and the third floor you're having a false Earth – so your Circadian rhythm starts going, "What's happening?" At least with the grounding technology, you get half of the natural Circadian rhythm from down here. If you are next to a window and you have the UV or the fluorescent light off, or whatever is in your office, then you can manage.

Another challenge is lack of wholesome fats. Rancid oil, polyunsaturated oil, hydrogenated oil – all bad news. We all know that. That means no french fries. "No french fries? What?"

Next challenge is pesticides, pollution, plastics, BPA, all that kind of stuff: plasticizers. I had a friend who helped develop the plastics industry. This is what he told me. He said that when you blow a plastic bottle it has to sit there for a year for all the plasticizers to actually settle and lose their volatility. At that point, you could fill it up with water at the bottling plant.

Do you think any bottling plant in the world does that? Not one. What do they do actually? They blow the plastic, and it's filled up with water within a minute. That's why I don't drink estrogen water. People ask me, "How come you don't drink out of plastic?" Well, I don't drink estrogen water. “It's a good brand, isn’t it?” It’s estrogen water.

**The Natural Approach: Part One. Liver and hormone methylation.**

This is the natural approach that I’ve put together. I've been working on this for years, and I think you are going to have some tools to work with after all is said and done.

What the heck is methylation? We are finding out now that if you can have enough methyl groups in your diet, you can start chelating out some of these bad estrogens.

**Betaine, or trimethylglycine (TMG),** is a methylator. You think, "What the heck is that?" Actually betaine is what's in beets. That's why "beet-ane." And it's also what's in goji berries. It's carbon with
three hydrogens. And what that is, is it’s like a claw that reaches down and grabs the bad estrogen, because the bad estrogen (like estrone) by definition is missing a methyl group. This is a big discovery here.

Homocysteine, which is like a bad drunk of metabolism, is missing a methyl group. When you start looking at the bad estrogen and the homocysteine, they are missing methyl groups. If you have enough methyl groups in your diet, you can start chelating out some of these bad estrogens. It’s like the claw that comes down on the stuffed animal in that big box machine when you were a kid, and you’d try with the little joystick to get that claw to come down and grab the animal and put it in the little box. Remember that? That claw that comes down is a methyl group. It comes down and it grabs the toxins so you can detoxify your liver. People who eat raw food have a lot of methyl groups in their diet, especially if they drink vegetable juice, especially if they drink beet juice and eat goji berries.

So ultimately, excess estrogen is a liver toxicity. To use the musical chairs analogy – when we are dealing with these hormones, we've got about ten seats and fifteen players. And those bad estrogens, they ain't movin'. So the progesterone says, "Get out. Move." That's why we always do things randomly and sporadically. Because if you're playing musical chairs and you know that in exactly 30 seconds you've got to sit back down in that chair, you're going to time it, aren't you? As it gets close, you'll be walking really slowly to be sure you get in that seat. We've got to do it randomly so the bad estrogen doesn't get used to the exact pattern of when to get up and get down. Jump around.

The B-vitamins – B6, B9, B12 – are methyl donors, so they help get rid of the bad estrone. Estrone by definition is missing methyl groups. That's what causes it. When your good testosterone aromatizes and becomes estrone, it means it's lost a methyl group. What's going on is we've got so much liver toxicity from the 77,000 chemicals that the human race has introduced into the environment since 1940 – including pesticides, larvicides, fungicides, herbicides, suicides, genetically modified organisms, all different kinds of nuclear debris, and just unbelievable levels of industrial waste.

Seventy-seven thousand different toxic chemicals. Because of this, our liver is dealing with a total crisis and looks at each battle and says, "Forget it; too much to deal with." And then all the toxicity backs up. The Cytochrome P-450 liver enzyme system is a primary mechanism of detoxification in the human body. This enzyme detox system requires methyl groups in order to function properly. I'm putting this out there because there are supplements you can take, like trimethylglycine; and there
are foods you can eat, like beets and goji berries, that donate an exceptionally high amount of methyl groups into your body, making it easier to detoxify.

There are groups of people in America that have a deficiency of methyl groups genetically. These are people who usually die of liver disease and heart disease early. They die in their fifties. They need to actually take in excess methyl groups. Some of you in this room might not have ever heard this. How many people never heard about a methyl group? Also, dimethylglycine (DMG). MSM is also a methyl donor. That’s why it's methylsulfonylmethane. It means it adds a methyl group in. Your liver can use that to get rid of bad estrogen.

Vitamin B6, B9 and methylcobalamin, which is a type of B12. And then SAM-e. You’ve heard about SAM-e. It’s a supplement sold in health food stores and it usually works on depression. Which I can’t say. The FDA has told me that I can’t use that word or in any way say that anything could affect depression. So I can’t say that.

What’s the lesson here? You’ve got to have enough methylators in your diet. And I’ll tell you what this did for me. It got me back into Norman Walker’s book *Fresh Vegetable Juices*, reading about beets. One of the things about Norman Walker, who lived to be 109, is that he was on beet juice. He knew there was a longevity connection to beet juice. When I went back and I read it, I was like, "Oh. He knew." And it got me onto beet juice again.

I did so much green juice, I was turning green. I did so much green juice for so many years I can hardly even do it anymore. But I can do beet juice with celery, or with carrot. I've been doing that again – beet, carrot, celery – after like fifteen years. It's been kind of fun. I made my amends with the carrot god. So there’s a look at betaine, trimethylglycine, that simple molecule there. It’s a chelator.

By the way, there is something else I want to say about betaine. If you take it as a powder, it tastes good. MSM does not. Betaine tastes good. You can put it in your water. It tastes sweet and you could drink tons of it. You can keep pounding that stuff down. MSM tastes terrible. Have you tried this? How many people have done a golf ball of MSM? You know how it gets kind of stuck, and you just pull the whole thing out and you throw it on the back of your throat and you drink it? We used to call that an MSM golf ball. You have to try that after this event – or during the event. You'll get jacked up out of the sky. You won't even believe what's going on. I mean, it’s probably better than drugs. Because it probably detoxifies the drugs – and you know it’s good for you. But betaine tastes good.

**Part Two. Bad estrogen removers.**

Not only do we have to methylate properly so we can stop that backup in the liver where everything is clogged up, but we also have to get in there and lock up all that bad estrogen. There are many different ideas about this.

Who has read Dr. Young's anti-mushroom book, *The pH Miracle, Sick and Tired of Being Sick and Tired*? It’s anti-mushroom! This is what I think about that. I have met a hundred cell microscopists – people who do live blood cell analysis. They don't agree with each other. They just don't. So here is one guy, Dr. Young, saying, "I've seen that mushrooms are terrible." And he wrote a book about how
terrible mushrooms are. He doesn’t even know what a reishi mushroom is, never heard of chaga, never heard of maitake, never heard of any medicinal mushrooms, ever. So that immediately calls his whole theory into question. You don’t know what a reishi mushroom is and you’re bashing mushrooms? This is the most well-researched herb in the history of the world! That is crazy.

After looking into bad estrogen removers, it turns out that Agaricus bisporus, which is your common button mushroom, is the number one mushroom for removing bad estrogen. Which mushroom is that? That’s the mushroom we have on our pizza. That mushroom is the number one bad estrogen remover out of the whole fungi kingdom. My feeling about Dr. Young is that what he is really talking about is when button mushrooms are transported to the store and are actually getting mold spores underneath. That’s what he’s talking about – not the mushroom itself.

If you take the mushroom and you clean it up – for example, what we like to do is we soak it in lemon juice and then put it in olive oil, and then we put a little salt on it and dehydrate it – that’s really good. Then that’s a different thing, isn’t it? So that’s number one here.

Berries. In general, all berries. Pectin and calcium D-glucarate, the jelly material of the berry – it’s fiber basically – that draws bad estrogen out of your system. It’s a drawing agent. You can see calcium D-glucarate there. If you ever see that in a product, that’s why it’s there; it’s a drawing agent for bad estrogen. If you are doing a bad estrogen removal system and you don’t have enough of that calcium D-glucarate type of fiber moving through you, the estrogen goes all the way down into your intestines and then you reabsorb it. So you can get it all the way out, and then all of a sudden it gets all the way back in – which is not the best news ever, is it?

Citrus peel and citrus essential oil. In Chinese medicine, when you start looking at the ingredients on the bottom end of a formula you’ll see licorice, you’ll see jujube date and you’ll see aged citrus peel. In Chinese medicine, Persian medicine, and herbal lore you used aged citrus peel as you age. Why?
Well, one of the reasons is that it gets rid of sss-sss-sss. Cellulite. Cellulite is the worst news ever, isn’t it? If we cured cellulite and male pattern baldness we have essentially saved the world.

I’m working on this all the time. I was in the Amazon and I was working on this with a Shaman there. He was telling me the Amazonian cure for male pattern baldness is cacao tree bark. You've heard me say that before. How many people have heard me say that before? How many people have never heard that before? Is that the most preposterous thing you’ve ever heard? That's the traditional Amazonian cure for male pattern baldness. You take a section of tree bark – don't kill the tree – and you soak it in ice cold water. It secretes a gel over 24 hours. Then you take that gel and scrub it into your scalp and it reverses male pattern baldness. We're on top of that program. We're checking it out.

"What if the person has been bald a while?" We're going to find out. One of the things that I've noticed after years of telling that story is that people come to me and ask, "Can I be in that study with you? When are you gonna have the cacao bark male pattern baldness cure?"

Citrus peel – and citrus fruit, really – breaks down bad estrogen. But it's mostly in the peel. But orange peel, no. If you are going to use orange peel, you have to age it like they do in Chinese medicine and Persian medicine. If you are going to do lemon or lime, that's fine. So you can actually juice the whole lemon and the whole lime, everything – the seeds, the skin, everything. I really recommend that you do all of it, lemon and lime, the whole skin, the whole seeds, every fiber and everything, just juice the whole thing or blend the whole thing and then drink that. That way you get that estrogen-decomposing element.

**Cruciferous vegetables.** They contain calcium D-glucarate and other fibers that draw off the estrogen. And they work from the other side, too, because they are a natural source of indole-3-carbinol, which is the anti-cancer substance that is in cruciferous vegetables. When they started drilling down on indole-3-carbinol they found out that is it's on an indole ring just like melatonin and just like the other metabolite of melatonin, dimethyltryptamine – for those of you who know what I'm talking about. Interesting, isn't it?

**Dimethyltryptamine.** It's a methyl donor. And dimethyltryptamine is the chemical you secrete when you dream. It's a metabolite of melatonin. So it works like this: the pathway is tryptophan; tryptophan is converted over to 5-HP; 5-HTP is converted over to serotonin; serotonin is converted over to bufotenin; bufotenin is converted over to melatonin; melatonin is converted over to dimethyltryptamine. Interesting pathway. It's worth researching and studying.

Indole-3-carbinol is, like melatonin, a very powerful bad estrogen remover, and it works genetically. It actually educates your cell intelligence to produce proteins that remove bad estrogen. The
research is really amazing, and actually the cutting-edge research on indole-3-carbinol is coming out of UC Berkeley and is leading the world. What they are finding out is that this may be the most powerful supplement of the future. For me, it just went from last place to right up there with MegaHydrate. That’s my favorite supplement. My favorite supplement: MegaHydrate. Is there any up here? I’m going to throw some out into the audience if there is. Well, there is some indole-3-carbinol here. There are two of them, so one is going way over here and one’s going way over there.

So all of a sudden, this is my breakfast in the morning: water, MegaHydrate, reishi mushroom spore oil from Ron Teeguarden, indole-3-carbinol, TA-65, Super Pill 2. That’s my breakfast every morning. Is that ridiculous or what? Look, I've had enough blueberries in my life. I've eaten enough raw food in my life. Do you know what I mean? I don’t have to have raw food every meal. I can just have my little favorite powders with water, and that’s what I had for breakfast this morning.

Because after all these years I'm cutting right to the chase. I want the most powerful stuff ever. We don’t need to mess around with the other stuff. MegaHydrate. By the way, after the last event that we did, Dr. Patrick Flanagan – who developed that product – sent me fifty pages of research out of the University of Hiroshima showing that MegaHydrate increases the lifespan of cells in culture by a factor of four. So it is by definition a telomerase activator. That’s good to know. I take that with reishi mushroom spore oil, which is very high in omega-3 fatty acids – because it's spore oil; a seed oil. I take that with indole-3-carbinol in EstroGuard. That’s the one that we've just developed, the leading one in the world, actually.

And then I do TA-65 and Ron Teeguarden's Super Pill 2. I'll do anywhere from one to four of the TA-65. If I'm really, really active – like, doing two hours of kickboxing practice – I'll do four. If I’m just flying on planes, I'll just do one. I've noticed the energy from TA-65 more than anything. I've been taking it since January, so I've noticed something is different, energy-wise. And then Super Pill 2. Ron is going to come up here and tell you about that today.

Defatted flax has been found to be a drawing agent for estrogen. What do I mean by that? When they make flax oil, there is a cake that is left over. You can eat that cake – it is sold in health food stores. It's usually in a vacuum-packed container, and it's an agent for drawing bad estrogen out of your system.

Some indole-3-carbinol products out there are actually defatted flax. You’re not really getting your money's worth there. What you really want with indole-3-carbinol is broccoli concentrate. It's got to be from broccoli. That’s where indole-3-carbinol is usually coming from.

Iodine is something that you can do topically. Because it evaporates very fast, I put it on my arm and leave it there for five minutes, so that it can evaporate off. But a lot of it will go in, also. This is telling us something about Fukushima nuclear rain. That if you go out in the rain and there is radioactive
iodine that hits your skin, the iodine can go in. If you bathe in a chlorinated pool – because chlorine is a halogen like iodine – it can go in.

I met with David Hudson, the discoverer of ormus, and we talked about Ormus Gold for hours. One of the things he told me was, "What you really have there is the white dove." I was like, "What do you mean, the white dove?" He said that we've done is we have taken gold metal and converted it into a halogen like iodine so that it's vaporous – and it flies. The white dove. That's the alchemical name of it. So when you put the Ormus Gold on your skin, it goes right in, like a halogen. I'm starting to understand now how iodine and Ormus Gold actually shield and protect us from absorbing chlorine, bromine and radioactive iodine and fluorine, which are all halogens.

Because that's the idea of taking in iodine, isn't it? You saturate yourself so you don't absorb the radioactive iodine. The other part that we never hear about is it also blocks you from absorbing chlorine and bromine and fluorine from your water. Isn't that a trip? People ask me all the time about chlorination, "How do I protect myself?" Iodine. Great way to protect yourself. Iodine has been shown to be the – I can't use this word. It's a four-letter word. It begins with a c, ends with an e. The middle two letters are u, r. To polycystic breast disease – which is an estrogen dominance condition. How about cystic ovaries?

Now, the powers that be have admitted that iodine is essentially the cure to polycystic breast disease – but they haven't said that it's also the cure for polycystic ovaries. And let's say you have polycystic breast disease or ovaries. Where do you put the iodine? Right on the affected area. Apply the iodine topically and then hold your hand over it so the iodine does not volatilize off into the atmosphere. That way you will allow more iodine to penetrate into your skin. Do this with iodine once a day.

I didn't know until after Fukushima that you take it until you are completely saturated – which means that you put it on your skin and 24 hours later you can still see it on your skin. If it goes on and ten minutes later it's gone, you can keep taking more. Dr. Brownstein wrote a really amazing book called Iodine. In that book he said that you actually need about 100 times the RDA of iodine per day. One hundred times. So that's about 13 to 15 mg of iodine per day.

Do you know how much I've been doing lately? Since Fukushima I've been doing it every day. Occasionally, I do 400 mg of iodine per day. That's a heavy amount. Not everybody can do that. Some people have allergies to it. Some people can't; no way should you start there, and some people will never get there. But that's what is recommended under a heavy nuclear fallout situation, which we are kind of in. You know, if you are kind of watching what's going on – five hot particles per day in Seattle, Washington when there are ten per day in Tokyo. That's pretty serious.

Lignans. Lignans are tree barks and tree fibers. Tree bark? Who in the world eats trees? Well, the Adirondack Native Americans ate trees, and that's why they were called Adirondacks, because that means tree-eater. And what tree did they eat? White pine. And what else did they eat? They ate birch. And what else did they eat? White willow bark. And what else? Maple. They were the ones who taught us how to tap maple trees.
Those lignans of tree barks are really interesting. Larch bark is another one. Larch bark contains arabinogalactans, which is a long, super-powerful immunologically active polysaccharide. It's in the lignan. When I wrote my chaga book recently, I started looking at the layering of the polysaccharides and the lignans together and they are layered in a Fibonacci sequence. Isn't that interesting? In the tree bark. Which is 0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, 144, 233. That's what you need to teach kids, right? That's the Nautilus. It's the natural progression of the Fibonacci sequence, and that's how they're all matched in there.

So I started getting into barks – like larch bark and birch bark and maple bark and white pine bark – and peeling out that layer of lignans and eating it. It's pretty interesting. I don't know if other people do that. Like, "What's David Wolfe doing on a Saturday?"

**Diindolylmethane.** Diindolylmethane (DIM) is a metabolite of indole-3-carbinol. You'll see that in different products. Also heavily well-studied, found in cruciferous vegetables. I wanted to mention that again.

Okay, so now we jump to part three. One piece of the puzzle is we have got to be methylating properly and taking substances that help us methylate to detoxify our liver. The cleanest, easiest, simplest thing for that is beet juice. Second thing is we've got to start looking at natural estrogen removers. Most powerful thing there is indole-3-carbinol.

**Part Three. Natural aromatase inhibitors.**

This is a big one, because as we age not only do we not have enough testosterone in place (in a man) or progesterone (in a woman), but it starts back-flipping.

Let’s split the room right down the middle and say this whole group right here, you guys are all bad estrogen. You're estrone, you're estradiol, and you guys are having a party over here. But the whole group over there, you guys are all like androgens – progesterone, testosterone, DHEA. So what happens is as we age this side of the room starts looking at that side of the room and starts thinking, "Actually, we want to go over to that other party. Maybe we should go over there." And that's kind of like aromatization. Progesterone becomes bad estrogen. Testosterone becomes bad estrogen.

Pretty soon the whole party is over there. That back-flipping is what sets off aggressive breast cancer, where it just can't be stopped. What stops it – what puts a block in it – is natural aromatase inhibitors. And of those, **passion flower** is one of the greatest.

Has anybody ever heard of John of God? I don't know if you believe in that stuff, but you can get on YouTube and watch when he takes a knife on somebody's eye – and starts scrubbing their eye
with a knife. You ever seen that? That is the freakiest thing. I don't know about the guy, but I've known people who have gone down there.

And he recommends one herb above all others – passion flower. What he says is that passion flower gets all the deep-seated contractions out of your system, which is basically what an accumulation of bad estrogen is; it's a deep-seated contraction. It's a holding pattern. Another one is chamomile, and you can do those together. I like passion flower alcohol tincture. Daniel Vitalis and I have had conversations about this. The biggest thing about passion flower is the delivery system. What is it most bioavailable? What my research is leading me to is alcohol extract. That's the most bioavailable. Under the tongue, four droppers-full, bam, and it's on.

So let's say you decide you are going to build up these hormones naturally. Let's say you are going to do deer antler or something like that. I wouldn't recommend doing that without some thought of like hey, maybe you should have a little bit of nettle root in there, or passion flower, to make sure that when you build up that androgen, it doesn’t flip over there all of a sudden. Because you are going to go through all this work to build this all up.

So these natural aromatase inhibitors become much more important herbs as time goes on. To me passion flower is one of the top 13 of the greatest herbs in the world. Especially over time, as your life goes on.

The next one, a big one, is resveratrol. Most of the resveratrol you see out there is actually *Polygonum cuspidatum*, otherwise known as **Japanese knotweed**. Japanese knotweed is the thing you see when you pull over at the rest stop in New Jersey. It's coming up everywhere. Not when I was a kid. I grew up in New Jersey. Anybody from New Jersey? That's pretty strong. Tom's River, New Jersey.

Anyway, when I was a kid there was no Japanese knotweed around. It's invasive in exactly the areas where Lyme's disease is invasive – and it's the exact thing for Lyme's disease. You know that. Now, when you go get resveratrol out of the store – which is one of the great natural aromatase inhibitors – it's almost all from Japanese knotweed. Which is good against Lyme's disease and is medicinal. It's a medicinal herb, but it is not a tonic herb like its close relative, *Polygonum multiflorum*, which is **Ho Shou Wu**.
They are closely related to each other, but Ho Shou Wu is a tonic herb, it's a superherb. It's not like a medicinal herb. Japanese knotweed has very strong medicinal action, and that means you can't take it all the time – because it's too medicinal. I want to point that out, because resveratrol here is key as a natural aromatase inhibitor. It is one of the great natural aromatase inhibitors, but we want to get that as much as possible from grapes and not Japanese knotweed. That's what you want to look for. **Grape-derived resveratrol.**

**Oleuropein** is found in the entire olive plant. It's in the olive tree, it's in the leaves, it's in the seed, it's in the oil – and we do have the best quality olive oil ever. **Olive oil** is always up there in longevity. This is part of the chemistry of it – it blocks aromatization. So it allows you to hold your healthy hormones longer in your system.

**Quercetin** is what's found just under the skin of berries and apples, onions, and a number of different vegetables, including cruciferous vegetables. So here again we see cruciferous vegetables come back in. I know what you're thinking: "I have thyroid issues. I can't eat cruciferous vegetables." So if you are in that situation, then you would do either the indole-3-carbinol supplements. Or you could just go with what the research is showing – that four or five servings of cruciferous vegetables a week will not affect your thyroid. This is Dr. Jonathan Wright's research – four or five servings of cruciferous vegetables a week will not affect your thyroid. [Audience member: Ferment them.]

That's a great idea. There is some evidence now that if you blend them it actually breaks down the thyroid goitrogen. It's not real clear exactly what is going to break down a goitrogen. Some people say they are broken down by cooking; some people say by blending. Some people say the goitrogens are broken down by fermenting them, making sauerkrauts. All of those things you can do, but generally even juicing them may work to get enough cruciferous vegetables in – so you start getting that natural aromatase inhibitor effect plus the other indole-3-carbinol, DIM effects.

By the way, **wild nettle root** is way more powerful as a natural aromatase inhibitor than domesticated nettle root. So if you are a wildcrafter or if you have got nettles coming up in the forest behind your house, get the gloves on and go out there and dig the root out.

**Part Four. Natural hormone builders.**

We've got to dig through this. This is the stuff that your body actually converts over into hormone materials. So there has to be building blocks that you take in from your nutrition and your diet.

By the way, the number one building block of all hormones, and every androgen, and everything we have talked about here, is cholesterol. That's why cholesterol-lowering medication can be dangerous,
because it can actually get you below a threshold where you can no longer produce hormones. Cholesterol-lowering medication is a result of the whole theory that believes that high cholesterol is associated with imminent heart attack. Half the people who have a heart attack have normal cholesterol, but all people who have a heart attack have elevated homocysteine – so elevated homocysteine is a better marker. If you review your homocysteine levels, then you will know how close you are. Homocysteine, if you recall from the beginning of this talk, is by definition missing a methyl group.

So if you take stuff that is able to methylate, like beets, goji berries, B vitamins, then you naturally bring down homocysteine. What have we seen in the research? If you have vitamin B6, vitamin B9 and vitamin B12, your homocysteine goes down.

**Bee pollen and pine pollen.** Pine pollen apparently contains bioidentical testosterone. Just like chasteberry or Vitex contains bioidentical progesterone. Do you guys know about that? Now you know. You are going to walk into a health food store and you'll see chasteberry and say, "Oh wait. I know what that is." Chasteberry for women; pine pollen for men. Bee pollen for both. Royal jelly for both. Excellent precursors, probably the best – the most fine grade material.

There was a guy years ago who wrote a book. He was going to live thousands of years on bee pollen and royal jelly. Do you remember that book? Wasn't that great? He died. At least he tried, right? You know my goal is to live 3,000 years. If I get halfway there, that's pretty good.

I have noticed that as time goes on from having set that goal all those years ago, all of a sudden more and more stuff is popping up on the radar – like stem cell therapies, and all this stuff about hormones and how to keep your hormones intact, and natural aromatase inhibitors, and how powerful olive oil really is, and how powerful chocolate really is for anti-aging – and all of a sudden all the pieces are coming together! I'm starting to see that it's actually possible. Because you've got to believe that it's possible before you can actually achieve it, right?

What did Napoleon Hill say? "If the mind of man can conceive it and believe it, it can achieve it." Having looked at that phrase for twenty-five years, the more and more I look at it, the more and more I believe it. The more and more I am convinced of it.

**Coconut products** is an area of high interest to me. There are a lot of hormone precursors found in coconut, and one of the best ones is actually pregnenolone. You can take coconut and convert it to cholesterol and then convert it to pregnenolone. However, some people have a metabolic disorder and can’t convert to pregnenolone. Pregnenolone is the direct precursor to progesterone. It’s one step, and boom, then you're into progesterone. This is something you may want to look into before you go to bioidentical progesterone.
Also on the list: the fennel group of plants. This is well known. It is recommended that people who are brand new moms eat star anise, dill, and fennel because they help to produce breast milk. Bee pollen, pine pollen, cacao – we know cacao is hormonal, don't we? Seventy-five percent of the time women buy chocolate – except the week before Valentine's Day.

Chasteberry, or *Vitex agnus-castus*, grows wild outside of Austin, Texas for those of you who are from Austin. It's out there. **DHA.** We know about that; that's in fish oil, and it's in algae. **Fennel.** **Deer and elk antler** are super-hormonal. Again, I feel like if you are going to put that kind of rocket fuel into your body, you need something that is going to hold it in. It would be great if you get it in and it holds, but if that testosterone or progesterone gets in and then goes over to that other party, it's other than the best ever. By the way, when there has been strong aromatization, as in a very serious breast cancer case, sometimes you actually need a pharmaceutical. And that pharmaceutical is called Arimidex, which actually stops aromatization.

That's where integrative medicine is going. Do you know what I mean? Some people need progesterone cream because the condition is too far down the road. It's hard to get it all picked up naturally. Some people need Arimidex because passion flower and nettle root is not strong enough. That's integrative medicine of the future. These pharmaceuticals exist for a reason. They don't exist as the only reason. Everybody taking every kind of pharmaceutical is the conventional model. But there could be a role for it in the right context, an herbal context.

**Maca** is kind of well-known. **Tongkat ali** can increase testosterone by three or four times. Tongkat ali means "Ali's walking stick." It kind of has a double meaning there. **Tribulus** increases testosterone. Coconut we talked about – pregnenolon that's derived from coconut. And **colostrum** is a hormone builder. All the precursors are there.

**Part Five. Herbal hormone helpers.**

Here is the last piece of the puzzle, which is the herbal hormone helpers – the support team that goes in and helps make all of it work. And of those, the big ones up in the front are **ashwagandha, gynostemma, ginseng, goji berry, epimedium, and eucommia.** These will mostly be Jing herbs in Chinese medicine or the great herbs in Ayurvedic medicine – the top ones like **tulsi, shatavari,** those kinds of things. And that's support. **Red raspberry leaf** is support, **red clover** is support, and **cistanche** "in your pants". When you guys go to the Tonic Bar, that's what you say, "Can you put cistanche in my drink?" That is one of the great super-powerful aphrodisiac herbs.

Tomorrow I'm going to be talking about different diets. One of the diets I am not going to get into is the aphrodisiac diet – but I might reference it. What kind of diet are you on? Pretty much all
aphrodisiacs. Which is pretty much all that list right there. Ron Teeguarden is going to give us some information about epimedium and eucommia together acting as telomerase activators – so anti-aging is there.

**Poria** is a very underrated medicinal mushroom but a very important medicinal mushroom for raw foodists, because it is spleen-activating. **Rehmannia** is also a very important herb for raw foodists because it is spleen-activating. So poria-rehmannia combination is something you might like to try. I have found that that has been very powerful for me. There is a Brazilian herb on the list: **suma.** Also **sacha jargon** and **yohimbe.**

You can see that these are all Jing-supportive herbs, with probably one exception on this list, because it's so rich in minerals: **kelp.** Kelp is also very good for hormone balancing. You are going to see by the end of this weekend that there are certain things that come up more than anything else. Olive oil keeps coming up again and again; cruciferous vegetables keep coming up again and again; kelp keeps coming up again and again; certain medicinal mushrooms like reishi and chaga keep coming up again and again. So for me, after all this research, I finally just say, "Okay, we can’t eat everything. Let’s just focus on those key things." And that’s it in a nutshell, folks.

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For more information about David Wolfe, please visit the following websites:

www.TheLongevityNowConference.com

www.LongevityWarehouse.com

www.TheBestDayEver.com

www.DavidWolfe.com

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