

# ask DR. BEN

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Speaker: Dr. Ben Johnson

Episode 28: A Holistic Medical Guide to Hormones

Hello, and welcome to the Ask Dr. Ben Podcast. I'm your host Ben Johnson. As a holistic minded physician, I've spent the last 20 years looking outside the box, and conducting research to find the true causes of skin conditions, and other diseases. And while the focus of my work has been on aesthetic medicine, and unlocking the secrets to reversing skin damage, this podcast will also include many other exciting revelations, pertaining to you and your family's health and wellbeing. So, let's get started.

Today I thought we would take a little bit of a deeper dive into hormones, and really understanding what their role is, I guess, from my holistic perspective, and how you navigate the challenges that we face today, because there's just no question that there's a massive number of chemicals that are estrogenic, meaning they resemble estrogen in one way, shape or form.

As a result of that, how does our body respond? How do we best protect ourselves? And what do you need to know as far as what side effects you're having in your life, and are those telling for your situation? Let's just dive right in, with first, what is the basic understanding, or I guess I'll just say, what's my take on how hormones affect us in our daily lives, and what, if any hormone supplement should we be considering? I do take a very sort of a holistic stance, that your body is so brilliant, that it is measuring in Pico levels, tiny, little minute levels. Your hormone is on a 24/7 basis, every second, it is constantly monitoring and adjusting accordingly. So, there's a level of precision that just can't be matched with some saliva test, or some blood work or urine sample, however you're trying to get your hormone levels tested. There's going to be a high level of imprecision, not just because of the methods being used, but also because it's a snapshot of a day, and yes, we try to go, "okay, well, you can expect the higher levels in the morning of this hormone or that." And so, you want to take your hormone test at a specific time of the day, and we know what to expect, and maybe you're even trying to monitor your cortisol levels and looking at the picture as always, in a snapshot that just isn't precise enough for me to get a good comfort level.

The other piece of the story, that you've probably heard me say before is, I just don't buy into this idea that our hormones, should remain at peak youth levels, in order for us perform at a peak youth level, as we get into our forties, fifties, sixties, and beyond. It's not inconsistent to be a thriving, well adjusted, healthy, high performing human over the age of 60. You can do this without having to try to restore your hormone levels to an earlier time. What I generally find, is that people who are experiencing low libido, or low energy or sleep disturbances, or early menopause, or all these things we'll talk about here in more detail.

When you experience those, it is not because your body is broken down. It is not because genetic failures or, DNA damage, or really a body just starting to mis-perform because you're getting older. That is not how the body works. It's precise, and yes, okay, so, some of its methods for keeping you balanced and corrected, can diminish over time, but it's precision, it should just never be questioned. And you just have to make the assumption that

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if you are off, in one category or another, it has more to do with some exogenous toxins, something from your environment, that is changing the way your cells are behaving. Remember that your body, through this process of epigenetics, can change how much of a hormone it's producing. It can increase what's called hormone binding proteins, which are there for sort of an instant diminishment of your hormones, in the presence of other factors.

So, we can see this in the research. This is not just a pie in the sky view of, "Hey, just as long as you live a clean life, you're going to be good." We can see in the research that when you add hormones to your body, say in the form of a medication, that your body increases hormone binding proteins. Now, I don't know if people talk about it in the way, or think about it in the way I'm proposing, which is, that's because your body has adjusted your hormones according to the environment that it is in. It looks at everything that's going on there, all the different chemicals in your body, that might resemble estrogen, and some of them that might even resemble testosterone, and it assesses that presence of all of those, and it makes a decision on where it feels comfortable keeping your active estrogen as opposed to your bound estrogen. It may even reduce production of estrogen. It may simply bind it. It may reduce production of testosterone, or it may again just produce testosterone binding proteins that reduce its activity, same thing with progesterone.

So, you can have this constant flux going on in your body, and I promise you, your body knows best. I've also said in the past, I think breast cancer is most likely being triggered by estrogen pesticides, but your body does its best to try to adapt to that, I believe, as you get exposure. So, let's say, you live in a farming community and you're getting a lot of these estrogenic pesticides in your environment, and you can't help but have them in your system. Your body will begin, by trying to protect you through the reduction of natural estrogen, either through binding, and/or reducing your overall production. It'll do this as long as it can and you experienced that in the form of these various side effects, but is it really being that safe. So, then you go into the doc and the doc says, "Hey, you're really low on estrogen. We need to give you an estrogen pill, because you're complaining that you have hot flashes or, whatever other irregularities associated with hormones." The doctor unknowingly, because it just assumes something's broken in your body, is writing you a prescription for birth control pill, or bio identical hormone package, and this in fact puts you in more danger.

The takeaway I have after reading the literature again is that, the body definitely does not like exogenous hormones in a consistent presentation. In particular, doesn't like hormones that are not bio identical. Now, I'm not a fan of bio identical hormones per say, for all the reasons I just said. I think by taking those hormones, your body will actually make less of its hormones. So, it will compensate for that exogenous presence. Now, you can still overwhelm that. In other words, it will reduce its estrogen down. Your body will reduce its estrogen down, but if you take enough of that estrogen, then you can compensate for the decline, and you can actually see a reduction let's say in hot flashes, as a result of that. But that doesn't mean that your body is better off. What that means is potentially your body is at higher risk for an estrogen positive cancer, or other distortions that come with the combination of, normal to high levels of a hormone, in addition a higher levels of the toxins that resemble that hormone.

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When you have those two together, it's dangerous territory. It's one of the reasons why there's been such a mixed bag of results, when it comes to hormone supplementation. As we get older, we see evidence of increase in stroke or heart disease or the like, and maybe yes, you see a diminishment in osteoporosis or something else, but the truth of the matter is that, the most holistic, the most intelligent strategy in my mind, is to clean your body of toxins and let your natural hormones rise up as best they can. Now, where you're going to run into trouble with this, is that I believe when you start taking it birth control pills at an early age and even if you have a IUD that's emitting a smaller level of hormones, it's still sending hormones into the system, and having an impact. Or even at a later age, you let's say you got convinced to start HGH, human growth hormone. So, you're getting an exposure to these hormones, and the net effect is, your body produces less of that hormone. Now, over time with chronic suppression of hormone production, because you're taking these outside hormones, I do believe that your body struggles to return to normal if you stop. So, one of the curses that I think is put on a female population in particular, is this move to birth control pill, as the standard for everybody who's sexually active, and older. I mean yes, sometimes birth control pills are used for skin conditions, we're going to talk a little bit about that as well, but you set yourself up, for early menopause by getting on birth control, I believe. Not only that it has a distorting effects, because most birth control is, some type of animal derived version of estrogen. It's not actually human estrogen in many cases, and we're talking about estrone, estradiol, estriol.

And so, they could give you just estrone at certain levels, or maybe they're giving you a horse derived estrone, which is equally equilin, or maybe they're giving you some modified version of a hormone, because I don't know, it stays in pill form better. What this ends up doing, is it doesn't hit every receptor equally. So, whereas your body, when it produces its version of estrogen, let's say it's estrone, there are specific estrogen receptors estrone taps on. Let's just say that's a hundred percent. When your body produces estrone, it hits a hundred percent of the estrone receptors. Now, if you take equilin sulfate, you're actually going to only activate, let's say 70 or 80% of the receptors, that estrone normally hits.

However, your body is making less estrone. So, the immediate first side effect, is there is some diminishment in the impact of how estrone, is working in your body, and yet, you're getting excess of this other estrone, which is hitting those receptors even harder, the ones that it does work on. So, if that makes sense, it's impossible to time hormone supplementation medication. It's impossible to time it right. It's impossible to adjust for the proper levels, at the proper times of day. It's impossible to coordinate it with the testosterone and progesterone, that the body is constantly balancing as a synergy, to this whole process. And so, depending on whether or not that birth control contains a heavier amount of progesterone, in which case, it has a whole different set of side effects, and all of it is just playing sort of this blind sort of, "Let's just see what happens here, to your body." And it's a game you don't want to play, because your liver does not like excess hormones and it will be damaged by that.

One in three women on birth control, develop a condition known as Melasma, which I have contributed to liver damage, oxidative liver damage primarily and it has to do with excess hormones. Now you can have excess of your natural hormones when you're pregnant, and

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that can be compromising to a liver, especially a liver let's just say that's gone through the 20s, with reckless abandon, and has had taken some hits, so it's harder for a liver to handle pregnancy hormones at age 30 plus let's say, which is more likely when women will develop pregnancy induced melasma. But again, because it's your natural hormones, your liver can tolerate them better, and in a lot of cases, that type of melasma goes away. But that exists. Then you can have tumors. You could have pituitary tumors, you could have ovarian cysts, or tumors that generate higher levels of estrogen or testosterone production. So that certainly can also be an impact on all of these things. So, you're always going to have to play in this dance, but here's what I'm here to tell you.

Number one, things in kids, women who develop early menstrual cycles, or otherwise known as Precocious Puberty, or boys who develop early facial hair, these can be the result of chemicals in their system. More often than not, are the result of chemicals in their system. Sometimes you can get on medication that's estrogenic, lithium has estrogen properties, and it's one of the reasons why if you get acne from lithium, but that's not a very common medication. As I looked through most of the medication we get on, there are antibiotics that are estrogenic. I think things like Amoxicillin has estrogenic properties, and that may show up as a rash on your chest. Listen, there are 10,000 chemical additives going into our food, most of them are not tested for estrogen toxicity. Most of them are not tested for long-term safety. We're talking about food preservatives. We're talking about flavorings. We're talking about colorants, all of the chemicals that are associated with packaging. We identified a decade or more ago, that Bisphenol A or BPA, is this horrible chemical and plasticized, but there are other chemicals in these plastics that are not yet identified that are also potentially, cancer forming and certainly endocrine disruptors. Endocrine disruptors is another way to say these hormones come in and mimic your hormones, and then end up causing a distortion that you feel. You can feel it in a variety of different ways and we'll go through some of those, here in a minute. So, I just wanted to kind of go through a list of some of the chemicals that we know are estrogenic, and they don't always show up on the label. And this is where the challenge lies, because if you prepare a substance and it involves adding a bunch of chemicals, and then that substance, let's say you add a flavor to something, if depending in where you add the flavor in the process, the flavor may not have to be listed on the label.

So, a lot of times I talk to people about estrogenic food preservatives, and they're like, "Well, what's the name of it? I'll look it up. I'll make sure it's not on any of my foods." And that's the problem, is it might be a preservative, added to oil, to keep oil from going rancid. Then that oil is used in the food, but because it was added to the oil, prior to the oil being used as a recipe item, it doesn't have to be listed on the ingredient deck. So, you have this preservative for the oil and the only thing on the label is the oil itself. So you don't know, and one of the most classic causes of food preservative acne, which remember, shows up along the jawline, it shows up about, if you put your finger on the very middle of your chin and go an inch to the right and an inch to the left, that zone at the very base of your chin is digestive.

It has to do with the end of your large intestine. It goes up towards the angles of your mouth and around your mouth, and that is a digestive zone, but just outside of that, one inch to the

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left and one inch to the right, and those are approximate numbers, is the food preservatives zone. You can see this by going to Osmosis Beauty's [skin mapping](#) and check it out.

I found some of the worst offenders are pea protein. I don't know what they add to that sucker, but it is very much, I guess you could say comedogenic, it causes acne, but it's a very much a problem. I'm always telling people, "Stay away from pea protein." Because of that food preservative, it can also lead to PCOS. And that's the trick here, is that we're not just talking about acne. We're not just talking about menstrual irregularity. I mean, you can get to a level of disease. Cysts in your breast, are often related, I believe to estrogenic pesticides, cysts on your ovaries are related to estrogenic food preservatives, and what's causing this, is the chemical irritation, is creating a cystic reaction, and that can lead to other things. I was just looking through this long list, and this is a list of chemicals, that are allowed in foods today, that we know to be estrogenic. And, oh my God, I'm not going to read them all, because you'd be so bored. But, hexadecanoic acid is a flavoring. Lycopene is a flavoring, Octadecanoic acid is a flavoring, Fumaric acid, Geraniol, Methyl salicylate, Butylparaben. All the parabens. You don't want parabens on your skin, because parabens do absorb in the skin, do end up showing up in the breast tissue.

As one example, breast tumors have found parabens in them. I've seen this one, phenethyl anthranilate, Piperine, 2-Acetylthiazole, and the list goes on and on. Tons of food flavors are actually estrogenic, and therefore can certainly be an issue for you. Benzyl salicylate, Benzyl cinnamate, just looking for ones that you might recognize as estrogenic. Methyl eugenol. Propyl gallate is a big one, that I don't know if you see it, saccharin itself, which is Sweet'n Low, is an estrogenic toxin. You'll see that in a lot of foods sort of buried in there as the sweetener, then you go into just general additives. Docusate sodium is a common one, Heptylparaben 1,3-Butanediol, canthaxanthin, Ergocalciferol can be an estrogenic Chemical. Ethylenediamine is a common one. I mean, Genistein, Daidzein, the list goes on and on within these additives that are in foods, scrolling down the list, and then I get a whole list of pesticides.

I'm fascinated by it. You don't know sometimes when pesticide is being used in food, this is again, why it's generally better, it's not always a hundred percent safe, but generally better to do organic foods. Because you don't get these pesticide exposures, but estrogen and pesticides, the list is huge here. Carboxine and Clofentezine, Tiabendazole, 11-Hexadecanol, Benemilk, Carbofuran. I've seen that one a lot. Cipro dental, anyway, I'm just telling you, on this list, keeps going and going. Anyway, this will be the most boring podcast ever, if I stayed on those lists, but I know I talk a lot about, "Oh, estrogenic pesticides" because those are the ones that show up as acne on your neck, or in the front or back of your ear. Then you've got the chlorine of course, which is estrogenic. That's showing up on your chest and upper back, but I'm telling you they've done a lot of testing, and I'm just looking here, they've got 30 estrogenic pesticides that they've identified in just their one bit of testing.

So it's all very odd to me, this idea of why all these chemicals are so estrogenic? Certainly makes one suspicious, but more importantly at an age when we have way too much uterine cancer, ovarian cancer, endometrial cancer, breast cancer, it makes you wonder if these chemicals are not the main cause. And why the world is not screaming from the top of the

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mountaintops. Let us just put a hold on all chemicals, until we know they are not carcinogenic. Let's go back to natural foods, and stop preserving and do regional farming. There is a strategy here, there is a way to get our world to a place where we don't have to be lab rats, in some experiments seeing which of these things cause cancer. I'm sure there's a lot of people, that work in a cancer research that are doing it for all the right reasons. But I mean, why have we had such a hard time, coming up with "a cure for cancer" when it's so obvious that these chemicals are not only carcinogenic, but estrogenic.

Can we just start there? Can we just start by taking the chemicals out of the equation? And then let's see if this cancerous tissue, that forms and is probably epigenetic. It's probably the result of a conversion of healthy cells, to cancerous cells. It's not like cancer shows up as a cell that we ate, and it starts growing. It's literally just converting ourselves. So, what causes cell conversion? What causes epigenetics? Environmental toxins, environmental changes, toxic foods, viruses. All of these things are causing the cells to change. So, it seems it would be an obvious thing. So, what's the purpose of today's podcast? I think it's really, just to remind you that we shouldn't be defaulting to hormone disruption, as a way of getting along in the world.

I do wish there was a better way to prevent pregnancy than birth control pills, that was just as easy. I say easy, and we, in the male side of the spectrum might say, "Oh, that's easy. Yeah, do that." But for women, I mean, it almost automatically causes is 10 to 15 pounds, in what is essentially water weight. It damages their ovaries, and leads to early menopause. It has, really the potential to cause cancer. Because again, remember these hormones that you're taking, aren't the exact hormones of the body in most cases. So, they are activating over aggressively certain receptors in the body and under activating other receptors. And by definition, cancer is going to show up from imbalance.

So, I am not a fan of the hormone alternative. So, let's talk about a couple of them. One of them is the Spironolactone, also known as Aldactone, frequently has been used in medicine as a Diuretic. So, in other words, it helps you lose water weight. It's people with heart disease, and things like that. But I just know it primarily, because I'm in the skin business, as a treatment for Androgen side effects. That would be facial hair, male pattern balding, oily skin, and of course, acne, PCOS (polycystic ovarian syndrome), usually contains one or more of those on that list I just mentioned. Now, when I looked at the research on spironolactone for acne, it was interesting because, the doctor who was the spearheaded researcher on this category, identified that the acne cases that he was wanted to treat primarily we're, acne of the jaw line and neck. How fascinating is that? Because that lines right up with what I call estrogenic toxin purging acne.

Remember jawline is estrogenic food preservatives, neck is estrogenic pesticides. I thought that was so interesting. Let me tell you how it works, what spironolactone does, is first of all, it raises your cortisol level, so there's some distortion, and raising your cortisol levels, that's kind of a pro con, it's causing an imbalance, like your body is perfectly administering cortisol where it needs. Cortisol is sort of, is that secondary wave, after the body has done a lot of hard work to detox, or go after an initial inflammatory event, cortisol comes in to sort of redirect the activities, towards repair at some level. It's like the balance to an overemphasis on repair, really, because honestly, cortisol in its own way, is limiting of repair.

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So, I guess what I'm saying is, you don't want excess cortisol, in a body that is under attack from environmental poisons. Remember, we face a million toxins a day, and cortisol will send the wrong message to the detox mechanisms, the pathogen fighting mechanisms, and you don't want that to happen. So, spironolactone for some interesting reason, does do that. But it is primarily working for people, because it's blocking testosterone receptors, and we call these androgen receptors. Why that works for some people with acne, is you have to go back to what I've said in the past, the why acne gets triggered. The reason why estrogenic poisons come out of your skin, on your neck, and on your jaw line, and of course in the case, of chlorine on your chest and back, is because there is an increasing deficit between testosterone and estrogen.

In other words, when you have too many estrogen poisons in your body, your body makes too little of its own natural estrogen. So, there is an imbalance between testosterone and estrogen. This is why you can get male pattern baldness. This is why you get oily skin. This is why you can stop having your menstrual cycle. This is why a facial hair is such a huge problem, and excess body hair as well. Peach fuzz, hair turning into coarse hair, because all of that is related to testosterone, being out of balance with estrogen. It has to do with those estrogen poisons distorting your natural level. So, when spironolactone comes in and blocks the testosterone receptors, it reduces the severity within the body of that distortion. So, the body's less inclined to dump those estrogen toxins. As I've said in the past, the reason why you get hormonal acne during your cycle are two types of hormonal acne. There's Candida hormonal acne, and that's occurring at the very end of the cycle as a result of the peak of progesterone, since progesterone stimulates candida, there's a peak of progesterone towards the end of the cycle, and that's what generates the shedding event. And that's, also what generates more candida. So, if you're prone to candida, and you don't treat your candida, you can have hormonal acne that occurs there.

There's also hormonal acne, that happens a week or two earlier. That is acne related to the testosterone surge, that happens in your menstrual cycle. I believe sometime about 10 days, before you begin to shed your lining. As a result of that peak in testosterone, it triggers the body to go, "Oh, we really do have an imbalance here. Let's dump some estrogen toxins." I literally believe that the estrogenic toxins are dumped along the jawline, because we have so many nasty food preservatives out there. But if you're in a farming community, that can also happen along the neck. Now, if you get toxic enough, that your estrogen drops really low, then you can have chronic acne along the jaw line, there's still food preservatives, but it's chronic because your body can't stand the imbalance anymore and it just has to start dumping.

Remember that our product is [Skin Defense](#). Skin defense binds up those toxins, and it helps you with that. So, that's why spironolactone is helpful. Now, what does it cause? Well, it interferes with 5 $\alpha$ -reductases enzyme. So, it's going to substantially reduce your libido. It's going to distort your body, you want to testosterone flowing through your body, it potentially reduces all the things that testosterone might impact. It might impact your muscle girth, strength, so, you might lose muscle. It's going to potentially cause anxiety, as your estrogen becomes the dominant hormone. And it does cause a water loss. So, they have you doing oftentimes blood work, but I could see why some people like it, because

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they're like, "Wait, when I'm on that, I break out less." Well then, the holistic way to solve that problem, is bind up your estrogenic toxins with [Skin Defense](#).

That way you don't have to interfere with your testosterone and that's exactly what spironolactone is doing. Now when it comes to birth controls, I mentioned to you that distortion, that you're giving yourself, a lot of doc's prescribed birth control pills for acne, and so, you're giving yourself this altered version of estrogen, and it's causing a reduction in your natural estrogen, and that creates water retention. That's why you gain that 10 to 15 pounds, most often. Now, you could be on something where you're just taking progesterone, in that case if you're taking something like Depo- Provera shots, which I think are horrendous, so if you just lower your progesterone, then you're not going to have a cycle, because progesterone is not there to stimulate the shedding of the uterine lining. Some people like that, again, that could cause increased anxiety, that definitely causes increased candida. One of the side effects, is worse acne, and it's typically upper face acne, because it's candida based. So, again, you're distorting your system, creating this imbalance, and it's going to permanently affect you. That's what I really want to emphasize here, is I don't think it's a benign thing to go on birth control. I think it has long-term side effects towards, your ovarian production of estrogen. We just need to come up with a new better method, for birth control.

Taking hormones, of course if you take bio identical hormones, you're a little bit better off, in the sense that it should activate the receptors that, estrone is activating or estradiol, or estriol specifically are activating depending on it. But again, you were having to guess, and so then you put this cream on your arm, or you have a pellet, or you're taking a pill; however you want to take it. You're still taking it at the wrong times of the day. It's still emitting at the wrong levels. It's still going to cause liver damage. It's still more likely to cause stroke. It still has the potential to override the body's protection against estrogen toxins and cause breast cancer. So, even though bio identicals are, a shade better than birth control, or other hormone medication, they are still not an ideal option. I get that it is super challenging, if you're someone who's had your ovaries removed in a Hysterectomy, or have gone through Chemo, and somehow nuked the ovaries, or however it is, that you've significantly reduced your potential to generate estrogen, testosterone, and progesterone. So, yes then in that case, I think there is a place for hormones. Now, I've still had women who've not tolerated hormones, for the reasons I mentioned because, they're coming in at an imprecise time, or they're coming in too much or too little, or the wrong balance.

Really fine tuning that, is an art that I think should include muscle testing, because I think that's one of the more precise ways to get a read on someone's body. But I get it, most physicians are not going to embrace that method, so you're a bit at the will of others. Now, I have found that, our [Hormone Relief Elixir](#) for a lot of these people, even without ovaries, can solve a lot of issues for them, and help them feel normal, but not in every case. I think it's definitely worth a shot, if taking hormones has you a bit concerned. At the very least, I would expect that you do some trial and error, if you're in that situation where you don't have your ovaries, where you're really playing with the amount of each of the types of estrogen, and making sure you're not just using one or two, of the three main estrogens, that you're not just putting estrogen and not progesterone and testosterone. I think it seems like it would be



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appropriate for you to do a really healthy blend of all of them. When it comes to the hormone toxins, I'd like to just remind you that mercury is the one androgenic toxin, it comes out in a different place. It tends to purge around the growing.

So, if you're waxing, you might see acne, what they call ingrown hairs. I think that's mercury overload, and you definitely want to be careful of that. I relate mercury to prostate hypertrophy, so, keep an eye out for that, if you're someone who's a big fish eater. Remember it's really hard to avoid mercury, if you eat a lot of fish, and it's one of the biggest challenges of it. I'm just learning about some of these preservatives, that they're putting in fish, to keep them from turning a color and they're not listed. They're not listed in the store on, the back of the label, but they are used. So, it's frustrating. Of course, chlorine is in all the tap water, and I do recommend, chlorine filter for the home and the shower. If you're especially, in an area where you're having to use public water, and they are known for adding a ton of chlorine, which remember is not really chlorine, it's bleach, it's chlorine and some oxygen attached to it. It's bleach. And of course, bleach is highly poisonous, and yes, they put a lot of poison, in your tap water every day which is just kind of crazy. Don't know why more people aren't talking about that. But again, that's also an estrogen toxin, and also something to watch out for.

On the list of sunscreens that you want to watch out for, Benzophenone, Octyl methoxycinnamate, also known as Octinoxate, Homosalate and 4-Methylbenzylidene. Those are the main estrogenic sunscreens. They are some of the most popular chemicals used. They're the ones that are banned from the reefs, as you see them. Endocrine disrupting the reefs as well. They are messing with our children, they're in our public water supply. They're so overused. Sunscreens are so overused, that they are literally in our water supply, as a result of the overflow of urine, because they're in our urine, and urine is cross contaminating into our water supply. Sorry if you're eating lunch right now, but that is the reality of it.

So, remember all the different causes of hormone disruptions. If you have infertility, there's a 90% of the time, that infertility is going to be caused by estrogenic toxins. So, you can base infertility a lot on your attempt to get pregnant, was it with regular menstrual cycles? If so, then your infertility may have more to do with the male, or in the situation or some other cause, like distortion in the anatomy of your fallopian tubes or a uterus. But 90% of the time, infertility is associated with low estrogen, inability to ovulate due to estrogenic toxins in your body and environment.

Early menopause, I believe is caused by, estrogenic toxicity, or birth control. And it's happening more quickly now than ever, even harsh menopause. So, any menopause symptoms at all, is a sign that your estrogenic toxins are too high. What I'm saying there is, yes, your estrogen is meant to slowly diminish as we age, but if it's diminishing in an uneven fashion, in other words, your testosterone and progesterone levels are not shrinking as quickly as your estrogen, then you might end up seeing this more extreme menopausal symptoms. Again, [Skin Defense](#) and [Hormone Relief Elixir](#) are great for these issues. Now, if you're someone who still wants to be on your bio-identical hormone, and you want some support, we have found [Ageless Vitality Elixir](#) is really effective, for women who are staying on some level of hormone. It's it seems to do better with menopausal symptoms than [Hormone Relief Elixir](#).

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We're not really sure why that is, but it does have the frequency of HGH, and maybe that's playing a role there. I should mention that when you're eating meat and dairy products, you're getting a lot of hormones as well, and dairy, for example, there's a ton of IGF-1. IGF-1 is actually a pro, con kind of ingredient, it does keep you young, but in a toxic world, in an environment where a lot of your cells have had epigenetic influences, they're starting to change due to toxicity, IGF-1 can promote cancer changes. So, that's why you can see studies that show an increase in cancerous growths and tumors, and people with high meat and dairy diets. Yes, a part of it is the source of the meat and dairy, and part of it is the toxicity of the rest of their diet. So, in other words, I don't think IGF-1 on its own, is going to create cancer, unless there's a toxic environment it's stimulating.

But it's always something to keep in mind, and I do think as IGF-1 flows through, it might cause some feedback loop to the body to reduce its own IGF-1 production, but it doesn't seem to be at a level that is inhibitory. Whereas, if you take HGH injections, you can pretty much be guaranteed that when you stop them, you will not make enough HGH for your body anymore on its own, you will literally cause permanent damage to the pituitary, and it will not continue to produce HGH at a regular level. So, to me, that's just nuts. So many people who got on HGH, now regret it. I think more and more people are going to realize that they're getting on testosterone they can't get off. Then they're always dosing in this big bolus of testosterone, and not in the very gentle, circadian rhythms of the body, where everything is so perfectly orchestrated.

People are so quick to think, "Oh, what's the harm? I'll just take a little testosterone." Well, the harm is that if you decided to stop it, you may not ever get back your normal levels, number one, and number two, if you start to stay on it, then you're going to distort your system, because it's just never going to be at the precision of a body's natural effect. You get of course stubborn weight gain, 10 to 15 pounds typically, it could be more. You get menstrual irregularities, a lot of women who have cramping or late cycles, irregular cycles, heavy bleeding, light bleeding, all the different distortions that occur are all related to toxicity, and that can be addressed. Again, pull the toxins out.

Hair loss, there's several aspects of hair loss. I always equate to the male pattern baldness of hair loss, as the number one example of a distortion of estrogen toxin. That's definitely something that I would consider first if you're getting male pattern baldness. Now, male pattern to me is, frontal hair loss. The crown hair loss, I think is something different, but something to look for. We mentioned oily skin, acne, and PCOS. So, those are the things to look out for and do your best with kids. I think it's really important that we try to limit their distortions from an early age, so that they can have a great, healthy and productive 15 to 40. Then of course, not going to early menopause. And really, at no time should we not be thinking about all these chemicals, and where to avoid them. But, I just wanted to re-emphasize that today. So, hope you enjoyed it. Thanks for listening today.

Remember you can catch my Insta lives every Thursday, at 1:00pm Mountain Standard Time here in the U.S. From what I can hear, it sounds like things are going well, so, I hope you will give Osmosis a try when it comes to detoxing your skin and your body, and really changing your life for the better. Our track record is pretty incredible, and I'm always here to help. You

# ask DR. BEN

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can write me at [drben@osmosisbeauty.com](mailto:drben@osmosisbeauty.com), if you have personal health questions, or questions for family members. I'm happy to help guys. Thanks again.

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