

Effective Home Remedies that Doctors Give Their Patients



Hi, I'm Dr. Kukurin and you are receiving this newsletter as a free gift from me. We spend a lot of time working on this publication. It's the same information patients pay for in my office. So, I'm sure you will find it valuable and I hope you enjoy it. If you have a topic you'd like to suggest for future newsletters, just give me a call. ~ Dr. K

Journal of Rapid Pain Relief

Mood swings, depression, irritability, loss of passion, insomnia and weight gain are common symptoms women experience due to hormonal fluctuations. Recent studies that suggest hormone replacement therapy may increase the risk of heart disease and cancer have left many women scrambling to find safe and effective remedies for these and other symptoms. The July 29th issue of the Arizona Republic reported that hormone replacement therapies were moved from the suspected to cause cancer list, to the known cancer causing agent list by the United Nations. In previous issues of our newsletter, we discussed the problem of menopausal osteoporosis and how it leads to significant morbidity, loss of quality of life and even premature death in women. In this issue, we will discuss common signs and symptoms of female hormonal fluctuation. More importantly, this issue will focus on safe non-hormonal herbal remedies for these symptoms. The major players in hormonal generated symptoms are estrogen, progesterone, thyroid, cortisol and serotonin. Under normal circumstances, these hormones rise and fall in a

Oestradiol & progesterone in the menstrual cycle

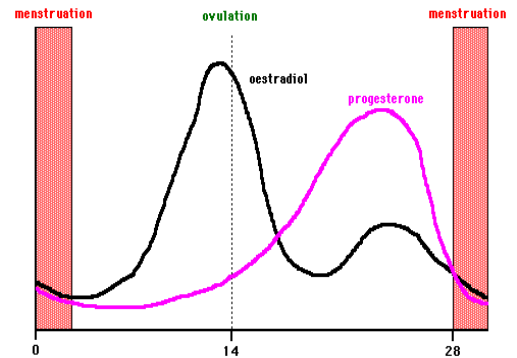


Figure #1 Normal menstrual cycle is pictured above. There is a very orderly ebb and flow of hormone levels.

highly choreographed manner. They interact with one another and when synchronized produce good health and well being in women. When stress, poor diet, lack of exercise and aging interrupt one or any of these hormones: a chaotic hormonal pattern develops. Since hormones are very powerful chemicals in the body, chaotic hormones lead to a chaotic quality of life for women and their partners. Compare the normal hormonal patterns in figure one above with the abnormal patterns in figure two below/left. The hormone dys-

This issue: *Alternative Medicine Info* to help women with hormone fluctuations

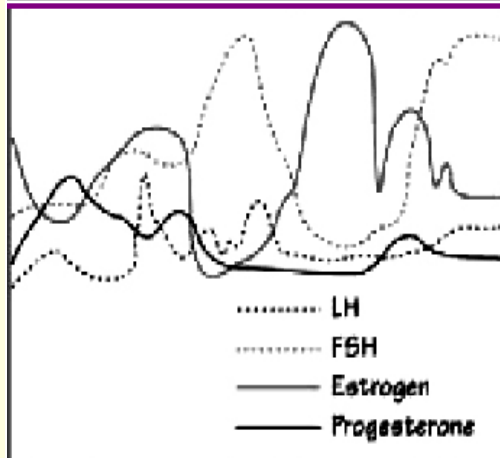


Figure # 2 During peri-menopause the normal hormonal cycle, becomes dys-synchronized. Compare the normal cycle in figure one with the peri-menopausal cycle illustrated above.

regulation then effects the nervous system. In fact, direct and indirect evidence suggests that sex hormones exert a powerful influence on a specific serotonin receptor in the hypothalamus region of the brain. The serotonin type 2 (or 5HT2) receptor is know to modulate core body temperature, mood/depression, anxiety and sleep/wake cycles. (1-5). The observations that this specific serotonin receptor can be associated with so many of the signs and symptoms of hormonal fluctuations, suggests a possible means to alleviate these signs and symptoms while by-passing the sex hormone pathways altogether. Another way of stating this is that it may be possible to correct the end result of hormonal fluctuations (and their symptoms) without actually altering hormone levels in the body. This approach may offer symptomatic relief to women without the risks associated with hormone replacement therapies. Let's examine some of the herbs available to ease the signs and symptoms of hormonal fluctuations. >>>

Hot Flashes: Some very sophisticated research by scientists at Wayne State Medical School has demonstrated that hot flashes occur in menopausal women due to a combination of decreased sweating thresholds and small rises of core body temperature.³ A significant finding in these studies was the fact that while estrogen replacement clearly diminished hot flashes, curiously estrogen levels were not significantly different in women prone to hot flashes and those who did not suffer from hot flashes.³ This suggests that decreased estrogen is not the primary culprit for the triggering of hot flashes. In another series of experiments, drugs known to block the serotonin type two receptor in the hypothalamus were shown to decrease core body temperature.^{1-2,5} Suggesting that dys-regulation of the 5HT2 receptor may be the actual culprit triggering hot flashes. The Chinese herb, magnolia bark appears to selectively block the 5HT2 receptors in the hypothalamus, at least in animals and appears to be a potential herb to ameliorate hot flashes by acting directly on the hypothalamus. ¹⁻²

Taken together, these studies suggest that the 5HT2 receptor, may be a major player in the signs and symptoms of hormone fluctuations

Other studies investigating the function of the 5HT2 receptor found that stimulation of this receptor interfered with sleep, increased anxiety and caused depression. Drugs that antagonize or block this receptor improved sleep quality, calmed anxiety and elevated mood. ^{8,9,11} Taken together, these studies suggest that the 5HT2 receptor, may be a major player in the signs and symptoms of hormone fluctuations. Nutrients like magnolia bark and feverfew as well as essential fatty acid supplements >

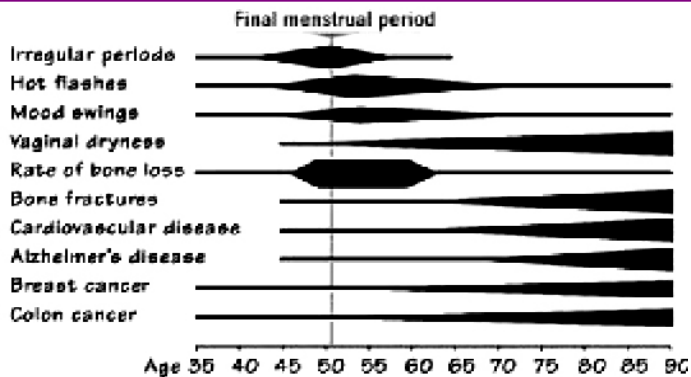


Figure #3: The fluctuation of various hormone levels (above) peak at different ages. This means some symptoms will resolve and other become more prominent over time. Helping women move through the various phases of menopause can dramatically increase the quality of life for menopausal women and their partners.

are known to modulate this 5HT2 receptor. Since these naturally occurring compounds have little or no estrogenic activity, they may be ideal supplements to attempt to counteract the affects of hormone fluctuations without altering the levels of circulating hormones directly. ~Dr. George Kukurin

This newsletter is part one in a series related to hormone fluctuations, the symptoms they cause and possible alternative remedies to relieve them. See also our newsletters on osteoporosis.

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