

New Study Identifies Flax Lignans as Nature's Safest and Most Effective PMS, Menopause and Breast Health Solution

by Christine Horner, M.D.

hormonal balance is absolutely essential to a woman's very happiness and ability to cope. When a woman's hormones are out of balance—especially estrogen—it affects her body, mind and emotions. A variety of uncom-

fortable symptoms commonly result, including mood swings, breast tenderness, hot flashes and "fuzzy" thinking. In this era of estrogen dominance significantly contributed to by synthetic chemicals in our environment that act much like estrogen, women are turning in greater numbers than ever to natural or plant-based supplements. Their choice is wise because research shows that certain plant compounds that have been used by women for millennia are indeed very effective at combating many of the ill effects of chemical estrogens.

Plant-based estrogens are usually extremely weak in their effect—so much so they actually

Studies have confirmed that both demonstrate the ability to improve symptoms of menstrual and menopausal symptoms. With all the available choices in supplements, how can a woman determine what products are best for her to take?

First, it should be noted that both of these natural phytoestrogens demonstrate a remarkable ability to help the body counteract exposure to toxic estrogenic dominance caused by internal estrogen imbalance and the damaging effects of environmental pollution by toxic estrogenic substances. Studies show that women who have higher than average levels of plant phytoestrogens in their diets have lower risk for endometrial and breast cancer. This goes for both flax lignans and consumption of a traditional diet of fermented soy isoflavones.

LIGNAN'S DRAMATIC DIFFERENCE

The medical literature is replete with validating studies. Most recently, the flax industry has even formed a group to tout the big time benefits of flax lignans—much as the proponents of soy have done as well. A pioneering study was just published in March 2006 in the *International Journal of Cancer* that illuminates some of the significant differences between

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the isolated isoflavones of soy and flax lignans and their effects on breast cancer growth.

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act more like estrogen blockers or SERMs (serum estrogen receptor modulators). That's why studies show that women who consume a generous amount of them have improved estrogen balance, less symptoms and better overall health, including a lower risk of breast cancer.

NATURE'S ALL STARS

When seeking out a plant-based estrogen balancing supplement, women will find that most of the supplements are made with either flax or soy.



Christine Horner, M.D., is a board-certified and nationally recognized surgeon, author, expert in natural medicine, professional speaker and relentless champion for women's health. She spearheaded legislation in the 1990s that made it mandatory that insurance companies pay for breast reconstruction following mastectomy. She is the author of *Waking the Warrior Goddess: Dr. Christine Horner's Program to Protect Against and Fight Breast Cancer*. For more information go to www.drchristinehorner.com.

results were reported for genistein. In fact, the authors commented that soy's isoflavones actually performed better when in the company of flax lignans (however, lignans did not need soy isoflavones

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In another experimental study from the University of Toronto and published in the March 2006 issue of *Cancer Letters*, researchers found that flax lignans also prevented metastasis or the spread of breast cancer cells to other areas of the body. Breast cancer tumors and the total incidence of metastasis was significantly lower with higher dietary lignan intake. In fact, the study showed that isolated lignans were just as effective as flax oil.

In a June 2006 study from the *Journal of Nutrition*, researchers from Germany discovered in a case-control study that women with lignan-rich nutrient intake seemed to have stronger genetic protection against premenopausal breast cancer. However, no such relationship was found for genistein, the isoflavone from soy.

OPTIMAL HORMONAL HEALTH

This is significant for all women, but especially women actively seeking hormone balance with natural remedies. Many of the women who are drawn to natural remedies for perimenopause, PMS and other symptoms might actually have already experienced a brush with breast or other estrogen-related cancers. They are seeking safe, effective natural remedies with the best safety records pos-

sible. Based on these and earlier studies, flax lignans would appear to be perhaps the safest and most effective of all phytoestrogens used in women's supplements. Indeed, for all women, lignans appear to be not only safer but perhaps more protective against breast tissue damage.

These studies are particularly significant to medical doctors, naturopaths, pharmacists and nutrition-

ists. The *International Journal of Cancer* study makes clear the important differences between flax lignans and genistein isolates from soy. It has been difficult at times to differentiate these two seemingly very similar phytoestrogens, both within the natural products marketplace and among health professionals. But this kind of study ought to help clarify our approach to issues of women's hormonal balance. ■

References available at www.freedompressionline.com.

Lignan Research will soon be releasing Provail, a lignan product for men concerned about prostate health.

Lignan Research, LLC Pioneers the Power of Flax Lignans

Lignan Research, LLC is devoted to creating the perfect balance between body, science and nature by presenting unique plant lignans for proactive health care. Brevail is their flagship nutraceutical. Women concerned about doing everything they can to maintain their breast health—as well as women experiencing symptoms associated with PMS and menopause—should consider Brevail as a safe, natural and effective approach to address these concerns.

How much does it cost? Brevail retails at \$19.99 for a one-month supply.

Where can I find it? Brevail is available in select health food stores and other natural health centers.

Contact Information—For more information call Brevail at (888) 503-8300 or log onto www.brevail.com.

FREE SAMPLE—A free sample of Brevail is available complete with an informative CD by calling (888) 503-8300, e-mailing sample@brevail.com or writing to Lignan Research, 9921 Carmel Mountain Road #339, San Diego, CA 92129.

The Doctor's Choice for Safe, Natural and Effective PMS and Menopause Relief

As a breast surgeon and plastic surgeon vitally involved in women's health issues, I have always sought safe methods for maintaining women's healthy estrogen balance. Based on this and other studies, I am definitely strongly in favor of flaxseed oil and flax lignans. For women's health issues, these have shown all benefit without the risk and they have a superior record to isolated soy isoflavones.

Brevail® is the first and only lignan product that has been clinically studied and verified to



help women achieve hormone levels as found in those women with optimal breast and reproductive health. Researched and developed over eight years and manufactured to stringent patent-pending specifications, Brevail is the world's first isolated, concentrated, purified, standardized and guaranteed for potency flax-lignan extract. Most importantly, lignans do not pose the potential health dangers of traditional HRT.

—C.H.