

A NATURAL APPROACH WITH NEPRINOL AND BREVAIL

Estrogen Dominance and Brevail

The Natural Step – Brevail



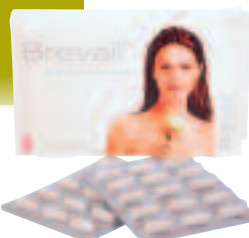
a NATURAL STEP FOR HELPING TO SUPPORT THE HEALTH OF WOMEN with fibroids is to balance their hormone levels. I find Brevail® is one of the best defenses against estrogen dominance. I recommend Neprinol™ and Brevail be used together because the combination works so well with my patients.

While Neprinol works to break down fibrous tissue and remove waste material, Brevail's clinically studied flax lignans act like estrogen buffers to favorably alter the environmental balance of women. In effect, lignans, which are a type of completely safe plant hormone, quiet down the hormone cascade within women's reproductive tissues, which especially occurs within the fibroid tumor. Hormone balance is key to women's reproductive health and particularly critical to preventing future bouts of fibroid tumors.

Genetic susceptibility is certainly a factor in some women's cases, but the underlying risk factor is too much of the female reproductive hormone estrogen.

Estrogen, which stimulates development of the uterine lining for pregnancy, may also promote the growth of fibroids. Experts say that fibroids contain more estrogen and estrogen receptors than do normal uterine muscle cells.

Compounding the problem of the body's own natural estrogen, unfortunately, is the assault from synthetic by-products of fossil fuels that get into women's bodies—toxic forms of estrogen, known as xenoestrogens. As petroleum is converted to phthalates, pesticides and plastics, these manufactured prod-



ucts contain molecules that resemble the hormone estrogen. Once ingested, they are absorbed into women's tissues and become part of the bloodstream, much like estrogen. When they pass by an estrogen-sensi-

tive cell receptor on the breasts, ovaries or uterus, they congregate there, unlocking genetic materials linked with cell receptors on the cell membrane. But because these are toxic to the body and constantly in the bloodstream, they are now thought to play a subtle role in making women more susceptible to a whole host of challenging health conditions, including breast and ovarian cancer, endometriosis, and possibly uterine fibroids.

All women's bodies now contain xenoestrogens that some researchers link with increased rates of uterine fibroids among modern women. At the University of Texas M.D. Anderson Cancer Center, L.C. Hodges and co-investigators reported in the December 2001 *Annals of the New York Academy of Sciences* that they have found xenoestrogens to be a possible cause of the current high incidence of uterine fibroids (leiomyomas).

They report that xenoestrogens "can mimic the effect of estrogen on leiomyoma cells." In other words, these compounds stimulate genetic transcriptions or messages via the cell membrane estrogen receptors "and up-regulate the expression of an estrogen-responsive gene in uterine leiomyoma cells." This causes the formation of uterine fibroids and is the smoking gun of experimental research that suggests estrogen dominance plays a role in uterine fibroid formation.

Besides using systemic enzymes (see my report on Neprinol, page 32), women should also make use of safe and effective selective estrogen receptor modulators (SERMs) to displace the xenoestrogens. Once again, nature outperforms any kind of pharmaceutical drug.

How long before Brevail starts working?

The effect of Brevail is almost immediate. Within one week of taking Brevail, lignan levels match or slightly exceed those in women who have demonstrated a high degree of hormonal balance.

Is it possible for Brevail to flush out too much good estrogen?

No. Lignans, by nature's design, cannot fully saturate available estrogen receptor sites, nor fully displace estrogen. The result is a delicate balance between body and nature, just as nature intended.

Brevail contains flax lignans that the body converts into secoisolariciresinol diglucoside (SDG), which alters the metabolism and action of estrogen in women's bodies so that women produce more of the safest, least-toxic forms of the hormone. In a study published in the journal *Cancer Epidemiology Biomarkers and Prevention*, it was shown that flaxseed lignan supplementation favorably alters estrogen balance in healthy postmenopausal women.

Twenty-eight women (nuns, with no history of pregnancy) completed a series of seven-week supplementation periods where they: 1) ate their usual "control" diet; 2) took a 5 gram per day supplement of flaxseed meal; or 3) took a 10 gram per day supplement of flaxseed meal, rich in lignans. A "washout" period of at least seven weeks followed each seven-week dietary treatment period.

During the periods when the women consumed the flaxseed supplements, the concentration of 2-hydroxy estrogen (2OH-E; the "safe" estrogen) in the urine increased, with the 10 gram per day dose producing 2OH-E increases significantly greater than both the 5 gram per day dose and the control diet.

Other studies show that flax lignans displace more toxic types of xenoestrogens like pesticides from attaching to reproductive cells, thus providing protection against this cause of estrogen dominance.

Think of dietary lignans as an estrogen buffer that helps the body quit fueling estrogen-sensitive cell activity.

LIGNANS AND ESTROGEN METABOLISM

I think of Brevail as an all-natural and safe SERM. Brevail is comprised of a very special and specific plant lignan that has been isolated, purified, concentrated, standardized, and guaranteed for potency from flaxseed.

Flaxseed is the most highly researched source of plant lignans. While flaxseed is the world's most abundant source of lignans, the concentration of lignan from crop to crop, variety to variety and, for that matter, from seed to seed, can fluctuate up to 300 percent. Brevail ensures an exact dose every

time, designed to raise the body's physiologic concentration of lignans to that of women on a very conscientious, vegetarian diet and with an excellent history of reproductive health.

Seldom do individual plant actives work alone, but rather are exponentially more beneficial in the presence of other like compounds. In nature, as in Brevail, lignans coexist in natural foods in harmony with other phytochemicals, and accessory and antioxidant nutrients. These potentially synergistic constituents have been carefully retained during the Brevail manufacturing process and are thought to enhance your body's use of lignan, as well as have unique nutritional attributes of their own.

Brevail has been carefully crafted to preserve the synergistic and value-added constituents in proper balance and proportion. Brevail's product profile is a perfect fingerprint, true in integrity, profile and balance, provided by a master formulator—nature.

As a health professional, I especially like Brevail because it is the only product of its kind to have validated the exact dose with a clinical, human oral-dosing, pharmacokinetic study. Thirty women participated in human oral dosing clinical studies with Brevail. Lignan levels were raised and maintained in urine and blood comparable to women with an extraordinary history of breast and hormonal health.

One hundred women participated in a subsequent trial-usage program with Brevail and reported improvement in mood, sense of well-being and peace of mind, as well as relief from symptoms related to PMS and peri-, pre- and postmenopausal discomforts. In addition, lignans have been shown to play a role in helping to preserve women's long-term cognitive function.

Medical science shows lignans offer so much in the way of women's health benefits. Brevail is an important self-health care discovery for women experiencing menstrual or menopausal discomforts, and for women concerned with breast health. ■

REFERENCES

- Haggans, C.J., et al. "The effect of flaxseed and wheat bran consumption on urinary estrogen metabolites in premenopausal women." *Cancer Epidemiol Biomarkers Prev*, 2000;9:719-25.
- Hodges, L.C., et al. "An in vivo/in vitro model to assess endocrine disrupting activity of xenoestrogens in uterine leiomyoma." *Ann NY Acad Sci*, 2001;948:100-111.

RESOURCES

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.

Free Sample— While supplies last, 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.

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

Editor's note: We are aware that health professionals also use supplements containing diindolylmethane and natural progesterone. However, women should always work with a qualified health professional.