

# LifeWorks



## Wellness Center

Presents

**Busted: Breast Cancer Risks and Myths**

**Hormones: A Delicate Balance**

**Thyroid Disease – Why This Epidemic?**

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## **Busted: Breast Cancer Risks and Myths**

### **By Dr. David Minkoff**

The subject of breast cancer reaps a lot of publicity, especially around October, which is the annual Breast Cancer Awareness month. Women are increasingly encouraged to have regular mammograms to detect lumps, especially if there is a history of breast cancer in their family. However, the truth is that 85% of all diagnoses have no family history of the disease, and by the time a lump is detected the cancer has often taken a hold.

The American Cancer Society estimates that by the end of 2012, approximately 226,870 women will have been diagnosed with invasive breast cancer and about 39,510 will have died as a result. We know that breast cancer is the leading cause of death in women between ages 40 and 55, and while awareness of the disease itself is promoted, little is done to explain why that statistic is so high.

If you research breast cancer on the internet, most sites will point to the same factors which increase a woman's chances of getting the disease; family history, carrying extra weight, lack of exercise, alcohol consumption and poor diet. Most don't mention the findings of new research which shows a very strong connection between breast cancer and estrogen. In the light of this recent discovery, it is important for women to know how, and why, estrogens can adversely affect their breast health.

### **Natural Estrogens**

Estrogens, like other hormones, leave the body when they have completed their task. Their exit route is via the liver which then excretes them from the body through bile and urine.

Like cholesterol, estrogen can be divided into two forms – the 'good' and the 'bad', in this case two metabolites; 2-hydroxyestrone and 16-hydroxyestrone. The 2-hydroxyestrone is considered the good estrogen because of its anti-carcinogenic properties. The metabolite 16-hydroxyestrone is pro-carcinogenic, meaning that it is believed to stimulate cells to reproduce, including cancerous cells in the breast. For this reason, it is important for a person to know what their ratio is between these two metabolites, so they can take steps to reduce their 16-hydroxyestrone if it is high.

### **Environmental Estrogens**

Most people are unaware that environmental estrogens exist, let alone the damage they can do. Environmental estrogens are synthetic substances that when absorbed into the body, function similarly to estrogen. As hormone disruptors, they cause some serious problems and have recently been identified as a possible cause of endometriosis and breast cancer, two diseases increasingly found among young women.

Environmental estrogens are found just about everywhere, and no matter how healthy a lifestyle you may have, they are difficult to avoid. They're in plastics and easily leach into plastic-wrapped foods. They're in pesticides, detergents,

preservatives, carpets, and even in the air. They are entering your body, so it is important to keep them moving out.

## **Prevention, Detection and Help**

At LifeWorks Wellness Center, we encourage our female patients to regularly monitor their breast health. The very best starting point is Thermography, which measures subtle temperature differences in the breast using photo images of the heat emitted from breast tissue with a special infrared camera. These temperature differences can give us a much earlier clue to the existence of breast disease than has been possible through mammography, and without the radiation. Mammography only detects changes in breast tissue when there is actual structural change due to calcium deposits. With thermography, we can detect the biochemical changes up to 10 years in advance of structural disease occurring and do an early intervention.

*Thermography is; non invasive, no radiation, painless, no contact with the body, F.D.A approved and only takes about 15 minutes.*

Another test we offer analyzes a patient's urine to evaluate the balance of the two types of estrogen metabolites mentioned earlier, and figures the ratio. A ratio of 2.0 or higher seems to indicate a lower risk of getting breast cancer. A lower ratio indicates your chances for developing the disease is higher. With this test, as with Thermography, when changes are detected early, prior to actual tissue disease, the abnormal process can be reversed with holistic treatments and no subsequent disease develops. This is the best use of preventative medicine.

The other issue is how to deal with the deluge of environmental pseudo-estrogens that enter our bodies each day. Did you have coffee in a Styrofoam or plastic lined cup today? Filled your car and smelled the gas fumes? Used cosmetics? Walked barefoot on the grass after the lawn pest service was there? Went to Sports Authority and inhaled all the plastic fumes for an hour? Chewed some gum or food with your mercury fillings still in your mouth? Ate some pond grown fish full of chemicals, mercury and antibiotics? These are all pseudo-estrogens and they are everywhere. At LifeWorks, we can help get them out of the body so they don't give your body the wrong estrogen message.

Finally, if a patient has been diagnosed with breast cancer we can help. At LifeWorks we recognize the importance of strengthening their fight against the disease by nutritionally building up their immune system and helping them detoxify their body. Important in this process is the oxygenation of the cells, since cancer hates oxygen. Additionally, we also offer IPT Insulin Potentiation Therapy, a form of cancer treatment that does not break down the immune system.

We also help to build up the patient's metabolism, so it is optimized and can fight the cancer. Throughout the process we monitor hormone levels, do blood work and evaluate the immune system. Our protocols do not break the body down or damage the immune system and are a gentler therapy than traditional cancer therapies.

These protocols are available at Lifeworks Wellness Center. For more information call Tamora on 727-466-6789 or visit <http://www.LifeWorksWellnessCenter.com>



*Dr. David Minkoff co-founded LifeWorks in 1997, now considered by many to be one of the foremost alternative health clinics in the US. As its Medical Director, Dr. Minkoff has created a healing center where people can get the best medical care possible in an environment where they would be treated like family.*

## **Hormones: A Delicate Balance**

### **By Dr. George Springer**

When people think of hormones, they often link them to the female cycle. A popular view is that hormones get switched on in early teenage years, get turned off at menopause and cause all kinds of trouble in-between. Moody, temperamental teenage girls are often described as having “raging hormones”. Young women in the 20s and 30s often complain of crankiness around the time of their periods – “it’s my hormones”, and we all know the story of the 50-something menopausal woman who is doing battle with hot flashes, weight gain and mood swings. Once again, it’s all down to the dreaded hormones – it’s a female thing and it’s linked to the reproductive cycle.

But is it? And why don’t men have issues with hormones? Well they do. Men will, in later years, experience andropause: less commonly-known phenomena in which men around age 35, like women, experience a slow and steady decrease in their dominant sex hormone (testosterone) which can lead to physical and emotional problems if left un-checked.

### **Different Types of Hormones**

However, what many people do not realize is that not all hormones are linked directly to sex and reproduction. The thyroid gland also produces hormones and so do the adrenal glands. These both have to be in balance with the sex hormones and all three need to be in balance within themselves.

### **The Sex Hormones**

In women, sex hormones naturally fluctuate throughout a lifecycle, starting with puberty and usually ending with menopause. If hormones are out of balance, these transitions can be quite uncomfortable, and may even lead to more serious hormonally related health problems. Common symptoms of hormone imbalance are irritability, weight gain, PMS, mood swings, night sweats and low libido.

The levels of the sex hormone in men – testosterone, decline with advancing age which causes a change in the ratio of estrogen to testosterone in the body. A point is reached when the levels of testosterone become so low that estrogen finally begins to dominate – this phase in a man’s life is often referred to as Andropause or The Male Menopause.

Symptoms of estrogen dominance include: enlarged prostate, urinary problems, low sex drive, impotence, diabetes, allergies, depression, fatigue, foggy thinking, increased risk of stroke, infertility, rapid increase in weight and osteoporosis to name a few.

### **Thyroid Hormones**

On a global scale, a staggering 200 million people have problems with their thyroid glands, with over 50 percent remaining undiagnosed. When it functions as it should, the thyroid will produce hormones called T3 and T4 at a 20% – 80% ratio. An under-production of these hormones will slow down the body’s metabolism, causing Hypothyroidism.

When the thyroid produces an excess of T3 and T4 it speeds up the body's metabolism causing Hyperthyroidism and, if the mild condition is left untreated it can lead to a number of complications.

A lack of proper thyroid hormone levels has been implicated in everything from bad PMS to irregular cycles, low libido, polycystic ovaries, fatigue, weight gain, constipation, fuzzy thinking, low blood pressure, fluid retention, infertility, depression, high heart rate and high blood pressure.

### **Adrenal Hormones**

The adrenal glands sit atop the kidneys to monitor our response to stress by releasing *adrenaline*, which makes us more alert and focused, and *cortisol*, which converts protein to energy and releases our stored sugar, *glycogen*, so our bodies have the fuel needed to respond quickly.

In today's society, people are inundated with stress that doesn't let up. And when chronic stress forces the adrenal glands to respond continually without any recovery time, two things can happen: either the adrenals start overproducing cortisol, which can lead to insomnia, anxiety, and the "tired and wired" feeling, or they become depleted to the point that cortisol production can't keep up with demand, which can cause fatigue, depression, fuzzy thinking, weight gain, cravings, and mood swings.

### **Striking the Right Balance**

The interactions between the thyroid hormone, the adrenal hormone and the sex hormone play a role in virtually every process in our body. For optimal health, proper hormone balance between the three is crucial. When your hormones are in balance, you feel good, look good, and have abundant sustainable energy. When your hormones are out of balance, you may experience a wide range of symptoms that can affect mood and energy, and may also lead to more serious conditions like the development of uterine fibroid tumors, fibrocystic breasts, hormone positive cancers, thyroid dysfunction or Type II diabetes, among others.

### **How We Treat Hormone Imbalance at LifeWorks**

At LifeWorks Wellness Center if we suspect hormone imbalance may be a contributing factor to a health issue, we can offer a number of tests which provide us with a full analysis of your sex, thyroid and adrenal hormone levels.

To measure the sex hormones we offer a 24-hour saliva test that measures levels of estrogen, progesterone, cortisol and testosterone.

Thyroid hormones are measured by a comprehensive thyroid profile, in the form of a blood test. The test results will give precise measurements of Free T3 and T4 and their ratios to each other, as well as other key factor indicators of thyroid health.

Adrenal hormones are also measured by a saliva test which includes a complete adrenal (cortisol and DHEA) profile with the hormone evaluation.

If the results indicate that a patient's hormones are out of balance then they will be checked for deficiencies in essential nutrients which are required for hormone

production. Many times this will correct the problem without the need for prescription hormones. Often, with some other specialized testing we can also determine that even if the hormone levels are normal a person's body may not be using the hormones correctly at the cell level. This is a unique part of our hormone analysis at LifeWorks and is essential to restoring optimum function of the hormone system.

At LifeWorks, we have helped thousands of patients balance their hormones safely and naturally, and we can do the same for you. Call 727-466-6789 today for an appointment or more information.



*Dr. George Springer has practiced alternative medicine, nutrition, acupuncture, and chiropractic manipulation for 29 years. At LifeWorks, Dr. Springer treats all forms of chronic disease, provides functional laboratory evaluation for patients with specific individual nutrition recommendations, treats patients with chronic pain, chronic fatigue neuro-musculoskeletal problems, and provides support to other programs.*

## **Thyroid Disease – Why This Epidemic?**

### **By Dr. George Springer**

*Did you know:*

- an estimated 27 million Americans have Thyroid disease?
- more than half are undiagnosed or misdiagnosed?
- thyroid problems in women occur seven times more often than in men?
- thyroid problems can be triggered by things as simple as your drinking water or swimming in your pool?

On a global scale, a staggering 200 million people have problems with their thyroid glands, with over 50 percent remaining undiagnosed. In the US alone, the instance of thyroid disease is running close to epidemic levels and equally as worrying is the number of un-diagnosed or mis-diagnosed cases. So just what is responsible for these runaway statistics?

### **The Thyroid Gland – So Small, Yet So Vital**

Most people would locate their thyroid gland in the neck area, and many know it is somehow linked to weight-gain or weight-loss. How many times have you heard an over-weight person say “I have thyroid problems”? Well what does that really mean?

The thyroid gland sits wrapped around the windpipe behind and below the Adam’s apple area. This small bowtie-shaped gland produces several hormones in both men and women, the two most important being triiodothyronine (T3) and thyroxin (T4). These hormones help convert oxygen and calories into energy, making the thyroid the master gland of metabolism. The hormones are also essential for the proper functioning of all our organs, including our heart, musculoskeletal system and brain.

### **Hypo or Hyper?**

The two most common forms of thyroid disease are Hypothyroidism and Hyperthyroidism and as their names suggest, they are at opposite end of the scale.

When it functions as it should, the thyroid will produce T3 and T4 at a 20% - 80% ratio. An under-production of these hormones will slow down the body’s metabolism, causing *Hypothyroidism*. Common symptoms of this condition are weight-gain despite eating sensibly, feeling cold, fatigue, depression and possibly increased blood pressure and cholesterol levels.

*Hyperthyroidism* occurs when an excess of T3 and T4 speeds up the body’s metabolism and, if the mild condition is left untreated it can lead to complications such as severe weight-loss despite a healthy appetite, nervousness, staring eyes, accelerated heart rate and insomnia.

## **Why This Epidemic?**

Thyroid disease is one of the silent epidemics of our time. The shocking fact is that nearly half of all women and a quarter of all men in the US will die with evidence of an inflamed thyroid.

As with many of today's illnesses, the increased incidence of thyroid disease can be linked to an over-burden of toxins caused by pollution through air, water and food. If you have a concern about your thyroid, you may want to note the following potential causes of problems:

*Iodine* – deficiency is one cause of hypothyroidism. However, studies are also showing that in the case of chronic autoimmune thyroiditis, the highest prevalence occurs in countries with the highest intake of iodine, such as the US and Japan. So, although iodine supplementation should be implemented to prevent and treat iodine-deficiency disorders, supplementation should be maintained at a safe level.

*Smoking* – has a negative impact on thyroid function and can cause a 3 to 5 fold increase in the risk of all types of thyroid disease.

*Tap water* - Standard water-treatment plants cannot remove the chemical perchlorate from the water supply. According to one researcher, "There is a statistical association between low-level contamination with ammonium perchlorate and elevated or abnormal thyroid function." Also, chlorine content in the water can displace the much-needed iodine.

*Fluoride* – is an enzyme poison which accumulates in the body. Since the body can only eliminate 50% of its total fluoride intake, this build-up can cause harm to the thyroid by blocking the use of iodine.

*Pesticides* - such as sumithrin (Anvil) and resmethrin (Scourge), are coming under considerable criticism for their adverse chronic effects on the thyroid.

*Family history* – of thyroid disease is a warning signal. Also a family history of depression, autoimmune disease, chronic fatigue or weight issues can signify thyroid problems.

*Radiation and X-Rays* – are known to cause damage to the thyroid and technicians should always cover the patient's throat.

*Stress* – is a factor in almost every kind of disease and can affect the thyroid.

*Menopause* – hormonal changes during this period of a woman's life can wreak havoc on her thyroid.

## **Why This Misdiagnosis?**

The statistic that more than 50 per cent of thyroid disorders remain un-diagnosed is alarming. Why is this? One problem is that because symptoms of hypothyroidism often vary from person to person and are non-specific, the correct diagnosis can easily be missed. Many cases remain undiagnosed

because some practitioners and the patients themselves, mistake the symptoms of hypothyroidism for depression, obesity or menopause.

Hyperthyroidism tends to run in families, occurring most often in young women. It is often misdiagnosed as an eating disorder, anxiety or stress.

### **Thyroid Treatment at LifeWorks**

The thyroid affects all the other hormones in the body and its proper regulation is essential to good hormonal balance and health. With the disturbing increase in thyroid disease, at LifeWorks we suggest that an annual screening of thyroid function be done. This would include blood tests that check on thyroid hormone levels and body iodine levels.

However, the laboratory testing that is performed at LifeWorks goes beyond the limits of the typical TSH and T4 testing done by many physicians. It is not unusual for these levels to be normal and not accurately reflect underlying problems with proper conversion of the thyroid hormone and/or potential immune system influences affecting thyroid function. In addition, specialized testing allows us to see if the thyroid hormone (T3) is being used properly at the cellular level. And, perhaps, most importantly, at LifeWorks, we treat people. We don't merely respond to their laboratory numbers.

Getting the correct diagnosis and treatment of thyroid problems has made a difference to a lot of people's lives and it could do the same for you! Call for 727 466 6789 for more information or an appointment, or visit [www.lifeworkswellnesscenter.com](http://www.lifeworkswellnesscenter.com).



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