



HELPING HER HORMONES!

JOEY FAUST (7-13-22)

crazy
hormones

TEXT: Ephesians 5:23 For the husband is the head of the wife, even as Christ is the head of the church: and he is **the saviour of the body.**

25 Husbands, love your wives, even as Christ also loved the church, and gave himself for it;

29 For no man ever yet hated his own flesh; but **nourisheth and cherisheth it, even as the Lord the church:**

"A loving husband nourishes and cherishes his wife as he does his own body. Literally, the two words suggest **the supply of nutrition** and warmth to the body."

(Robert Saucy, 1974)

Proverbs 18:14 The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?

**Psalm 25:14 The secret
of the Lord is with them
that fear him...**

Genesis 18:17 And the Lord said, **Shall I hide** from Abraham that thing which I do;

19 For I know him, that he will command his children and his household after him, and they shall keep the way of the Lord, to do justice and judgment...

Genesis 35:2 Then Jacob said unto **his household**, and to **all that were with him**, Put away the strange gods that are among you, and be clean, and change your garments:

**Genesis 47:12 And Joseph
nourished his father, and his
brethren, and all his father's
household, with bread,
according to their families.**

2 Peter 1:3 According as his
divine power hath **given unto us**
all things that pertain unto life
and godliness, through the
knowledge of him that hath
called us to glory and virtue:

Mail, July 12, 2022:

*"Weedkiller ingredient used in notorious cancer-causing Roundup is found in 80% of US urine samples...A cancer causing ingredient was found in **more than 80% of urine samples** from kids and adults in the U.S., according to a study...The chemical glyphosate..."*

Emilie Clair et al. Toxicol In Vitro. 2012 Mar.:

"The major herbicide used worldwide, Roundup, is a glyphosate-based pesticide..."

"...At lower non toxic concentrations of Roundup and glyphosate (1ppm), **the main endocrine disruption is a testosterone decrease by 35%**. The pesticide has thus an endocrine impact at very low environmental doses..."

Environmental Health 18 (1), 1-16,
2019:

"In particular, it was associated with androgen-like effects, including...**increased testosterone in female.**"

Feb 24, 2020; EndocrineWeb.com:

"High Levels of Testosterone Affect Women and Men Differently...

"...a team of investigators from the University of Exeter College of Medicine and Health in the United Kingdom (UK) and numerous other institutions, including the United States, evaluated testosterone levels and genetic data available from more than 425,000 patients in the UK Biobank..."

"They concluded that having a higher testosterone level appears to increase the risk of developing metabolic diseases such as type 2 diabetes in women but proves beneficial in reducing that same disease risk in men."

"High Testosterone Works Positively in Men and Negatively in Women..."

"Higher testosterone appears protective of metabolic diseases such as type 2 diabetes in men," Dr. Murray told EndocrineWeb, "but increases the risk of diabetes and polycystic ovary syndrome (PCOS) in women."

<https://www.news-medical.net/>

"High testosterone in women ups risk for cancer, diabetes, and metabolic disease...scientists at the Medical Research Council (MRC) Epidemiology Unit at the University of Cambridge is published in the journal Nature Medicine."

www.science.org:

"...research has suggested that the in utero exposure to testosterone increases adult earnings for men...but a possible detrimental association for women...In women, higher testosterone has been associated with poorer metabolic health, including cardiovascular outcomes...and type 2 diabetes..."

"Higher levels of testosterone and other androgens is also a key diagnostic feature of polycystic ovary syndrome..."

"In multivariable-adjusted models, bioavailable testosterone among premenopausal women was generally associated with less advantaged [social]...lower annual household income...lower probability of having a degree...lower probability of owning own accommodation...higher BMI...and was positively associated with smoking..."

<https://www.npr.org/>; 2009:

*"Testosterone Affects Some Women's Career Choices...*would you believe that testosterone, a hormone we of course associate with males, could influence what women major in, in school and what careers they might choose...The study is in the journal Proceedings of the National Academy of Sciences...we found that women with higher testosterone have **more appetite for risk...**"

New York Times (2020):

"...women who want to change their sex are injected with testosterone and develop male characteristics, like deeper voices, facial hair and even baldness..."

"There is some doubt about the validity of one-time samples to gauge underlying testosterone levels..."

"Working women have higher levels of testosterone than women who stay at home, and the daughters of working women have higher levels of testosterone than the daughters of housewives."

-Excessive testosterone in postmenopausal women has been linked to breast cancer!

"In breast cancer cells specifically, oleuropein reduces malignant cells' ability to respond to estrogen, the female hormone that many breast cancer cells depend on for their survival..." [Mol Nutr Food Res. 2010 Jun;54]

**"Olive oil exhibits
osteoprotection in
ovariectomized rats without
estrogenic effects..."**

"Olive oil in the prevention and treatment of osteoporosis after artificial menopause...EVOO
illustrated significant anti-osteoporosis, antioxidant, anti-inflammatory, and anticancer properties in vivo..."

CHAMOMILE:

BLACKSEED:

OMEGA-3's:

-Omega-3 fatty acid fish oil (3 grams daily) resulted in significant decreases in testosterone in women. [Fish high in omega-3 fatty acids include salmon, sardines, anchovies, lake trout, albacore tuna]:

Salmon (2,150 mg per serving)

Cod liver oil (2,438 mg per serving)

Sardines (1,463 mg per serving)

Chia seeds (5,050 mg per serving)

Iran J Reprod Med. 2013 Aug; 11(8):

"...double-blind randomized clinical trial was conducted on 78 overweight/obese women with PCOS. Participants were randomized to receive omega-3 (3gr/day) or placebo for 8 weeks..."

"...the trial the percentage of regular [cycle] in the omega-3 group was more than the placebo group...Furthermore, testosterone concentration was significantly lower in the omega-3 group compared with placebo..."

SCHISANDRA:

Tori Hudson, N.D., 2016:

"Schisandra chinensis for Menopause Symptoms...This randomized, double-blind placebo-controlled clinical trial was conducted in women between the ages of 40 and 70 who reported menopausal symptoms..."

"Results...The specific symptoms for which Schisandra helped were hot flushes, sweating and heart palpitations...In traditional Chinese medicine, it has been used for thousands of years...[Climacteric. 2016 Dec;19]..."

**Mary Bove, ... Aviva Romm, in Botanical
Medicine for Women's Health, 2010:**

"[Schisandra]...performance/endurance enhancing effects have been demonstrated in human clinical studies...Treated horses also completed the race faster than controls..."

"Research suggests that Schisandra extracts may be able to help with reducing an asthmatic response by blocking the immune system from overreacting to the triggering allergen. A 2014 study showed this application. Schisandra basically dropped levels of IgE, often high in asthma..."

(Dr. Meredith Warner; Well Theory)

"One study looked at the effectiveness of Schisandra against menopause symptoms in a group of women aged 40-70. Of those participants that received the Schisandra extract, menopause symptoms such as hot flushes, sweating, and heart palpitation were significantly lower than those participants that received a placebo.

<https://pubmed.ncbi.nlm.nih.gov/27763802...>"

Int J Mol Sci. 2019 Nov:

[Protects male fertility...]

"The Effect of Schisandra chinensis Baillon on Cross-Talk between Oxidative Stress, Endoplasmic Reticulum Stress, and Mitochondrial Signaling Pathway in Testes of Varicocele-Induced SD Rat..."

**Evidence-Based Complementary and Alternative
Medicine, vol. 2020, Article ID 7123780, 15 pages,
2020.**

**"Schisandra chinensis is a woody vine native to
China, Korea, and Russia, which has been used as
a traditional herbal remedy to treat male
infertility...our results emphasize on the protective
and antioxidant properties..."**

Food Funct. 2014:

"Ameliorative effects of Schizandra chinensis on osteoporosis via activation of estrogen receptor (ER)- α / β ..."

"Estrogen deficiency in menopausal women is the main cause of osteoporosis..."

"From these data, we propose that *S. chinensis* attenuates post-menopausal osteoporosis...*S. chinensis* may have the potential to be used as an alternative for treatment of osteoporosis..."

SPEARMINT:

-A study published in the journal *Phytotherapy Research*, suggests that spearmint tea has anti-androgen properties...

-A 2010 study published in the journal *Phytotherapy Research*, found drinking spearmint tea twice daily for one month reduced hirsutism (excess hair) in women with polycystic ovarian syndrome (PCOS).

**"Spearmint herbal tea has significant anti-androgen effects in polycystic ovarian syndrome. A randomized controlled trial..."
(Paul Grant. Phytother Res. 2010 Feb)**

Mehmet Akdogan et al. Urology.

2004 Aug:

[Male rats...on spearmint...]

"...total testosterone levels had decreased...the differences were statistically significant..."

SESAME SEED:

Clin Exp Reprod Med. 2021 Mar:

"According to Shittu et al., sesame oil raises testosterone levels and testosterone increases spermatogenesis in male animals. The aqueous extract of sesame leaves has an antioxidant effect and significantly increases the number of spermatogonia, seminiferous tubules, and testosterone levels..."

World J Mens Health. 2013 Aug; 31:

"Incorporation of sesame oil into the diet improved the plasma testosterone concentration of the diabetic rats in a dose-dependent manner...sesame oil supplementation improved the reproductive parameters of diabetic rats..."

Stud Med Sci. 2016; 27:

"No significant difference was found in the level of estradiol..."

"Sesame seed intake for 60 days had a positive effect on pituitary-gonadal axis and increased the amount of sex hormones (testosterone, and LH) in adult male rats."

-In a 5-week study of postmenopausal women, taking...sesame powder daily; it improved hormone status, antioxidant, and blood fat levels.

J Nutr. 2006 May:

"These results suggest that sesame ingestion benefits postmenopausal women by improving blood lipids, antioxidant status, and possibly sex hormone status."