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NEWSLETTER



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for Men & Women**

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HORMONE THERAPY: DOES YOUR DOCTOR UNDERSTAND IT?



You may have waited a few months to see your primary care doctor or gynecologist. Now you are in the waiting room. You may be fanning yourself to relieve the hot flashes that occur throughout the day and night. Lately you have been waking up at 2:00 a.m. to 3:00 a.m. It sometimes takes hours to get back to sleep, and sometimes you don't. You drag yourself through the day and life is just not fun anymore.

You are depressed. Is this what it feels like to get old? You are only 50! Some days you feel so depressed, if you had the energy, you would dig a hole and jump right in.

And what's with your memory lately? Have you developed "snapping finger syndrome"; the more you snap, the more likely you will remember the name of that restaurant, movie, or your husband? Are you developing Alzheimer's? Maybe if you ignore it, it will go away...Will your doctor be able to help? Here are some clues.

1. He/she may ask you when you had your last period. If it has been less than a year ago he/she may pronounce that you are not in menopause, and therefore do not need treatment. If your doctor tells you this, you are in the wrong place! The textbook definition of menopause is no menses for 12 months. This is an arbitrary time frame and has nothing to do with treating and understanding the real patient who sits before you. The symptoms reviewed are typical of estrogen deficiency. To ignore them in a patient who is suffering in favor of following a textbook definition is simply wrong. These symptoms can all be resolved with estrogen; why withhold it?



By the way, when symptoms of estrogen deficiency, such as hot flashes first appear, that is when significant bone loss could and often does occur. Don't let your bones melt away, while the doctor waits for a textbook time frame to be reached. What is more important; the textbook or patient?

2. The symptoms mentioned at the beginning of this article are due to estrogen deficiency, not progesterone. Many doctors seem to think that progesterone is safer than estrogen. They substitute progesterone when the body is screaming for estrogen. If you have these symptoms, and are offered progesterone, run, do not walk out of that office!

Progesterone will not only fail to relieve your hot flashes, memory problems, lack of sexual interest and depression, but could make them all worse! Progesterone is only present to a significant amount on day 14-26 of a healthy young woman's menstrual cycle. This hormone peaks in the "premenstrum". Its job is to prepare the woman for pregnancy. It is a sedative, increases appetite and sometimes weight, stimulates the breast tissue (and can enlarge breasts). It is also the hormone which causes PMS. Yes, for those woman who experience bloating, irritability, headaches and lack of motivation, adding excess or unnecessary progesterone can bring it back. As if you weren't suffering enough, a physician who treats a perimenopausal woman with progesterone only is adding a whole bunch of potential hardship to her.

Why does it seem to help sometimes? Because progesterone "primes" the receptors for estrogen. By doing this, the decreased estrogen in a perimenopausal woman is heard better, and thus the symptoms may decrease. This leads patients and some doctors to conclude that the hormone needed is progesterone. It is not. The hot flashes, insomnia, lack of energy and sexual interest will return, usually in 3-6 months, as the levels of estrogen continue to decline.

I recently saw a patient who was menopausal. She had been treated with a walloping 200 mg of progesterone. This is 2 x the usual dose for protection of the uterus. She was given zero estrogen! She gained a considerable amount of weight. Her breasts were enlarged, she was depressed, and her sleep was horrible with soaking night sweats!

Should progesterone be given at all if it is so bad? If you have a uterus, and want to take estrogen, the answer is "yes". Progesterone protects your uterus against overstimulation by estrogen. This essentially removes any risk of uterine cancer in taking hormone replacement.

HORMONE THERAPY: DOES YOUR DOCTOR UNDERSTAND IT? CONTINUED...

Hormones in their natural state, balance each other out and unlike congress, work together for the benefit of the human body.

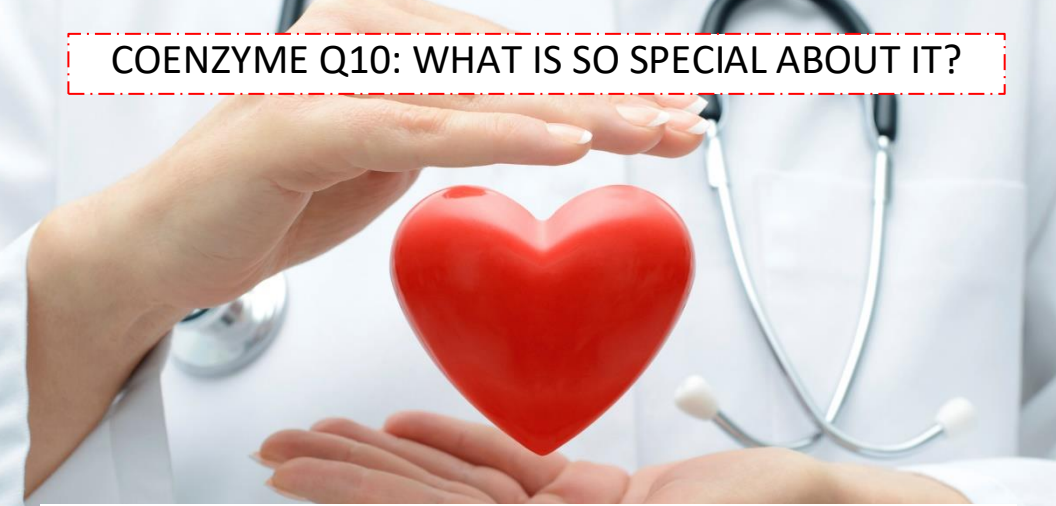
There are a variety of ways to administer progesterone but the usual way is a daily dose of 100 mg taken before bed.

Is there a difference between natural progesterone and synthetic progesterone? Absolutely! Natural progesterone has been shown to cause less breast stimulation than synthetic, and less cardiac risk. It does not increase LDL (bad cholesterol) or decrease the HDL (good cholesterol). Synthetic progesterones called progestin, MPA, or anything but “progesterone” may causes all of that as well as headaches and migraines.



Here is the truth: estrogen is a good thing, only contraindicated in women who have had breast cancer with estrogen positive receptors. Estrogen is needed by most tissues in a woman’s body, and, thus, they work better with estrogen on board. That includes the brain, bones, heart and sexual organs. Estrogen has been shown to prevent Alzheimer’s disease. This fact alone should have doctors running to their desks to pull out their prescription pads! Estrogen replacement can take away the achiness and stiffness people associate with “just getting older”. It can also decrease osteoarthritis (also called wear-and-tear arthritis, the most common form). It helps supply collagen under the skin and in joint spaces. And helps to keep sexual organs and interest at a healthy level. We have excellent tools to provide estrogen at a little to no risk for most women. Let’s make aging a fun process! Imagine all you have learned and remembering it with vitality and energy of a healthy body. Patients deserve this. And they deserve a physician who knows enough about hormones to be able to provide it. 🍁

COENZYME Q10: WHAT IS SO SPECIAL ABOUT IT?



There are two main functions for coenzyme Q10; one is in energy production and the other is to provide strong anti-oxidant properties. Let's examine the first. All cells in the body need coenzyme Q10 to produce energy. The tissues that work the hardest need the most.

Malfunctions can occur without an adequate supply of this important nutrient. The heart is without doubt the hardest working organ. It never rests. The heart actually beats of its own momentum. If the heart lacks coenzyme Q10, the muscle cells lose their strength. This is why coenzymeQ10 is essential for anyone in heart failure.

Another condition that benefits from coenzymeQ10 is high blood pressure. One study showed a drop in the upper BP number (systolic) of almost 20 points after a 60 mg supplement was given for 12 weeks.

Because of its powerful antioxidant properties, coQ10 protects the LDL ("bad cholesterol") from being oxidized. This is the form that can turn into plaque in the arteries. It can also increase the HDL ("good cholesterol").

Cardiac arrhythmias can occur when the irritable cardiac muscle cells do not have enough oxygen. CoQ10 will help prevent this, and therefor can be valuable in preventing and resolving arrhythmias.

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COENZYME Q10: WHAT IS SO SPECIAL ABOUT IT?

CoQ10 is also in substantial quantities in the immune system, and gums. Adding a supplement of CoQ10 can boost the immune system and heal periodontal disease.

For those who are taking a statin, it is especially important to take some coQ10. Statins work by blocking an enzyme (HMG-CoA reductase) which is essential to the formation of cholesterol. The same enzyme is essential for the production of coQ10; so supplements for statin users are a must.

The foods with the most CoQ10 are broccoli, Chinese cabbage, spinach, nuts, fish and shellfish and meats, such as pork chicken and beef, the most, of course, in heart tissue. Beef heart stew, anyone? 🍁

SALE



SALE
COENZYME Q10



ON SALE NOVEMBER AND DECEMBER

SAVE \$5 PER BOTTLE

LIMIT 1 PER PERSON PER MONTH

ANNOUNCEMENT

***GOOD NEWS FOR
OUR MEDICARE
PATIENTS!***



**Regence
Medadvantage
PPO Plan**



**Regence Blue
Advantage
HMO Plan**



Medicare Patients: Rejoice!

For the first time, our office will be covered for Medicare patients through Regence's MedAdvantage Plans. They are offering a PPO and HMO plan that extend your Medicare network to include our office. Now you can come see us! After years of applying, we have finally gained traction to be able to service our Medicare patients and we couldn't be more excited! If you have any additional questions, please feel free to call our office for help.



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Holiday Hours

NOVEMBER 22 & 23 WE
ARE CLOSED

DECEMBER 24 AND 25
WE ARE CLOSED

DECEMBER 31 AND
JANUARY 1 WE ARE CLOSED
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CELL PHONES AND RADIATION

Is your cell phone making you sick? Yes, they are very popular, but what are the health effects? I was surprised to review some research indicating that cell phones bring a huge amount of radiation to your head. What is huge? Exposure to a cell tower two blocks from your house is 2,000 watts; a cell phone held to your head is 100000 times as much radiation as the cell tower exposure. Radiation from the cell phone increases the temperature of your brain which can increase an entire degree from cell phone exposure. Experiments with rats exposed to cell phone radiation for two hours resulted in permanent damage to 2% of the rat's brain. The cell phone radiation can damage the blood brain barrier within a few minutes. This is what protects your brain against toxic substances.

The enormous increase in electromagnetic fields is unnatural. What can you do to protect yourself? In 2004 researchers in Turkey found that melatonin can protect against changes in the skin, such as impairment of collagen, basal cell cancer, as well as lipid peroxidation and increased fibrosis. Another research article noted that melatonin reduced oxidative stress induced by chronic exposure to radiation from mobile phones in the rat brain. They reported significant protection against almost all damage from cell phone radiation with melatonin.

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CELL PHONES AND RADIATION CONTINUED.....



Another natural substance that can help protect you is vitamin D. This is turning out to be one of the most important supplements for your health. A simple blood test can reveal if you have an adequate amount of this important vitamin. A research study from 2016 reported significant decreases in immune globulins, and white blood cells in animals after 30 days of exposure to cell phone radiation for one hour each day. Immune globulins are what is used for your body to produce antibodies and chemicals to fight viruses, bacteria and toxic substances. Animals who were exposed but supplemented with vitamin D did not have the adverse reactions in their immune system.

Panax ginseng was found helpful in preventing damage to liver cells after animals were exposed to 4 hours of cell phone radiation for 12 days. Damage was prevented if ginseng was given at the same time as exposure.

If you have a cell phone that you carry with you and it is on all the time, be careful of where you are keeping it. Pants pockets are dangerously close to testicles, and fanny packs can keep phones close to your kidneys.

Maybe we could do with a little less cell phone use for our health and the planet's. 🍁

BENEFITS OF TEA



A soothing cup of tea can be not only delicious and calming but may provide many health benefits. Green tea has particularly been well studied. It is unfermented, as is white tea, so it contains a huge variety of active plant chemicals. The major players in this tea are polyphenols, or catechins; the most important being epigallocatechin-3-gallate (EGCG). Please take note of this important chemical as saying its name alone should adequately impress most of your friends.

Green teas also contain flavonols, the most well-known of these is quercetin. One cup of green tea contains 30-42% catechins. Most of the anticarcinogenic properties of green tea are attributed to EGCG. Some catechins are converted to theaflavins which are present in black tea along with flavonols and catechin. Quercetin has remarkable effects in preventing and treating allergies.

Over 1000 scientific papers have been published regarding the cancer preventative properties of tea. Many reports show an inverse relationship between consumption of tea and various cancers. Here are some points of interest:

A Japanese study of green tea showed people who consumed more than 10 cups a day had a remarkable reduction in risk of lung, colon and liver cancers. Black tea consumption reduces risk of colon cancer in both men and women.

Green tea has been shown in several studies to have an inverse relationship to prevention of breast cancer in women; the more you drink, the less the risk.

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BENEFITS OF TEA

Topical tea appears to be quite effective in treating some infections such as the HPV virus, which causes cervical and rectal cancer.

Have a Healthy Heart!

Green tea enhances cardiac health by protecting cells from the oxidative damage which causes plaque in arteries. Green tea also decreases the absorption of triglycerides (fats) and cholesterol in blood. Drinking tea was also inversely associated with strokes. An analysis of 9 studies showing 4000 strokes in 194,000 people was evaluated for the effect of tea. Those individuals who drank 3 or more cups daily had a 21% less risk of stroke than those drinking less than 1 cup daily.

In the large cohort of the Women's Health Study, women who drank more than or equal to 4 cups of tea a day had a 30% lower risk of developing diabetes type II. A Japanese study found that those who drank 6 or more cups of green tea a day, lowered their risk of diabetes by 33%.

Another interesting study looked at diabetic women and the amount of catechins they were consuming in their tea. One group consumed 582 mg of catechins vs. 96mg for 12 weeks. The higher catechin group decreased waist circumference more than the lower group and lowered their HbA1c as well. Black tea lowers inflammatory markers, such as C-reactive protein.

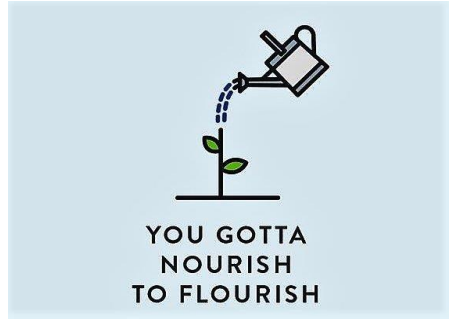
In Britain, a study showed greater bone mineral density in those who drink tea and women who drank three or more cups of tea daily had a decreased risk of developing Rheumatoid arthritis.

L-theanine, an amino acid that comes from tea, profoundly affects our brains. It pushes alpha wave production which helps us relax increases our attention and avoids drowsiness. Some folks use it in higher doses for sleep. A simple cup of tea can provide you so many wonderful health-giving chemicals. It is truly an awesome gift from nature.

For the month of December, we are excited to announce we have partnered with our friends at Tao of Tea to offer our patients an exclusive discount! As raving fans ourselves, The Tao of Tea offers sustainably sourced and organic teas that we believe are the best on the market. Use coupon code: **DEC2018 for a 10% discount!** www.taooftea.com

Support your community by shopping local with Tao of Tea.

JOIN US FOR OUR 12 DAYS OF CHRISTMAS SOCIAL MEDIA CHALLENGE



Dr. Marzell is now on Instagram! Find her at [@drmarzell](#).

This year we are doing a blog series called the 12 Days of Christmas Self Care Challenge. From December 1-12, we will post prompts or tips/tricks to help you stay healthy and happy as this holiday season ramps up. The holidays are a beautiful thing, but often times it is stress inducing and taking care of ourselves becomes a last priority. We want to help change that!

Remember, you can't pour from an empty cup. Take care of yourself first so you can take care of others.

