

CALCIUM D-GLUCARATE

Estrogen Detoxification



One of life's most delicate balancing acts is found in the ebb and flow of our hormones and the messages they carry to our cells. One of those hormones, estrogen, is the female hormone that can have a profound effect on cellular health and development.

While estrogens are present in both men and women, they are usually present at significantly higher levels in women of reproductive age. They promote the development of female secondary sexual characteristics, such as breasts, and are also involved in the thickening of the endometrium and other aspects of regulating the menstrual cycle. For both men and women, estrogen has important functions in metabolism, reduction of muscle mass, height and growth, and sexual function.

Yet because estrogen is a profoundly powerful hormone, imbalances can alter healthy cellular metabolism. If there is an excess of estrogen-sensitive receptors, or an excess of circulating estrogen in the bloodstream, normal cellular metabolism can be altered.

Source Naturals presents CALCIUM D-GLUCARATE, a natural compound that promotes health by regulating estrogen levels.



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Hormones, the body's messengers

Obviously estrogen is needed by the body; however, too much can lead to cellular disruption. Like all hormones, estrogen communicates with cells by docking to a particular receptor site on a cell's membrane. But estrogen receptors are not very particular; they will accept many chemicals—both natural and synthetic—other than estrogen. Since it can be very difficult to avoid the estrogenic chemicals rampant in our environment and other hormones and toxins, the body needs another strategy to reduce their negative effects by removing excess estrogen.

Phytonutrients also help reduce estrogen exposure

One strategy to reduce the effects of excess estrogen is to increase the intake of plant estrogens. This helps for two reasons. First, by occupying estrogen receptor sites, these natural estrogenic compounds block synthetic estrogens from attaching to these sites. Second, phytoestrogens only mildly activate the receptors.

Calcium D-glucarate and hormone metabolism

The removal of excess estrogen can be increased by a natural substance called calcium D-Glucarate (CDG), because it inhibits beta-glucuronidase activity in the body. This means that estrogen bound for excretion stays bound, and the total estrogen load on the body is reduced.

In clinical trials, tissues that are sensitive to excess hormones—such as breast, liver, and lung—have been shown to respond

favorably to CDG. In addition to estrogen and estrogenic compounds, CDG helps promote excretion of other hormone metabolites as well as cellular toxins and steroids.

CDG is made naturally in small quantities in the body; it is also found in a variety of fruits and vegetables: oranges, broccoli, carrots, spinach, and apples. Vitamin A has been shown to have a synergistic effect with CDG. One 500 mg tablet of Source Naturals CALCIUM D-GLUCARATE is equivalent to the phytonutrient activity found in 82 pounds of fresh fruits and vegetables. The suggested use for preventative health maintenance is 3 to 4.5 grams per day.

CALCIUM D-GLUCARATE is such an important nutrient, it affects three of the SystemiCare™ Systems: Cells/DNA, Hormones/Metabolism and Liver/Detoxification. New research continues to shed light on the importance of proper hormone balance to our health, and the importance of protecting ourselves from the increased burden of estrogen that we are encountering today.

References

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