



Jane Doe

EstrogenaTest® Report  
Test ID: 879026  
03/25/2010

 EstrogenaTest®





## Your EstrogenaTest® Report

# Introduction

The information in this report is amongst the most important information that you can receive about your health. Everyone knows that estrogen is a sex hormone. One of estrogen's main biological effects is to stimulate cell division and growth in estrogen-sensitive tissues, such as the breast (during puberty) and the uterine lining (during monthly menstrual cycles). These effects are necessary for normal sexual function.

However, the downside is that this kind of stimulation, under certain conditions, can also trigger abnormal cell division and growth in estrogen-sensitive tissues. This can lead to tumors in the reproductive organs in women. As far back as 1896, researchers have known that removal of the estrogen-producing ovaries can result in breast cancer remission. So, yes, there is a dark side to estrogen.

And newer research is implicating altered estrogen metabolism in cancer of other tissues including head and neck, liver, and kidney cancers.

The EstrogenaTest provides a reliable marker for a cancer risk factor, which should be taken into consideration with other risk factors.

### [ IMPORTANT NOTE: ]

**Please be clear that the EstrogenaTest is NOT a predictor of cancer, nor does supporting proper estrogen metabolism mean that you will never get cancer or any other disease. However, there is strong evidence in research literature showing that a test for specific estrogen metabolic pathways, such as the EstrogenaTest, can provide a reliable marker for a cancer risk factor, to be taken into consideration with other cancer risk factors by you and your health care provider.**

Just like the EstrogenaTest was created to evaluate your estrogen metabolism. The following pages will show you what **your** estrogen pathways are doing and what steps you can take to support beneficial estrogen metabolism.

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# Your EstrogenaTest® Report

## E-metabolism

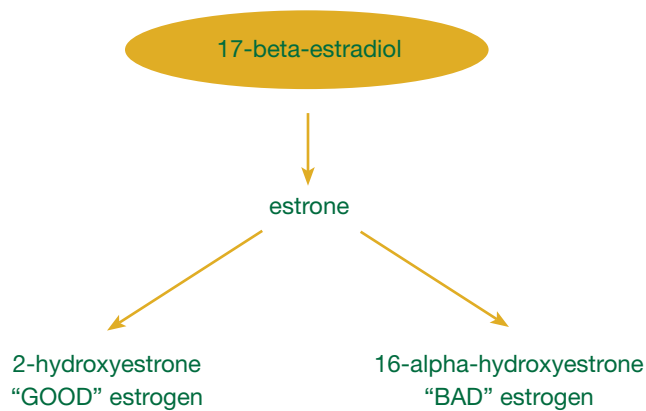
### What Can Go Wrong With Estrogen Metabolism?

Estrogen is not just one compound. There are basically three kinds of estrogen: estradiol, estriol, and estrone. We won't go into a detailed explanation of estrogen metabolism and the different biological activity of each kind of estrogen in this report. But we do need to focus on the metabolism of one particular estrogen pathway, since this single pathway can radically affect your health.

When most people talk about estrogen, the one that is generally being referred to is 17-beta-estradiol. This estrogen is considered the principal estrogen because it is the most potent. It is also the one that has been considered for decades to be the one most associated with estrogen's effects — both good and bad.



Jane, here's a simplified graphic representation of estradiol's metabolism.



Scientists at Strang-Cornell Cancer Research Laboratory have determined that the BAD estrogen has a role as a "transforming estrogen," which increases cellular growth and multiplication.



We can generally refer to these respective estrogen metabolic breakdown products as GOOD and BAD estrogen. This is based on some very important studies by prominent researchers, who have examined the relative tendencies of these two estrogens to promote abnormal cell growth.

Among these researchers is a group at Strang-Cornell Cancer Research Laboratory in New York City. These scientists have determined that the BAD estrogen (16-alpha-hydroxyestrone — 16a for short) has a specific role as a “transforming estrogen.” This means that this type of estrogen specifically causes increased cellular growth and multiplication. With this kind of behavior, you can readily see the implications for estrogen-responsive tissues under certain conditions — tumor formation.

These scientists also discovered that there is an inverse relationship between these two estrogens. In other words, the more GOOD estrogen you make, the less BAD and vice versa. (NOTE: There is more to this dance of estrogen balance, as you’ll see later. Your GOOD estrogen can get too high!)

The trick is getting the ratio into a specific range, and the first step in doing that is to find out what your ratio is. That is why the EstrogenaTest® is so important.

**Warning:** Any drug that blocks stomach acid production may reduce or stop the EstrogenaCaps® active ingredients from becoming active in the body. In fact, the action of these drugs may be the cause of an unfavorable estrogen ratio in the test. Stomach acid is a key player in converting I3C into an active form for use in the body. Any attempt to suppress stomach acid will also suppress I3C conversion, and you may experience a challenge in your estrogen breakdown as a result. If you are on any kind of acid blocker, it is imperative that you keep up your consumption of cruciferous vegetables as well as take your EstrogenaCaps (if indicated). You may also want to talk to your doctor about whether you really need acid blockers if you’re getting them on prescription. In most people, upper GI problems are caused by stomach acid that is too low, not too high — especially as they age. If you’ve prescribed yourself over-the-counter medications for heartburn or acid reflux, try our product Digestzyme™ instead, or check your protein digestion using our DigestTest®. By improving your digestion instead of suppressing it, you will most likely reap multiple benefits: better breakdown and absorption of key nutrients, better digestion and better elimination, reduction of lower GI problems, AND a more favorable estrogen breakdown ratio. If you’d like to try Digestzyme and/or take the DigestTest, call customer care 1-800-768-7667.

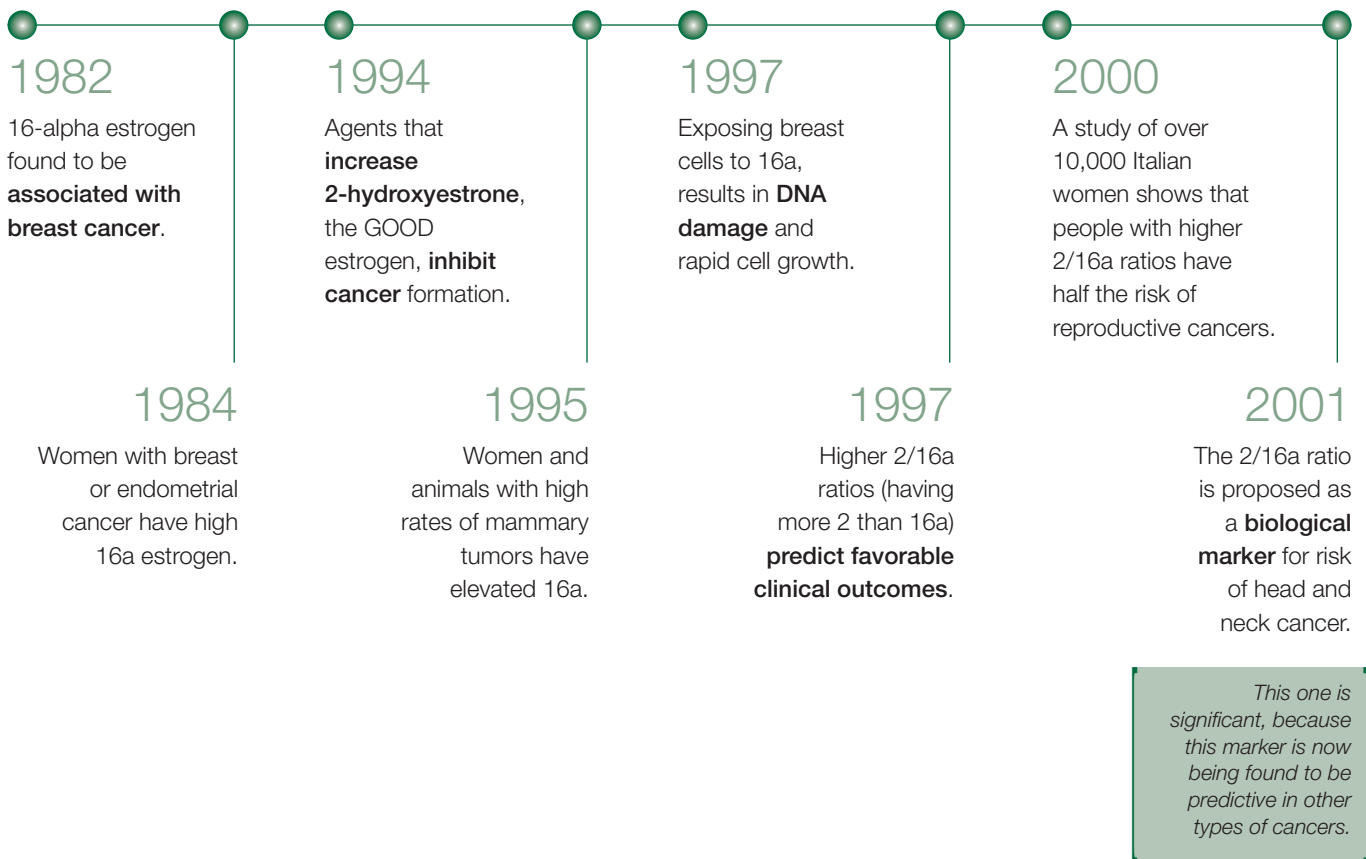
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## Your EstrogenaTest® Report

# 2/16a Research

### What Effects Can an UNBALANCED 2/16a Ratio Have?

Here is a **quick summary** of just some of the research on the effects of an imbalanced 2/16a ratio. (For more details and specific study references, see the EstrogenaTest scientific monograph, written by the researchers at Metamatrix Clinical Laboratory, now available through The Trump Network at **1-800-768-7667**.)



*The research is clear. Making sure that you have the proper 2/16a ratio is a critical step to take for your health. With Ideal Health's EstrogenaTest, you now have a vital window into your own estrogen metabolism.*



## Your EstrogenaTest® Report Your Results

Jane, here is the result of your EstrogenaTest:

Recommended Ratio
2.0 — 8.0

# 2/16a

Your 2/16a Ratio
6.69

For you and your health care provider's use, we have provided the individual estrogen metabolite values that we measured to calculate your ratio. We supply these values

**F**or **Y**our **I**nformation (**FYI**) only, so do not become confused by these measurements.

The main focus of the **EstrogenaTest** is your 2/16a ratio 6.69. Jane

### FYI

Estrogen Metabolite Values ng/mg creatinine	Pre-Menopausal (Recommended Values)	Post-Menopausal (Recommended Values)	Post-Menopausal with HRT (Recommended Values)	Your RESULTS
2-hydroxyestrone	3 — 40	2 — 10	10 — 75	8.70
16-hydroxyestrone	3 — 20	2 — 8	5 — 25	1.30

### What does my ratio result mean?

Current research shows that the 2/16a ratio should be above 2 with a high limit no more than 8. (A ratio that is too high has been associated with increased risk for bone loss.) Your ratio is between 2 and 8, so you are presently metabolizing estrogen toward the more favorable pathway. No immediate intervention is necessary. If, however, you are close to the lower end of the range (2-3) you should include regular servings of certain vegetables in your diet, particularly the cruciferous vegetables in the Brassica family such as broccoli, kale, cabbage, Bok choy, cauliflower, Brussels sprouts, mustard greens, collard greens, and turnip greens. If you find it challenging to increase these vegetables in your diet, you also have the option to use our EstrogenaCaps, the custom product made especially to support healthy estrogen metabolism (see next page for product details). Just call Order Entry at 1-800-768-7667 to purchase. We recommend periodic retesting of your EstrogenaTest, at least once per year, to make sure that your ratio remains in a favorable place.

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# Your EstrogenaTest® Report

## Good News!

### What Can be Done About an Unfavorable 2/16a Ratio?

It turns out that there are compounds that can promote a favorable 2/16a ratio, and it also turns out that these compounds are found in our old friends, the cruciferous vegetables. This class of vegetables, the *Brassica* family, includes broccoli, kale, cabbage, bok choy, cauliflower, Brussels sprouts, mustard greens, collard greens, and turnip greens. These vegetables all contain a key support compound that supports a favorable 2/16a ratio.

We have known for a long time that the *Brassica* family is a powerhouse of health-supporting nutrition. There is even evidence that the ancient Romans revered cabbage as an anticancer medicine. In modern times, even the National Cancer Institute has been studying the effects of cruciferous vegetables on health.

When cruciferous vegetables are chewed and then are swallowed into the acid environment of the stomach, a very important compound is released. That compound is named indole-3-carbinol, abbreviated as I3C.



1978

I3C is shown to reduce the frequency of carcinogen-induced mammary tumors in rats by 75%.

1993

I3C prevents human papillomavirus-induced tumors of the larynx or genital tract.

1994

Human subjects taking I3C show sustained elevation of 2/16a ratio with no detectable side effects.

1998

Evidence for I3C to be safe and effective for treatment of recurrent respiratory papillomatosis in humans is found.

1990

I3C strongly influences estradiol metabolism in humans by increasing 2-hydroxylation.

1994

I3C has specific antigrowth effects on human breast cancer cells with little effect on estrogen non-responsive cells.

1997

Using the 2/16a assay as the biomarker, an I3C minimum effective dose schedule of 300 mg per day is proposed for long-term breast cancer hemoprevention.

2001

A nationwide population-based, case-control study in Sweden reveals an almost two-fold reduction in relative risk for breast cancer when the highest consumption of *Brassica* vegetables is compared to the lowest.

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## Your Estrogena Test® Report

# Recommendations

### Recommendations for Supporting a Favorable 2/16a Ratio.

- The most obvious recommendation is to EAT YOUR VEGETABLES, especially the cruciferous ones from the *Brassica* family, such as broccoli, kale, cabbage, bok choy, cauliflower, Brussels sprouts, mustard greens, collard greens, and turnip greens. The recommendation to eat your vegetables is more and more becoming a universal recommendation for supporting health in many areas.
- In addition to eating the above recommended vegetables, you can also support your estrogen metabolism by taking concentrated extracts of the active ingredient found in Brassica vegetables. Ideal Health's EstrogenaCaps® have been formulated to support favorable estrogen metabolism.
- Keep this report handy and refer to it at least once per month. Your health and well-being are worth it.



*Consult your health care professional if you are pregnant, nursing, taking medication, or if you have any other health condition before taking this or any other health product.*

# Your EstrogenaTest® Report

## EstrogenaCaps®

### Ingredients

#### EstrogenaCaps Ingredients:

##### Indole-3-carbinol

EstrogenaCaps are formulated with the active compound, indole-3-carbinol (I3C), which is naturally released in the acid environment of the stomach when you eat any of the Brassica family vegetables. This compound has been shown in numerous research studies to influence the metabolism of estrogen positively toward the healthy 2-hydroxyestrone pathway. EstrogenaCaps contains I3C in the dosage found to be effective in clinical studies.

##### B-complex liver-support nutrients

Coordinated liver function is vital for the proper metabolism of estrogen, and your EstrogenaCaps contains critical elements that promote good liver function, particularly Phase II Detoxification. In order for estrogen metabolism to proceed smoothly, Phase II must be working in synchronization with Phase I. Your EstrogenaCaps contains:

- Vitamin B2 (riboflavin)
- Vitamin B6 in both the pyridoxine and phosphorylated forms
- Vitamin B12 in its active methylcobalamin form
- Vitamin B5 (calcium pantothenate)

**Krebs-cycle chelated minerals** — zinc, selenium, molybdenum — also needed to support synchronous liver function in both detoxification phases.

**Vitamin C and glycine** are added to help replenish the important liver antioxidant, glutathione.

**Whole foods** provide a natural source of *Brassica* family nutrients as well as garlic and onion powder, which provide natural sulfur compounds important to liver function.

#### Supplement Facts

Serving Per Container 30  
Serving Size 1 capsule



<b>Vitamin C</b>	100 mg
<b>Riboflavin:</b> (Vitamin B-2)	2 mg
<b>Vitamin B-6:</b> HCl/Pyridoxal-5-Phosphate)	5 mg
<b>Folic Acid:</b>	50 mcg
<b>Vitamin B-12:</b> (as methylcobalamin)	6 mcg
<b>Pantothenic Acid:</b> (as Calcium pantothenate Vitamin B-5)	10 mg
<b>Zinc:</b> (as Zinc Krebs)	5 mg
<b>Selenium:</b> (as Selenium Krebs)	25 mcg
<b>Molybdenum</b> (as Molybdenum Krebs)	50 mcg
<b>Indole-3-Carbinol</b>	300 mg
<b>Glycine</b>	50 mg
<b>Betaine HCl</b>	30 mg
<b>Proprietary Blend:</b>	40 mg
Broccoli (aerial parts)	
Cauliflower (aerial parts)	
Collard Greens (aerial parts)	
Cabbage (entire plant)	
Kale (aerial parts)	
Turnip Greens (aerial parts)	
Garlic (bulb)	
Onion (bulb)	
Other ingredients: Gelatin (capsule), Cellulose, Vegetable Stearate, and Silica.	

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