Herbs are Not Hormones

There's a lot of confusion out there about the difference between herbs, wild yam extract, soy isoflavons and natural hormones, and which's correct to use for the problems created by hormonal changes through out life. Well, I'd like to clear up that confusion once and for all.

The human body makes tiny chemical messengers which give instructions to ALL of our cells. Those messengers are called hormones. Hormones start our as cholesterol which goes through a series of chemical changes and ends up as progesterone, estrogen, testosterone, etc.

All cells have little slots inside of them called 'receptor sites' which receive these hormones. The receptor site are like locks and the hormones are like keys. The exact, right key (hormone) needs to fit into the exact, right lock (receptor site) for the correct instructions to be given to the cell. Other keys (such as the chemicals in plants) can fit into the locks but they won't give the cell the correct instructions.

There are about 5000 different plants that contain chemicals that are SIMILAR enough in structure to hormones that they can fit into the cell receptors. Soy, Wild yam, Dong Qui, Chaste Tree (vitex), Black cohosh, Red raspberry, Saw palmetto and Ginseng are just a few of those plants. The body cannot turn these plant chemicals into hormones. That can only be done in a lab. But in the lab, the little chemicals in the soy and wild yam, etc. can be made into hormones IDENTICAL to the ones that the human body makes.

There are over 40 different symptoms that can occur during pre-menopause and menopause but most women only associate hot flashes with them. Hot flashes are the body's way of saying that there are too many receptor sites without hormones. The chemicals in the 5000 plants can fit into those receptor sites and cause the hot flashes to disappear but the body doesn't know it's not an actual hormone in the receptor.

Filling the receptor site with a plant chemical similar to hormones will stop the hot flashes because that chemical is similar enough to the hormone to fit into the receptor. If there's something in the receptor the body will stop hot flashing. The problem is that the plant chemical does not give the correct instruction to the cell, which alters it's function, nor does it protect people from reproductive cancers

When people use plant extracts to try and alleviate their symptoms they do themselves a disservice and can even cause themselves to develop cancer. That's because the chemical in those plants go into the receptors and take up the spaces where the actual hormone needs to go. The fact that something is in the receptors tends to stop the hot flashes so women will think she has stopped the effect of hormone decline.

I can make and sell ANYTHING I want and I have thousands of dollars worth of herbal preparations sitting in my warehouse that I won’t sell to any one because they're not going to protect people from cancer and any other health risk associated with hormone decline. Supplemental hormone cream is the best way to do it.

Sindi Holmlund - researcher, author, herbalist