Hormones and Hysteria

by

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Estrogen (Dutch: Oestrogeen)

Disclaimer:
I’m not a hormone expert, I just want to show what I’ve learned in the last years, and also “discovered” in the people around me:
Some Heavy Stuff:
Hypotheses:

Hormone troubles need to be understood asap

Hypotheses:

• Divorces thanks to hormone troubles? “woman, you don’t make any sense”, a new date is easy.

• Factor in Trans suicide cases? (33-40% of Transgender people attempt suicide at least once in their lives* )

• More.. (e.g. drama in communities)

• **Testosterone** makes people hurt others (97% of Dutch prisoners are male*).
• **Estrogen** makes people hurt themselves (psychiatry).
• Drinking alcohol makes testosterone levels rise: women get more “in the mood”: “breezers”**

→ We need Balance

** Sexuology – VU University Amsterdam
My Talk:

• Focus on: Hormones sometimes make you feel extra vulnerable.
• I notice people around me have no idea it’s the hormones doing this
• They still think it’s because of the world
• I have some practical tips
• And explanation how that is possible
Dutch:

• mijn talk heeft de focus op dat hormonen je soms extra kwetsbaar laten voelen
• en ik merk dat mensen om mij heen niet doorhebben dat dat door de hormonen komt
• die denken nog steeds dat het "door de wereld" komt
• en ik heb een aantal praktische tips, en uitleg hoe dat eigenlijk komt.
Intro:

- 20s: “Manual for me:

  If unreasonable:
  
  if sugarlevels_low: feed(chocolate)
  
  else !enough_sleep: relax()”
Intro:

• 30s: Typing into a search engine:

“Why am I such a Bitch?”
Intro:

• Found:

PMS:
Take: Monk’s pepper (Agnus Castus), Broccoli,
drink enough liquid

online-search: “tips for PMS”
• Took a LONG time: every time I felt “THE WORLD IS SHIT”
• to realise it happened to be the last week of the month
• and to connect the feeling with me being extra sensitive for incoming messages then: “take a monk’s pepper (Agnus Castus) pill*”

*side effect: activates opiate receptors
other people:
“where did that person go and who is this alien?”

Feels like:
(it gets too much)

Others might see you like:
Explanation:

• Was I doing it well?
• I searched for experts, found vrouwenpoli
• I needed to take over periods of time Monk’s Pepper (starting day 15), sulphur vegetables and Linidol, Active B-complex, Vitamine D 2000 i.e. for 2 months.

• But WHY?
Why? Vrouwenpoli answered:

- "Hormones are fats. Hormones we make out of cholesterol. People cannot secrete (poop or pee) fats out, only water-based, so the hormone needs to be water-soluble.

- Chemically this means you need to make a watermolecule stick to it. H2O can be split in OH and H. Connecting that to estrogen, makes it water-solvable.

- I imagine a liver-cell as a large fabric hall with lots of conveyor-belts: Every conveyor-belt is connected to a machine, which can do a certain processing (in your liver you do more than only breaking down hormones: ca 200 different conveyor-belts).
Why (2)?

• For estrogen we can use 3 different conveyor-belts:
  • Connects the OH to the 2\textsuperscript{nd} C atom

• 2-OH estron \textit{(water soluble, still works as a hormone, but weaker)}

• 4-OH estron \textit{(water soluble, likes to be in the breasts, women who produce this a lot: breast reactions in their cycle: swell. This one you rather don’t have too much, but needed when pregnant: to prepare the body to activate the breasts. 16-OH estron .... (next page)}
16-OH does 3 things:

• disabling your immune system (a bit)
• growth (your womb needs to grow 20 times when pregnant)
• If Stress > Then: Fight or Flight (impossible when pregnant)”
Tips (liver):

Take care of your liver!

medicine / alcohol reduce liver working!

(I had this with anti allergy pills: these made me extra sleepy after I had > 2 glasses of alcohol in the weekend)
Tips (intestines):

Take care of your **intestines**!

Don’t take anything that they find difficult to process: then it all goes directly to the liver, which gets over-busy.

(check tolerances for gluten, tomatoes, lactose..)
Tips:

“Make the 16-OH dysfunctional:

• Methylation (CH3: sticks to a hormone to make is dysfunctional) (through B-vitamines: you need veggies!)

• Sulphate (connect with Sulphur: eggs, asparagus, onions, garlic, cabbages)
**Adrenaline**
- Muscles tighten
- Energy sent to limbs
- Increased sensitivity to pain

**Oxytocin, Endorphins**
- Muscles relax
- Energy sent to uterus
- Decreased sensitivity to / awareness of pain

**Fight or flight**
**Collect & Protect**
“Love Hormone”
Tips (2):

• Support liver breaking down estrogen: ginger, nettle, 500gr vegetables daily, etc.

• Loose extra fats, moving/sport, good sleep (blue light), stop smoking, reduce alcohol & stress, supplements: curcuma, DIM, Indol-3-carbinol, ECGC (caffeine free green tea extract), Vitamin B complex (with 5-MTHF: i.e. Vitals), Vitamin D3, Dietist with experience in estrogen-dominance.

• If taking hormones: evening/morning/..
Tips (3):

• Sleep: Sleep at regular times, not too much sugars, enough vitamins and minerals, reduce caffeine or chocolate before sleeping, daylight lamp.
Tips (3):

• Cuddle (oxytocin: counter weight of cortisol: 8 times 30 seconds a day).

• Sensitive Person? Sensitive Intestines? Eliminate gluten/milk/tomatoes... allergy test?” Get your immune system in order, right bacteria in intestines.”
Tips (4):

• UK: 1 day off
• Other: special house apart for these days
(Basic) Checks:

• “Folium acid, vitamin B12, vitamin B6, D.
• Intestine check (by Dietist)
• DNA check (German doctor) enzymes involved in methylation: MTHFR and COMT*.
  (*via prohealth.nl : Praxis Jochen Hüter - Hammfelddamm 6 - 41460 Neuss – Germany, ask results via POST)
Estrogen dominance:

• does NOT mean you have too much estrogens, it’s about the Balance:
• Balance between estrogen and progesterone. (decrease starts 10-15y before menopause)
• Balance estrogen and serotonin.
• Balance estrogen and its metabolites.
• Too much exposure to hormone disturbing particles / chemicals / stress.”

Source: https://vrouwenpoli.com/oestrogeendominantie/
Now You!

- I want to learn from you!
- Discussion here / outside of this tent.