

Contemporary Management of the Estrous Cycle

Tyran G Mincey

Narrative: Mankind's impact in this current epoch, 'the Anthropocene' is immense. The Juggernaut of his creations of industrial technologies and their impact on life on this planet have now created a sub-epoch - 'the Plasticene', this sub-epoch makes more apparent that fact that women are not men, yet in many health care systems they are treated exactly the same. It is time and more important than ever for contemporary healthcare practice to catch-up and be contemporary when it comes to dated systems, views and philosophies applied to women's healthcare. In this work we explore one connection between the estrous cycle and the overall female's physiology. We also review extant tools that show how a clinician can observe this system and work it to his advantage and help build health and optimise function using standard Applied Kinesiology methods.

Often it is not the endogenous estrogens that are cause the but poor intestinal function due to a buildup of xenoestrogens leading to dysfunction of the valves and poor function of this system as well as other systems in the human body. (Goodheart) This can be corrected by testing for estrogen dominance removing offending items from the life style – typically all items made from plastic - as possible restoring valve function though standard AK procedures. Education on sources of plastic and environmental issues

It is hard to believe the simplicity in the correction of such issues. It also hard to believe that such a small thing could bring on such pain, dysfunction and disability in people. It is amazing to see the relief that competently administered AK protocols provide. Sadly, as our environment becomes more and more impacted by the juggernaut industry and plastic it produces, we see myriad dysfunctions continue to elevate and the mismanagement of these escalate to the detriment of the patients and mankind. The correct actions are the basic correction of the large intestine valve and internal environment. And voting with your wallet and ballot and actions and avoiding the use and purchase of plastics. This is bigger than just one patient, The planet and mankind are being feminized, overwhelmed and slowly destroyed. Many just watch as entertained spectators in their own demise.

Indexing terms: Chiropractic; Estrogen dominance; Applied Kinesiology; Ileocecal valve; Cranial Fault; Subluxation; Manual Muscle Test (MMT); Myofascial System; Functional Medicine; Enterohepatic Recirculation; Plasticene epoch.

Introduction

The treatment of women in modern healthcare more than ever needs to be customised to the females' unique physiology. She has several hormonal patterns that differ from a man's and the impact of seemingly unrelated organ and gut function as well as the effects of endogenous and xenohormones in her system has been under-appreciated or even ignored in the main.

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One such pattern is that of Estrogen dominance and its resultant negative functional and even mystery illnesses created in many women and men. There are many patterns that could be discussed but, in this work, we will focus on women and rekindle an old trusted technique. We will look at contemporary thought and testing processes that can be used to intentionally identify and manage the presence of too much estrogen and stimulate elimination thereof.



Jargon relating to Estrous Cycle

Estrous (also oestrous)

Estrous is the process of relating to or involving the period of maximum sexual receptivity of a female mammal. This process is run by the fluctuation of hormones estrogen and progesterone with estrogen dominating. Estrogen is a cache all term for 3 forms of estrogen presents in female. These are estrone (E1), estradiol (E2) and estriole (E3). E1, Estrone is postmenopausal estrogen and is produced in the adrenal cortex, E2 is estrogen that is produced during a woman's' reproductive years, E3, is made de novo, given pregnancy and so is the estrogen of pregnancy.

Plasticene Epoch

This is the current time of our current society when plastic is found in the ground, inside living things and even in rocks. It is a sub-epoch within the current Anthropocene epoch, a time when humans had a profound impact on the Earth. (Rangel)

Enterohepatic recirculation

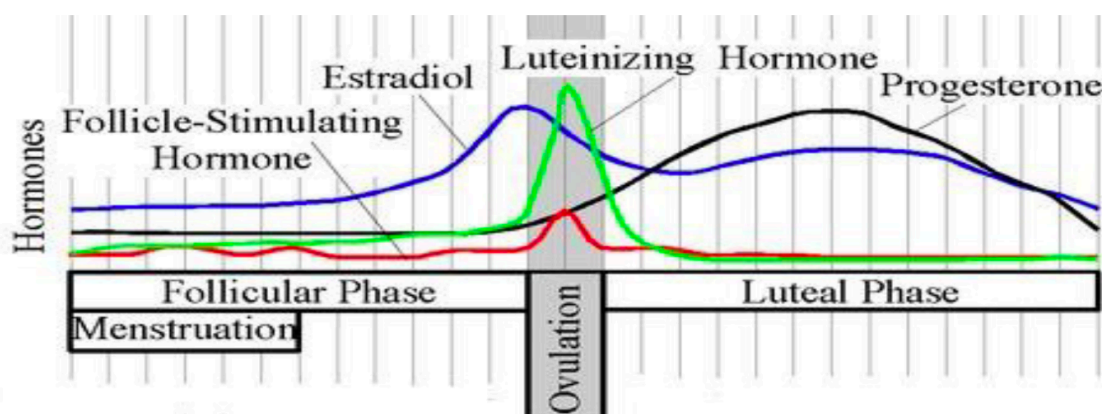
Enterohepatic recirculation is the inborn process and ability of the body to recirculate varying moieties of hormones, vitamins, minerals, toxins and other biochemicals to the benefit or detriment of the organism and it's governed by a variety of factors.

'First pass effect'

'First pass effect' is a term used to denote the liver's role in detoxifying all items that enter through normal digestive processes. The liver is the first organ after the stomach to detox or be impacted by the item ingested.

Background and preparation: The estrous cycle

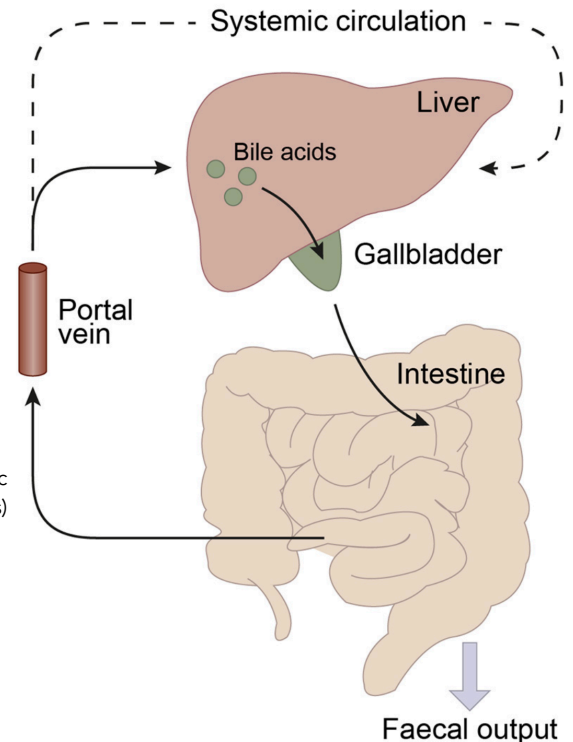
The average female estrous cycle considered over a given month is estrogen dominant for the first 15 days with a testosterone surge on or around day 15 due to ovulation. After that time a progesterone surge occurs while estrogen levels lower slightly but stay high enough to maintain the recently grown endometrial lining. There are also other hormones involved and impacted substantially by these hormonal levels which include hormones of the thyroid, pituitary, cytokines, myokines and adrenal related hormones. Therefore, it is easy to see that hormones related to menstruation can have a vast impact on female physiology if present in too great a quantity, or too little a quantity, or if their ratios are off per what has been observed during normal function and timing. (Walther; Schmidtt; Goodheart)



Enterohepatic recirculation

The liver and intestinal tract work together to keep the ecosystem in the body working for the hormonal benefit of the entire organism. The intestinal tract has the function of absorption, elimination and recirculation of certain items. The flora that are resident also play a role in the creation of hormones and vitamins that the organism needs to grow. If a hormone or biochemical is recirculated when it should be eliminated or visa- versa it may be potentiated or now deficient and its impact on the body can be a side effect or symptom. (Gun) (Mertens)

Figure 1: Bile Acid Signalling Pathways from the Enterohepatic Circulation to the Central Nervous System (Mertens)



Xenoestrogens

Those under 70 years of age have lived in a new sub-epoch. the new sub-epoch has been dubbed 'the

Plasticene' due to the omnipresence of plastic in our environment and bodies. A recent article documents an estimated 170 trillion plastic particles in the ocean and these are estrogenic.

There are roughly 21,000 microplastic particles per person on planet Earth. That means that every man, woman and child on this planet now has a plastic burden. The plastics which most often come from single use containers end up in the ocean and then in our bodies. They are estrogenic, which means they must be eliminated by the liver if possible and can be subject to recirculation- that is enterohepatic recirculation in the body byway of the liver and large intestine. (Rangel; Yang)

The planet currently is drowning in plastic. This is quite relevant to digestion and intestinal health as the digestive system has to handle this unnatural burden. The liver and large intestine may be particularly vulnerable due the "first pass" like effect related the consumption and exposure to drugs and pharmaceuticals and now micro-plastic.

Large intestine valves, two named valves in the large intestine are the Ileocecal Valve and Valve of Houston. Schmidt has told us that these valves can be a source of referred pain and that women who suffer from difficult and painful periods often have problems in this area. (Schmidt; Goodheart). Goodheart also in his Chiropractic Economics article about the ileocecal valve states '*This syndrome is involved in so many conditions in so many ways it should always be considered as a possible etiological factor in any condition*'.

It makes sense then that the symptoms are not always caused by the valve but instead by the estrogen from plastic that has been recycled and may be cause of aberrant valve function. Henry Gray indicated the structure of the ileocecal valve has microvilli like the rest of the small intestine. The function of microvilli is the absorption of nutrients and millimetre sized microplastics may occlude or effect this area.

Discussion

In this age of plastic exposure, a clinician who treats women is reminded that the symptoms of estrogen dominance may be more violent and pronounced than ever and the source of those estrogens may seem illusive at first but when one looks, they are almost ubiquitous.

The ultimate question is, besides waiting for political figures to take action and ban plastic altogether because of its negative effects on the Planet, *what can we do about our existing exposure and what should we consider when managing patients?*

We know many things. We know that the incidence of colorectal cancer for those under the age of 70 has been increasing steadily over the years and that this a major factor in the cause of colorectal cancer and a complicated issue. One positively related major change is the increasing omnipresence of plastics and the estrogen influences on our bodies, flora and cells of the large bowel. (Li) While all life on the planet is sensitive to this issue, this work focuses on the impact this has on females and the need and gift of using Applied Kinesiology to help restore normal function.

When a female patient presents with complaints that show excessive estrogen receptor stimulation, we owe it to her to check and locate the cause of receptor over stimulation.

A list of symptoms includes:

- Decreased sex drive
- Increased PMS symptoms
- Irregular periods
- Mood changes
- Difficulty concentrating
- Bloating
- Hot flashes
- Breast tenderness
- Weight gain
- Insomnia

Often it is not the endogenous estrogens that are cause the but poor intestinal function due to a buildup of xenoestrogens leading to dysfunction of the valves and poor function of this system as well as other systems in the human body. (Goodheart)

This can be corrected by testing for estrogen dominance removing offending items from the life style, typically all items made from plastic, as possible restoring valve function though standard AK procedures. Providing education on sources of plastic and environmental issues is also helpful.

Conclusion

It is hard to believe the simplicity in the correction of such issues. It also hard to believe that such a small thing could bring on such pain, dysfunction and disability in people. It is amazing to see the relief that competently administered AK protocols provide. Sadly, as our environment becomes more and more impacted by the juggernaut industry and plastic it produces, we see myriad dysfunctions continue to elevate and the mismanagement of these escalate to the detriment of the patients and mankind. The correct actions are the basic correction of the large intestine valve and internal environment. And voting with your wallet and ballot and actions and avoiding the use and purchase of plastics. This is bigger than just one patient, the Planet and

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