

HORMONE

HORMONE HEALTH CLINICAL DATA

THE GUT-HORMONE CONNECTION: HOW GUT MICROBES INFLUENCE ESTROGEN LEVELS

“Scientific research has shown that the microbes living within the gut are involved in regulating many aspects of human physiology. Now, recent studies have opened our understanding of how those microbes play a role in the body by regulating the circulation of hormone levels, specifically in this case, estrogen.”

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GUT BACTERIA MAY BE A SOURCE OF MALE STEROID HORMONES

“Researchers show that a bacterial species converts glucocorticoids into androgens, a group of male steroid hormones. The implication is that the host endocrine system may not be the only source of androgens and other regulatory molecules: The gut microbiome may be another.”

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BACTERIA-HOST COMMUNICATION: THE LANGUAGE OF HORMONES

“Now, there are clues linking the existence of communication between bacteria and the endocrine system, including a study conducted in 2003 concluding that host hormones can affect bacterial gene expression, which in turn can have consequences on their host.”

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ADDITIONAL STUDIES:

[*Estrogen Deficiency and the Origin of Obesity during Menopause*](#)

[*The Role of Estrogen in Cardiovascular Disease*](#)

PRODUCTS/INGREDIENTS THAT SUPPORT HORMONE HEALTH

PURIFY KIT



The Purify Kit is the cornerstone of all elite health goals! It begins with a one-week purification step and is comprised of patented products clinically tested to give your microbiome the overhaul it needs to start clean and fuel good health.

ESSENTIAL GREENS



- Phytonutrients provide health-protective benefits
- Antioxidants combat free radicals and help counter cell damage
- Chlorophyll enhances immunity and protects cells
- Alkalizing formula hydrates and detoxifies the body
- Greens are rich in nutrients and enhance energy

MISTICA

- Normal psychological function
- Normal red blood cell formation
- Normal homocysteine metabolism



BIOME SHAKE



- 20 grams of vegetable protein per serving
- Promotes a feeling of fullness
- Gluten free
- Certified vegan
- Delicious vanilla flavor