



Menopause Relief – Naturally

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April 2012

A natural, proven, and safe remedy for women in perimenopause and menopause has recently become available in the United States after widespread, successful use in Germany for over 15 years. ERr 731 (Extract *Rheum rhaponticum*), derived from the roots of rhubarb plants, has clinical proof that it equals the symptom relief of hormone replacement therapy with a side effect profile better than a placebo.

For those not interested in research, feel free to skip the next few paragraphs and go on to our conclusion. Let's begin with the history of estrogen receptors. It wasn't until 1986 that an estrogen receptor was accurately identified. Interestingly, in 1996 a new estrogen receptor was identified in a rat prostate! This novel receptor became known as ER (estrogen receptor) beta, and the formerly discovered receptor became known as ER alpha. Without getting too technical, what you should know is that estrogens and, more specifically, the class of phytochemicals and medicines we call SERMs—selective estrogen receptor modifiers—that primarily interact with ER beta have profound health benefits not seen with other estrogens (that primarily interact with ER alpha). Current research shows that ER beta agonists have antitumor effects in breast, prostate, colon, and ovarian cancer. Furthermore, drug companies rush to synthesize knock-offs of these natural compounds to develop drugs with hundreds of millions of dollars potential. The benefit of them doing this is the resulting research, from which we are learning so much about ER beta and the roles this receptor and the natural compounds that interact with it play in its antidepressant, anti-anxiety, and anti-inflammatory actions, along with other healthful effects.

You have probably already surmised that ERr 731 has been studied extensively over the past several years and has proven its extraordinary ER beta specificity. It has the ability to treat the symptoms of estrogen deficiency while counteracting the effects of overstimulation of estradiol (an estrogen that primarily interacts with ER alpha), not by acting as an antiestrogen as some people would believe, but by balancing estrogen activity by the stimulation of ER beta! You may wonder why this is so exciting. Plainly speaking, we have identified an ER beta agonist in the plant world with extensive research documenting its safety and efficacy and basic science studies documenting worlds of potential side-benefits with no plausible scientific reason to even suspect side-effects. The reason I stopped prescribing Premarin and Provera fifteen years ago is because the basic science told me to. I didn't need to wait another ten years for double blind trials to confirm what was eminently predictable. Now we have both basic and clinical science telling us to use this compound for the treatment of menopause, whereas

we “only” have basic science to predict its anti-cancer and other properties. What we will be looking for in the future is what side-benefits are documented to be true while knowing that the safety is unquestionable.

There are multiple double-blind, placebo-controlled, randomized clinical trials as well as observational studies documenting a degree of efficacy that I have never seen before in a phytoestrogen. In the most striking twelve week trial, ERr 731 treatment led to an average reduction in hot flashes from 12 per day to 2 per day. The placebo group had a slight increase in hot flashes. Furthermore profound benefits in mood, anxiety, sleep, sexual symptoms, joint problems and the tough-to-treat symptom of vaginal dryness occurred. I will reference the other clinical trials and basic science literature for those who also wish to delve deeper.

In conclusion, I can attest that some of my old standby herbal combinations for menopause (such as Source Naturals Hot Flash, Vitanica Phase 2 and others) have never had such a successful and rapid onset of symptom relief as ERr 731. Nor could I make such a good case for proven long-term safety and a potential role in cancer prevention. I will also be using this with men with prostatic enlargement as preliminary research indicates a role for ERr 731 for this condition as well. Best of all, it takes only one 4 mg tablet once daily at a nominal cost to get all these benefits. You can contact MPM for details on obtaining this supplement as fortunately it is only available through doctors knowledgeable in its use.

Your Journey to Health and Healing,
Gary E Foresman MD

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