

Maintain Healthy Reproductive Tissues Panorama April 2012

Maintaining efficient estrogen metabolism is essential to preserving healthy reproductive tissues. Disrupters of hormone balance such as organochlorine pesticides, poor diet, and genetic factors can compromise the normal healthy ratio of estrogen metabolites, resulting in abnormal cell growth and altered function.

Dietary indoles, as found in broccoli, cabbage, cauliflower, and other cruciferous vegetables, exert a strong protective effect on tissues such as breast, cervix, and prostate that are most susceptible to the effects of undesirable estrogen metabolites such as 16-alpha hydroxyestrone.

Indole compounds shift estrogen balance in favor of 2-hydroxyestrone, a protective estrogen metabolite. They also inhibit DNA damage, stimulate liver detoxification enzymes, and regulate cell cycle progression, thus helping to promote healthy cell function.

Hazle Drugs brand of "Indole Protection" is a concentrated mixture of indole-3-carbinol (i3C), diindolymethane (DIM), and related indole compounds. This specific group of phytonutrients, found in cruciferous vegetables, helps maintain healthy reproductive tissues, including breast, cervix, and prostate. Hazle Drugs "Indole Protection" supports optimal estrogen balance, stimulate detoxification enzymes, and exert cell-protective benefits in both men and women.

For more information on Hazle Drugs' brand of "Indole Protection" and maintaining healthy reproductive tissues please contact our Certified Clinical Nutritionist, Bill Spear, R.Ph., CCN at Hazle Drugs 1 E. Broad St., Hazleton, Pa. 18201, 570-454-2476, www.hazleldrugs.com

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