



Weekly Insight

August 9, 2009

HEALTHY HORMONES WITH DIM

“Truth, when not sought after, rarely comes to light.” -Oliver Wendell Holmes-

I was reading an interesting “sales report” that came in the mail today, advertising an important ‘breakthrough’ product known as Di-Indole Methane (DIM) and recommending that both men and women take it to keep their hormones at a healthy level. I agreed with what the writer was saying as I think it is a great idea to utilize natural phytonutrients (simple chemicals that come from plants) that will keep our hormones balanced. It piqued my interest and I wanted to know more.

I wanted to know where the ingredients come from, where we get it, and do we have to take yet another supplement!

I read an article by Dr. Rick Cohen explaining why we need Di-Indole Methane and where it comes from. It is an extract of cruciferous vegetables such as cabbage, kale, bok choy, turnips, rutabagas, brussel sprouts, broccoli and cauliflower and also flaxseeds. Di-Indole Methane helps the liver metabolize estrogen, enhances insulin sensitivity and increases abdominal fat loss. However DIM must be specially processed so that the body can easily absorb it.

Dr. Cohen says this: “It (DIM) helps to keep testosterone/estrogen ratios balanced. Testosterone is the master male hormone but if you have too much or too little estrogen you will never be able to look and feel your best.”

So my first thought of “is this really necessary?” became yes. Why? Because of all the impact the environment has on our hormones, and consequently our health, we need to “fight back” by taking something that actually helps to keep the hormones balanced and our cells healthy. This is worth noting, that it is safe to take and will not interfere with taking Bio-Identical Hormones, however it does not work if you are on a synthetic hormone replacement program as it interferes with the drug.

Since I recommend a green drink to start your day, I was thinking maybe that was enough and you didn’t need to take the supplement. However, DIM is not in the green drink, because it has to be extracted in a specific process.

Then my next thought was, couldn't you just eat all the vegetables to get DIM? While it isn't impossible, most people do not want to eat 2 lbs of broccoli every day just to get their daily dose – especially since it would have to be eaten raw or lightly steamed. Even if you could eat that much, the benefits have not been seen with the use of broccoli, cabbage juice or dried powder or extracts from vegetables -so that is why I am recommending you take this supplement. More isn't necessary better so taking 200-400 mg is clearly sufficient. Check with your Doctor

It is especially important for both women and men to take DIM as we age, and go through all the hormone changes in the body, so that we can prolong life, stay healthy and protect ourselves from cancer. Also, for guys, it provides additional prostate protection, and helps to avoid abdominal flab and “man boobs” caused by too much estrogen. DIM helps protect against breast cancer and it is a protector for the heart, colon, and skin and promotes vision health, for both men and women.

So, simply stated, supplementing the diet with DIM promotes beneficial estrogen metabolism and helps restore a healthy hormonal balance. So, after doing all my research I believe we need to add this important supplement to our daily regime. But, please, continue to take your green drink, as it has other minerals, vitamins and other benefits that the body needs – it all helps.

You may also have heard about another supplement Indole-3 Carbinol (I3C) which is also extracted from cruciferous vegetables. Taking this supplement may help guys that are taking testosterone precursors. But, after looking at all the data, it is clear that DIM is much more absorbable and therefore much more beneficial for both men and women.

A great DIM product is found is on my website www.liveyourperfectweight.com under “Products” – then on green drink/supplements by Vitamin Research Products

Here's to your good health and happy hormones!

“Outer reforms are useless, unless the inner state is changed. –Unknown-

‘Till next time!

Rosemary R. Evans
Live Your Perfect Weight

www.LiveYourPerfectWeight.com