

SUBSCRIBE

www.naturefresh.co.za

Fresh Talk

FRESH Talk

with

NATURE FRESH

Natural Solutions to Health Questions



SUBSCRIBE

Fresh Talk

EPISODE 10:

Hormone Harmony

Navigating PCOS, endometriosis,
and the truth about your cycle

NATURE FRESH

www.naturefresh.co.za

LEARNING GUIDE SUMMARY:

HORMONE HARMONY : Navigating PCOS, endometriosis, and the truth about your cycle

This document synthesizes key insights regarding female hormonal health, specifically focusing on Polycystic Ovarian Syndrome (PCOS) and endometriosis. The analysis identifies dihydrotestosterone (DHT) and insulin resistance as primary drivers of PCOS, while attributing endometriosis to both congenital factors and parasitic infestations. A central theme throughout the literature is the significant impact of environmental toxins (solvents, xenoestrogens) and metabolic health on reproductive function.

Management strategies prioritize natural protocols involving:

- * Hormonal Modulation: Inhibiting DHT and balancing estrogen/progesterone ratios using botanical agents like Agnus Castus and Saw Palmetto.
- * Nutritional Intervention: Implementing blood-group-specific diets, gluten-free protocols, and targeted supplementation (zinc, iodine, B-vitamins).
- * Pathogen Elimination: Addressing parasitic flukes and supporting the microbiome with probiotics.
- * Organ Support: Enhancing liver detoxification and thyroid function.

The findings emphasize that hormonal imbalances are often symptoms of underlying systemic issues—metabolic errors, toxic overload, or parasitic invasion—rather than isolated diseases.

OFFICIAL DISCLAIMER: All material provided is only information and may not be construed as medical advice. Only a doctor or an appropriate health practitioner is qualified to make a diagnosis and provide the necessary treatment and medications. Products discussed are not intended to diagnose, cure or prevent any form of disease.

SUBSCRIBE

www.naturefresh.co.za

Fresh Talk

FRESH Talk

with

NATURE
FRESH

Natural Solutions to
Health Questions



Polycystic Ovarian Syndrome (PCOS) and DHT Metabolism

PCOS is characterized as a “metabolic error” involving the liver and the androgen dihydrotestosterone (DHT). While DHT is a male hormone required for puberty, its activity in females causes significant physical and emotional distress.

The Role of DHT and Insulin Resistance

- * Metabolic Origin: Insulin resistance is identified as the central driver of PCOS. Overloading the system with simple carbohydrates prevents the liver from stifling the conversion of testosterone into DHT.
- * The 5-Alpha Reductase Enzyme: This enzyme in the liver releases DHT. When it slips out of control due to nutrient deficiencies (melatonin, beta-sitosterol) or high carbohydrate intake, DHT levels rise.
- * Masculinization Symptoms: Excess DHT leads to hirsutism (facial/body hair), male-pattern baldness, adult acne, a deeper voice, and aggressive behavior.
- * Ovarian Impact: High DHT opposes ovulation and causes the formation of multiple cysts as ovaries become “en-cased.”

Symptom Overlap and Misdiagnosis

PCOS symptoms are often treated in isolation (e.g., treating acne at a beauty clinic or weight gain with standard dieting), failing to address the underlying hormonal havoc. The condition affects both skinny and obese individuals, though weight gain is a common outcome.

Endometriosis: Etiology and Management

Endometriosis—the presence of endometrial cells outside the womb—affects approximately 10% of women globally. The sources outline two primary theories for its development.

1. The Congenital Theory

- * Birth Defect: Proposed as a defect where endometrial cells intended for the womb attach to the pelvic area before birth.
- * Laparoscopic Treatment: Near-contact laparoscopy to remove all types of growths (not just dark patches or chocolate cysts) has shown a 95% success rate in alleviating pelvic pain.

2. The Parasite Invasion Theory

- * Fluke Infestation: Parasites, specifically flukes, use the uterus as a secondary host. They feed on endometrial cells and migrate to other parts of the body (lungs, brain, etc.), carrying endometrial tissue with them.
- * Solvent Catalyst: The presence of solvents (methyl ethyl ketone and methyl butane ketone) in the body triggers fluke eggs to hatch prematurely inside the host rather than being excreted.

OFFICIAL DISCLAIMER: All material provided is only information and may not be construed as medical advice. Only a doctor or an appropriate health practitioner is qualified to make a diagnosis and provide the necessary treatment and medications. Products discussed are not intended to diagnose, cure or prevent any form of disease.

SUBSCRIBE

www.naturefresh.co.za

Fresh Talk

FRESH Talk

with

NATURE FRESH

Natural Solutions to Health Questions



Comparison of Symptoms

Cause Primary Symptoms

Congenital	Intense pelvic pain, painful ovulation, bowel discomfort, and painful intercourse (perineal involvement).
Parasitic	Menstrual difficulties, heavy bleeding, uterine problems, and infertility; perineal pain is less evident.

The Pathogen and Toxicological Connection

Hormonal disorders are frequently compounded by environmental pollutants and biological invaders that evade the immune system.

Parasites and Pathogens

- * Invader Tactics: Organisms like *Giardia lamblia*, *Gardnerella*, and various flukes can cause the body to enclose the ovary in a cyst to “shut off” the invasion. Once inside the cyst, pathogens are shielded from the immune system.
- * Leaky Gut: Parasites damage the intestinal wall, leading to leaky gut syndrome, which triggers inflammation and autoimmune responses.

Environmental Solvents and Pollutants

- * Chemical Triggers: Benzene, fluorocarbons, and solvents found in cosmetics, detergents, and industrial fumes (paraffin candles, window sprays, acetone) break open parasite eggs inside the body.
- * Xenoestrogens: Hormone mimics from plastics and polluted environments send incorrect signals to hormone receptors, transmuting between the “plant, animal, and plastic kingdoms.”

The Natural Protocol for Hormonal Balance

The primary goal of natural treatment is to “block, bind, and deflect” DHT while restoring insulin sensitivity and liver function.

Key Supplemental Strategies

- * DHT Inhibition:
 - * Agnus Castus (Chasteberry): Knocks DHT and testosterone off hormone receptors; useful for acne, moodiness, and facial hair.
 - * Saw Palmetto: Prevents DHT formation (caution advised for males to avoid blocking beneficial testosterone).
 - * Beta-sitosterol (Pumpkin Seeds): Binds and inactivates DHT.
- * Metabolic and Insulin Support:
 - * Zinc (30–60 mg): Essential for prostate health, skin clarity, and insulin resistance.
 - * Chromium & Cinnamon: Improve glucose uptake and insulin sensitivity.
- * Endocrine Support:
 - * Iodine (Lugol's): Deficiencies are a primary cause of ovarian cysts and thyroid imbalances.

OFFICIAL DISCLAIMER: All material provided is only information and may not be construed as medical advice. Only a doctor or an appropriate health practitioner is qualified to make a diagnosis and provide the necessary treatment and medications. Products discussed are not intended to diagnose, cure or prevent any form of disease.

SUBSCRIBE

www.naturefresh.co.za

Fresh Talk

FRESH

Talk with
NATURE FRESH

Natural Solutions to
Health Questions



- * B-Vitamins: Essential for the liver to break down excess estrogen.
- * Red Sweet Potato: Stimulates the natural release of progesterone.

Pathogen Elimination (“Nuke the Flukes”)

- * Vibrational Medicine: Using frequencies (Rife, Zapper) to destroy parasites.
 - * Herbal Remedies: Tinctures of Artemisia, olive leaf, walnut husk, and clove powder.
-

Dietary Interventions and Lifestyle

Diet is framed not as a matter of “prohibition” but as a tool to prevent metabolic disruption.

The Blood Group Diet and Gluten

- * Blood Type Specificity: Foods that are healthy for one blood type may act as “metabolic troublemakers” for another, inactivating thyroid hormones or causing inflammation.
- * Gluten Intolerance: Symptoms of gluten sensitivity overlap significantly with PCOS and infertility. Cases are cited where adopting a gluten-free diet caused ovarian cysts to disappear within months.
- * Autoimmune Avoidance: Eliminating trigger foods (e.g., soy for certain blood types) prevents the production of antibodies that can cause systemic inflammation.

Liver and Thyroid Synergy

The liver is the primary site for breaking down excess estrogen and testosterone. If the liver is congested (often due to benzene pollution or parasites), hormones are tipped back into the bloodstream, causing the pituitary gland to shut down further production. This creates a “self-inflicted” lack of hormones due to an original excess.

Maternal Health and Pregnancy Guidance

The first trimester is identified as a critical stage where maternal diet and gut health directly influence the offspring’s long-term health.

Preventing Developmental Disorders

- * Epigenetics: Improving maternal diet before pregnancy can alter gene expression for up to five generations, reducing the risk of autism, ADHD, and learning disabilities.
- * The Gut-Brain Link: Mothers with a “leaky gut” may pass brain-reactive antibodies to the fetus, which is linked to the development of autism.
- * Probiotics: Transferring beneficial bacteria during birth and breastfeeding establishes the baby’s immune system.

OFFICIAL DISCLAIMER: All material provided is only information and may not be construed as medical advice. Only a doctor or an appropriate health practitioner is qualified to make a diagnosis and provide the necessary treatment and medications. Products discussed are not intended to diagnose, cure or prevent any form of disease.

SUBSCRIBE

www.naturefresh.co.za

Fresh Talk

FRESH Talk

with

NATURE FRESH

Natural Solutions to Health Questions



Pregnancy Warnings

- * Herbs to Avoid: Parasite treatments containing Artemisia should be stopped during pregnancy as they may cause the womb to contract.
- * Hormone Monitoring: If natural remedies like Agnus Castus helped with conception, they should be continued under professional supervision to maintain progesterone levels and prevent pregnancy failure.

Nature Fresh Product Overview

Nature Fresh provides a range of products designed to support these protocols. Note that these are classified as food supplements and have not been evaluated by SAHPRA for efficacy or safety.

Personal Hygiene and Health Range

- * Intimate Cleansers: pH-balanced (3.5) products containing tea tree, rooibos, and 15 strains of probiotics (e.g., Lactobacillus, Bifidobacterium).
- * Personal Lubricants: Water-based, non-greasy gels with tea tree oil for managing dryness and minor infections.
- * Hormone Balancing Tinctures: Include Agnus Castus, Black Cohosh (S.E.R.M), and Sweet Potato.
- * Parasite and Pathogen Remedies: Include Olive Leaf Tincture, Parasite Remedy (200ml), and Artemisia Afra.

Corporate Responsibility and Ethics

The organization allocates its advertising budget to charitable causes, specifically Operation Smile, supporting surgeries for cleft lip and palate conditions. Products are formulated to be free from pesticides, harsh chemicals, parabens, and genetically modified ingredients.

OFFICIAL MEDICAL DISCLAIMER

BEFORE YOU BEGIN: A WORD OF CAUTION: This information is not intended as medical diagnosis or treatment. Please consult an appropriate health practitioner for advice if you have a medical problem, as we are not in a position to do so. We merely provide nutritional guidelines that you can learn to establish a suitable eating plan for good results.

It is your responsibility to let your doctor know if you wish to adjust your current medications. Please check up on any potential drug reactions and intolerance you may have to any of the herbs and spices and fresh fruit and vegetables. It is best to consult a health professional that can help you monitor your progress, should you need allergy testing, your blood group identified or advice on supplementation, herbal & homeopathic remedies or medications.

Official DISCLAIMER: This unregistered medicine has not been evaluated by the SAHPRA for its efficacy, quality, safety or intended use.

OFFICIAL DISCLAIMER: All material provided is only information and may not be construed as medical advice. Only a doctor or an appropriate health practitioner is qualified to make a diagnosis and provide the necessary treatment and medications. Products discussed are not intended to diagnose, cure or prevent any form of disease.

SUBSCRIBE

www.naturefresh.co.za

Fresh Talk

FRESH Talk

with

NATURE
FRESH

Natural Solutions to
Health Questions



Source References:

References & Recommended Resources:

Nature Fresh Health Products. "Disclaimer & Medical Safety Notice." Nature Fresh South Africa. Available at: <https://www.naturefresh.co.za/Page/Disclaimer>

Nature Fresh Health Products. "Hormonal Support, PCOS, and Endometriosis Protocols" (Article 323). Nature Fresh South Africa. Available at: <https://www.naturefresh.co.za/Article/323>

Nature Fresh Health Products. "Understanding the Female Cycle and Hormone Imbalances" (Article 318). Nature Fresh South Africa. Available at: <https://www.naturefresh.co.za/Article/318>

Nature Fresh Health Products. "Addressing Chronic Menstrual and Reproductive Health Issues" (Article 360). Nature Fresh South Africa. Available at: <https://www.naturefresh.co.za/Article/360>

Nature Fresh Health Products. "Natural Hormone Balancers & Botanical Precursors" (Articles 186, 233, & 235). Nature Fresh South Africa. Available at:

<https://www.naturefresh.co.za/Article/186>

<https://www.naturefresh.co.za/Article/233>

<https://www.naturefresh.co.za/Article/235>

Nature Fresh Health Products. "Hormonal Supplements & Product Directory." Nature Fresh South Africa Online Store. Available at:

<https://www.naturefresh.co.za/Ecommerce?id=8868>

<https://www.naturefresh.co.za/Ecommerce/12>

<https://www.naturefresh.co.za/Ecommerce/8>

OFFICIAL DISCLAIMER: All material provided is only information and may not be construed as medical advice. Only a doctor or an appropriate health practitioner is qualified to make a diagnosis and provide the necessary treatment and medications. Products discussed are not intended to diagnose, cure or prevent any form of disease.