

## ***Clearing up the Confusion on Phytoestrogens***

By Sarah Abernathy, CH

### References:

1. Markiewicz L., Garey J. Adlercreutz H., Gurfide E. (1993) In vitro bioassays of non-steroidal phytoestrogens Journal of *Steroid Biochemistry and Molecular Biology*. 45: 5: 399-405. Retrieved from:  
<http://phdtree.org//pdf/10177133-in-vitro-bioassays-of-non-steroidal-phytoestrogens/>
2. Hsieh C.Y., Santell R.C., Haslam S.Z., Helferich W.G. ( Sept. 1998) Estrogenic effects of genistein on the growth of estrogen receptor-positive human breast cancer (MCF-7) cells in vitro and in vivo. *Cancer Research*. 1 58:17 3833-8. Retrieved from:  
[www.ncbi.nlm.nih.gov/pubmed/9731492](http://www.ncbi.nlm.nih.gov/pubmed/9731492)
3. Rabat, M. (July 2002) Plant Estrogens: Natural Hope for Menopause Symptoms, *Vegetarian Times*.
4. Tilgner, S. *Phytoestrogens*. Retrieved from:  
<https://www.planetherbs.com/theory/phytoestrogens.html>
5. Nakaya M., Onda H., Sasaki K., Yukiyoshi A., Tachibana H., Yamada K. (2007 Jan) Effect of royal jelly on bisphenol A-induced proliferation of human breast cancer cells. *Bioscience, Biotechnology, Biochemistry*. 71(1):253-5. Retrieved from:  
<http://www.ncbi.nlm.nih.gov/pubmed/17213647>
6. Weed, S. *Menopausal Years, the Wise Woman Way*. Retrieved from:  
[http://www.susunweed.com/Article\\_Menopausal\\_Years.htm](http://www.susunweed.com/Article_Menopausal_Years.htm)
7. Setchell K.K.D., Gosselin S.S.J., Welsh M.M.B., Johnston J.J.O., Balistreri W.W.F., et al. (1987) Dietary estrogens - a probable cause of infertility and liver disease in captive cheetahs. *Gastroenterology*. 93:225–233. Retrieved from: <http://www.ncbi.nlm.nih.gov/pubmed/3297906>
8. Patisaul, H., Jefferson, W. (October 2010) The pros and cons phytoestrogens. *Frontiers in Neuroendocrinology*, 31(4): 400–419. Retrieved from:  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3074428/>
9. Okukpe, K.M., Adeloye, A.A., Belewu, M, Annongu, A.A. (May 2012) Investigation of Phytohormonal Potential of Some Selected Tropical Plants, *Research Journal of Medicinal Plant* 6(6):425-432. Retrieved from:  
[https://www.researchgate.net/publication/269471668\\_Investigation\\_of\\_Phytohormonal\\_Potential\\_of\\_Some\\_Selected\\_Tropical\\_Plants](https://www.researchgate.net/publication/269471668_Investigation_of_Phytohormonal_Potential_of_Some_Selected_Tropical_Plants)
10. Milligan S.R., Kalita J.C., Heyerick A., Rong H., De Cooman L., De Keukeleire D. (June 1999) Identification of a potent phytoestrogen in hops (*Humulus lupulus L.*) and beer. *The Journal of*

*Clinical Endocrinology and Metabolism.* 84(6):2249-52. Retrieved from:  
<http://www.ncbi.nlm.nih.gov/pubmed/10372741>

11. Wisniewski, A., Klein, S., Lakshmanan Y., Gearhart, J. (April 2003) Exposure to genistein during gestation and lactation demasculinizes the reproductive system in rats. *Journal of Urology*, 169:1582-1586. Retrieved from:  
<http://www.sciencedirect.com/science/article/pii/S0022534705638244>
12. Barron, J. Benefits of Soy and Soy Protein Dangers. Natural Health Newsletter 9/11/2012.  
Retrieved from: <http://jonbarron.org/article/benefits-dangers-soy-products#.Vyl7qj9mlvo>
13. Pick, M.. Phytotherapy: The Key To Hormonal Balance. Retrieved from:  
<https://www.womentowomen.com/hormonal-health/phytotherapy-the-key-to-hormonal-balance/>
14. Oerter K.K., Janfaza M., Wong J.A., Chang R.J.. (2003, Sept.) Estrogen bioactivity in fo-ti and other herbs used for their estrogen-like effects as determined by a recombinant cell bioassay. *The Journal of Clinical Endocrinology and Metabolism*;88(9):4077-9. Retrieved from:  
<http://www.ncbi.nlm.nih.gov/pubmed/12970265>
15. Sahelian, R., (2015, August) Fo-Ti herb and root health benefit, extract and supplement - Chinese herbal medicine used for hair health, does it help with hair growth? RaySahelian.com.  
Retrieved from: <http://www.raysahelian.com/fo-ti.html>
16. Kilgour, G., (2009) Fo ti root. Secrets of Longevity. Retrieved from:  
<http://www.secrets-of-longevity-in-humans.com/fo-ti-root.html>