



Talking To The Experts ~ Bonus Series ~ Episode 4  
Separating Fact from Fiction ~ Dr. Lindsey Berkson Interview  
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### Quotables

- “If you’re ill, you want to figure out how to get well!” – Dr. Lindsey Berkson
- “Your hormones act as a symphony. They can function together and dysfunction together.” – Dr. Lindsey Berkson
- “A lot of aging is reversible.” – Dr. Lindsey Berkson
- “The highest rates of death for women are heart disease, brain disease, and fractures. All of these are directly linked to a loss of our sex hormones.” – Pearl

### Introducing Dr. Lindsey Berkson- Introduced by Serene

Dr. Lindsey Berkson specializes in complex cases and high-risk hormonal patients... she knows how to connect the dots of cutting-edge research and has a large background of personal clinical experience with success in difficult cases to pull from. She is a leader with a robust clinical, academic, and scientific background (going back to the 1970s) and the author of 21 books including *Estrogen Vindicated*. She has a consultancy and practice that is known the world over.

### Dr. Berkson’s Personal Story

“I was a seeker as a young woman. Very early on, I was actively following the gurus of organic gardening and mindfulness. I went to India, became a yoga instructor, and embraced a lifestyle of forgiveness and natural detoxing. After I got a master’s in nutrition, I had a different garden for every season and raised goats, but all the while, I had cancer after cancer, and was ill many times over. *I was doing everything right but getting the wrong outcomes.*

I was so ill because every time I had another tumor, they would remove an organ or contiguous tissue and I was told by many doctors, ‘You just must suck it up. You’re never going to be healthy. That’s just how it is.’ However, through much research and writing one of the first books on endocrine disruption (from pollutants in our world), I started to meet a lot of the original researchers in that field. At that time, I worked with physicians and scientists who tapped into the nature of hormones and how they work (and discovered the first receptors by [Elwood Jensen](#) and [Jan-Ake Gustafsson](#)).

During this time, I was educated about endocrine disruption through tests and observations with rodents in the lab. The number one endocrine disruptor is *diethylstilbestrol* or DES (DES is 50x more powerful than our bodies' androgynous 17 beta-estradiol). But the issues these rodents were having were the same as what I had experienced (their mothers had ingested DES). I considered whether there were things that had affected my health while I was in utero—and as I looked over my mother's health records, it reflected that my mother had received an injection of *diethylstilbestrol* (multiple times over in the first trimester).

DES was later banned in 1971 as the most cancer-causing substance ever invented, but before that, it was put into prenatal vitamins (and that caused the female children of those mothers to be barren!). Therefore, I couldn't have children because my mother had DES injections! But they no longer teach about it in medical school... and none of my doctors had ever heard of DES! 38 million women were given DES, and none of our doctors knew about it and know much about it to this day. Added to that, the average young American woman has several hundred chemicals in her amniotic fluid.

I had many conversations and dug into why DES was causing issues in the offspring of those who had taken it... infertility, cancer, dysinsulinism—multiple issues. Well, Retha Newbold's research indicated that DES (and other endocrine disruptors) tamped down on the tumor suppressor gene "*P-53 tumor suppressor gene*." This *P-53 tumor suppressor gene* is the internal biological mechanism that can combat tumors and alert your body to fight back.

As I was discovering all of this, I was getting into med school, and I was also going irreversibly blind (from the DES). I also had many of my organs removed (I had a fair number of tumors, aside from being a breast cancer survivor, I'm minus a kidney, an adrenal gland, the thyroid, and my female reproductive organs). I discovered that there were more molecules (I call them the molecules of mass destruction) in DES offspring's bodies... and then I had to figure out what to do! A great deal of my scientific research has been to do exactly that – solving this puzzle. Most people who get cancer have a faulty cancer suppressor gene.

So, I sleuthed the peer-reviewed literature to learn how to *reboot the P-53 tumor suppressor gene*! And it turned out to be the final metabolite of estrogen called 2-Methoxyestradiol (2MeO). If you look at all the actions of 2MeO it looks like a perfect chemotherapy medication (and there has been some success proven by its use in this way). I went on my bioidentical formula for it! I partnered with my friend, [Dr. Jonathan Wright, who is known as the Father of Bioidentical Hormones](#), to get this formula. I have been on that bioidentical 2MeO for 20 years. I have put nearly 700 patients on it, but it's not yet FDA approved, so to get a pharmacist to fulfill it there is risk... but we have had great success combining it with some other things and in concert with both conventional (allopathic) and functional medical care. And 2MeO is helpful for both men and women.

Additionally, I have been on regular bio-identical hormones for many years. These hormones (not synthetic) protect against cancer (even though they've been thought to cause it!). Every time I see my breast cancer doctor, my doctor always says, 'You look better than any other cancer survivor I've ever helped but we must get you off those hormones!' Because that's their mantra. "**BE AFRAID OF HORMONES!**"

## Estrogen Q&A with Dr. Lindsey (And Pearl & Serene!)

**Can you walk us through the history of Estrogen therapy before the Women's Health Institute (WHI) study? Estrogen was a common menopausal therapy and then came the WHI study. Now where are we? – Pearl**

- Before tamoxifen was introduced, estradiol was used to treat metastatic breast cancer. But nobody remembers that... you get deer in the headlights from doctors if you mention it because nobody learns about it in med school anymore.
- The reason, back then, that we learned about hormones was Dr. Katharina Dalton. In the 1940s and 1950s, she pioneered the use of progesterone by helping women who had severe hormonal imbalances. Europe has primarily followed suit and has not been affected as much by Big Pharma and litigious action.
- In the 50s and 60s, estrogen was big in Britain, and in the USA the molecules were altered (so it could be patented) and instead of using estradiol (which is bioidentical), we started using horse estrogen (conjugated equine estrogen or Premarin) which would be swallowed (while In Europe, the estradiol is applied topically). In the USA Prempro and Premarin were the most widely sold drugs until 2002. 18-20 million women in America used them. Clinically, women were positively affected by these. But in the early 2000s, they held the Women's Health Institute (WHI), which has been an absolute debacle. They stopped the two-pronged randomized trial (long before it should have) because the estrogen-only arm never showed an increased risk of breast cancer (ever!). Dr. Leon Speroff, the father of gynecology, [has stated repeatedly that hormones make women better!](#)
- In 2019 they did a reanalysis of the WHI. It was affirmed that what caused the higher breast cancer and stroke rates in some of the study participants was the inclusion of synthetic progesterone. The reanalysis clearly showed that estrogen did protect against breast cancer in the WHI study. See Study- [Could Perimenopausal Estrogen Prevent Breast Cancer?](#)
- Women on estrogen have less breast cancer. And they die from it less when they're on it. Estrogen is breast-protective. The authors of the original WHI study now say if a woman has been on estrogen, for an average of 5 years, she reduces her risk of getting breast cancer in the first place by 23%, if she gets breast cancer, then she reduces her risk of dying by 44%. Nothing has ever been that breast-protective. The number of articles published in peer-reviewed journals to argue against the idea that estrogen causes cancer continues to mount. Why are we teaching myths like this in medical schools? They're asking them to recommend expensive drugs. How did this travesty even occur?
- In Europe, they offer women free hormones for life, because it costs more to not give them hormones!
- Your hormones act as a symphony. They can function together and dysfunction together.

### **Is the destruction of the brain in late perimenopause due to hormones being severely depleted? – Serene**

- If you don't yet have Alzheimer's or dementia, the degeneration of the brain is reversible! Studies have shown that the hippocampus can be revived. The hippocampus is the center of a lot of the key components of what makes us human in our mental development. The hippocampus begins shrinking before Alzheimer's. Often, those that are elderly lose their mental acuity, it is due to the shrinking of the hippocampus. But we now know that with estrogen for women and testosterone for men, the hippocampus can be re-volumized. A lot of aging is reversible.
- Check out my books [Sexy Brain](#) and [Safe Hormones, Smart Women](#).
- Most women at 75 years of age begin to lose their mental acuity, but I've been on hormones for 3 decades, and it has been a godsend for my overall health.
- The scientist who has proven this the most is Dale Bredesen. See: [Reversing Cognitive Decline](#) and [The End of Alzheimer's Program](#)

### **What changes occur to our hearts when we go through menopause? What is the protection that estradiol gives us? – Pearl**

- The basic cell of the heart is called the *cardiomyocyte*, and estradiol protects the mitochondria which have higher executive function over the cardiomyocyte. Estrogen protects it... it rules the health of the heart. This is true for men and women. The reserve is true for men— men on testosterone die less from prostate cancer.
- We know that estrogen protects against heart disease because premenopausal women have much less heart disease. But as soon as a woman loses hormones, her heart disease risks increase.

### **What happens when we lose estrogen and gain weight around our waist? Do you think using estrogen can preserve or prevent it? – Pearl**

- When you have unoccupied hormone receptors you have more inflammation. The inflammatory molecules, called cytokines, deposit more fat in your middle. Bigger bellies worsen your outcome for cognition.
- Read my article: [Bigger Belly Smaller Brain](#).
- The other factor is the elevation of follicle-stimulating hormone (FSH). FSH causes brain fog, a wider waist, and bone loss. Lowering the FSH is driven by estrogen and testosterone optimization for both men and women.

## Who can women trust for their hormone optimization if they've had breast cancer?

- Dr. Brownstein, Dr. Rosensweet, and I all have a track record of prescribing estrogen for these kinds of patients. But, only with the blessing of their oncologists.
- My e-book, [Hormones for Breast Cancer Survivors](#) is for patients to give to their doctors so that they can get educated. Most doctors and oncologists aren't taught about the benefits of hormones in medical school.
- 26 studies over the last 3 decades have demonstrated that on estrogen, breast cancer survivors don't have a higher rate of recurrence, they don't die more, and in all of them, the women have a higher quality of life. Why are we doing all these studies if MDs don't have access to them?

## Dr. Berkson on Synthetic Estrogen for Birth Control

In the United States, we promote birth control pills. There are 30 million women worldwide on birth control pills, and it's the number one reason that younger women are getting breast cancer. There is a statistically significant increased risk of breast cancer for those who ingest birth control pills because they're synthetic estrogen, and they're swallowed (this affects how the hormone is metabolized). Additionally, studies confirm that the risk continues for 5 years after you are off birth control. We lack studies to clarify what the duration of that risk is!

I specialize in breast cancer, and most of my patients have been taking birth control pills for a very long time. Why is medicine promoting birth control pills, while, at the same, denying hormone replacement for aging women? There is something very wrong with this picture.

## Does 2MeO Work for Blood Cancer or just tumor cancers? -Serene

- **Dr. Berkson:** I recently investigated the literature on this topic regarding 2MeO. Looking at the *in vitro* studies (not on humans), in the lab, there's no adverse effect, it synergizes with radiation and chemo, it's not contraindicated, and the bioidentical doesn't make you nauseous (like the patentable altered form does). There is a doctor in Sarasota who I have been working with to try to supply this.
- 2MeO is also prophylactic— I have been on it prophylactically.

**NOTE:** "Dr. Berkson works with medical teams, and she does not prescribe independently. 2MEO is not FDA approved."

## Deeper Study

Dr. Lindsey Berkson's Website - [www.drlindseyberkson.com](http://www.drlindseyberkson.com) and [Dr. Lindsey Berkson's Membership](#)

## Books by Dr. Berkson

- [“Estrogen Vindicated”](#)
- [“Sexy Brain”](#)
- [“Safe Hormones, Smart Women”](#)

## Articles, Books & Studies Mentioned

Article: [Bigger Belly, Smaller Brain](#)

Article: [Dr. Leon Speroff, the Father of Gynecology, on the Limitations of the WHI](#)

Article: [Dr. Frederick Naftolin on Benefits of Estrogen](#)

Book: [The End of Alzheimer's Program](#)

Book: [Testosterone for Life](#)

Book: [The XX Brain](#)

Study: [Therapeutic Promises of 2MeO](#)

Study: [Estrogen HRT Prevents Cancer](#)

Study: [Reversing Cognitive Decline.](#)

Study: [Mindfulness, Education, and Exercise for Age-Related Cognitive Decline \(MEDEX\)](#)

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