

(3-8-15)

## ESTROGENIC EPEDEMIC!

**TEXT: Song of Solomon 7:8** I said, **I will go up to the palm tree**, I will take hold of the boughs thereof...

11 Come, my beloved, let us go forth into the field...

12 Let us **get up early to the vineyards**; let us see if the vine flourish, whether the tender grape appear, and the pomegranates bud forth: there will I give thee my loves.

13 The mandrakes give a smell, and at our gates are all manner of pleasant fruits, new and old, which I have laid up for thee, O my beloved.



**Joshua 14:11** As yet I am as strong this day as I was in the day that Moses sent me: as my strength was then, even so is my strength now, for war...

*"Declining testosterone levels in men not part of normal aging, study finds...A new study finds that a drop in testosterone levels over time is more likely to result from a man's behavioral and health changes than by aging...'Declining testosterone levels are not an inevitable part of the aging process, as many people think,' said study co-author Gary Wittert, MD, professor of medicine at the University of Adelaide in Adelaide, Australia..."*

(Eurekalert.org, Jun. 23, 2012, The Endocrine Society)

**Acts 20:13** And we went before to ship, and sailed unto Assos, there intending to take in Paul: for so had he appointed, **minding himself to go afoot.**

"....although he had passed the night without sleep, and though Assos was of difficult and dangerous access by land [20 miles]."

(Wesley)

Jesus tells us that if we are compelled (by authorities) to go a mile, we should go twain!  
(The idea is to help carry something!).

"You have probably noticed that roles for men and women are quite a bit different than they were in 1953. Had you noticed, though, that men's bodies are changing to match the new roles? Testosterone levels in men are falling, and very quickly - about 12 percent every decade. It's been going on since at least the 1940s, and the effect is adding up. In the *Journal of Clinical Endocrinology and Metabolism* (92:196-202), Thomas G. Travison and co-authors found that blood testosterone levels for a group of Massachusetts men had fallen by a shocking 17 percent in just 15 years...Studies indicate that men's testosterone levels have declined by about 50 percent since the 1950s...Many studies suggest that testosterone doesn't have to decline for men who stay in shape and live robust lifestyles...We have all known the 65-year-old veteran who looks and acts 30 years younger..."

<http://www.northwestmilitary.com/news/rocket-science/2013/08/testosterone-levels-are-dropping/>)

"*Testosterone Levels in Men Decline Over Past Two Decades, Study Shows...*"  
(<https://www.endocrine.org>)

"...a 65-year-old in 2002 had lower testosterone levels than a 65-year-old in 1987."  
(<http://www.ourstolenfuture.org>)

"*Male obesity linked to low testosterone levels, study shows...*"  
(University at Buffalo, [http://www.eurekalert.org/pub\\_releases/2010-05/uab-mol050310.php](http://www.eurekalert.org/pub_releases/2010-05/uab-mol050310.php))

"*Overweight men can boost low testosterone levels by losing weight...*"  
(The Endocrine Society, Jun-2012)

"*How plastic food containers could be making you fat, infertile and sick...*We've known for decades that BPA has estrogenic activity...[associated with] diabetes, ADHD, heart disease, infertility and cancer...There is now significant evidence suggesting that even low levels...can cause harm..."  
(<http://chriskresser.com>)

"*Reduced testosterone tied to endocrine-disrupting chemical exposure...*published in the Endocrine Society's *Journal of Clinical Endocrinology & Metabolism (JCEM)*...In the last 50 years, research has identified a trend of declining testosterone in men and a rise in related health conditions..."  
([http://www.eurekalert.org/pub\\_releases/2014-08/tes-rtt081314.php](http://www.eurekalert.org/pub_releases/2014-08/tes-rtt081314.php))

-In *Nature*, 1936, BPA's estrogenic response was noted.

"*Chemical in BPA-Free Products Linked to Irregular Heartbeats - New ingredient in plastic bottles, receipts has same effect on lab animals as the old chemical does...* Previous research, he said, found that BPS stimulates human breast cancer cells at a slightly higher dose than BPA does."  
(*National Geographic*, Feb. 15, 2015)

"*Bisphenol A at extremely low levels causes changes in brain structure and behavior in rats.* The locus coeruleus is believed to be a key brain center for anxiety and fear. Normally this is larger in females than in males. Rats exposed to BPA at levels beneath the current 'safe' exposure level established by the US EPA show a reversal in sex dimorphism, with males' LC larger than females.' . Kubo, K, O Arai, M Omura, R Wantanabe, R Ogata, and S Aou. 2003..."  
(*Neuroscience Research*, 45: 345-356)

**Jeremiah 50:37**...and they shall become as women...

"...Kubo *et al.* found that exposure to BPA *reversed* the sex differences in the size of the LC area of the brain...suggesting that BPA caused both **demasculinization** of males and **defeminization** of females)..."  
<http://www.ourstolenfuture.org/NewScience/oncompounds/bisphenola/2003/2003-0411kuboetal.htm>

**Isaiah 3:12** As for my people, children are their oppressors, and women rule over them. O my people, they which lead thee cause thee to err, and destroy the way of thy paths.

"Hunt's unnerving discovery, in 1998, led her to speak out on the possible human health threats of BPA; she and **Frederick vom Saal**, a biologist at the University of Missouri–Columbia, have become prominent scientists sounding the alarm...bisphenol A came into use as a synthetic estrogen in the 1930s...In recent years dozens of scientists around the globe have linked BPA to myriad health effects in rodents: **mammary and prostate cancer...defects in males, early onset of puberty in females, obesity and even behavior problems such as attention-deficit hyperactivity disorder**...Last year she co-authored a paper in *PLoS Genetics* that, she says, makes her original discovery look like 'child's play'...'With that one exposure,' Hunt says, 'we're actually affecting three generations simultaneously'...**Along with 36 other researchers, led by vom Saal, the group analyzed hundreds of government-funded studies and found that 90 percent had concluded BPA was a health risk.** It was the dozen or so industry-funded studies,

vom Saal says, that failed to replicate other BPA research...These experiments yield bodily concentrations of BPA in ranges of parts per million, but some recent studies have even found that when BPA interacts with hormone receptors on cell membranes, **concentrations of one part per trillion** can stimulate physiological responses. That means basically any exposure to BPA could have consequences, an alarming conclusion, considering that in 2004 the Centers for Disease Control and Prevention found unmetabolized BPA in the urine of 93 percent of more than 2,500 human subjects...**She is now working on a paper about how diet can alter responses to the chemical.**" ([www.scientificamerican.com/article/just-how-harmful-are-bisphenol-a-plastics/](http://www.scientificamerican.com/article/just-how-harmful-are-bisphenol-a-plastics/))

"...even from **unheated plastic** there is a significant increase in chemicals, such as BPA, that occurs when students were tested before and after drinking water from Nalgene BPA-containing bottles."  
(Personal E-mail from Dr. Frederick vom Saal)

"*Most men with borderline testosterone levels may have depression...*"  
(The Endocrine Society, Public Release: 6-Mar-2015)

"Testosterone does not induce aggression..."  
([http://www.eurekalert.org/pub\\_releases/2009-12/uoz-tdn120709.php](http://www.eurekalert.org/pub_releases/2009-12/uoz-tdn120709.php))

**Numbers 11:5** We remember the fish, which we did eat in Egypt freely; the cucumbers, and the melons, and the leeks, and the onions, and the garlick:

Phytoestrogen content:

Flax seed 379380  
Soy beans 103920  
Garlic 603.6  
Dried dates 329.5  
Olive oil 180.7  
Onion 32

**2 Timothy 4:2** Preach the word; be instant in season, out of season; reprove, rebuke, exhort with all longsuffering and doctrine.

3 For the time will come when they will not endure sound doctrine...

5 But watch thou in all things, endure afflictions...

7 I have fought a good fight, I have finished my course, I have kept the faith:

**Hebrews 11:33** Who **through faith** subdued kingdoms, wrought righteousness, obtained promises, stopped the mouths of lions,

34 Quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, waxed valiant in fight, turned to flight the armies of the aliens.

35 Women received their dead raised to life again: and others were tortured, not accepting deliverance; that they might obtain a better resurrection:

**Matthew 13:31** Another parable put he forth unto them, saying, **The kingdom of heaven is like to a grain of mustard seed**, which a man took, and sowed in his field:

**Matthew 17:20** And Jesus said unto them, Because of your unbelief: for verily I say unto you, **If ye have faith as a grain of mustard seed**, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.

"Eat cruciferous vegetables..."

-Mustard, horseradish, kale, collard greens, cabbage, broccoli, cauliflower, turnip root, turnip greens rutabaga, mustard greens, radish, wasabi, etc.

-According to a study at Oxford Brookes University, adding 20g of mustard into a meal can increase your metabolism by 20%.

"One of the best ways to block estrogen is by eating cruciferous vegetables. This type of food has a high level of phytochemicals and works to block estrogen production..."  
(healthline.com)

*"Lift weights, eat mustard, build muscles?..."* If you want to lean out, add muscle and get ripped, new research suggests to look to your garden for help. Scientists have found that when a specific plant steroid was ingested by rats, it triggered a response similar to anabolic steroids with minimal side effects. The stimulatory effect of homobrassicinolide on protein synthesis in muscle cells led to increases in lean body mass, muscle mass, and physical performance..."

<http://www.sciencedaily.com/releases/2011/09/110929103216.htm>, Federation of American Societies for Experimental Biology, 2011)

-Malaysian ginseng - longjack...

"The root contains compounds that have repeatedly been shown in animal studies to stimulate [desire], promote [male fertility], and even support muscle growth. These effects have largely been attributed to increases in testosterone..."

In the order of Sapindales.

"The most abundant molecules found in the frankincense resin are boswellic acids...**Boswellic acid has a structure not dissimilar from some hormones (e.g.**

**testosterone..."**

"The key active ingredient in frankincense, boswellic acid, meanwhile, 'has a structure not dissimilar from some hormones like testosterone."

<http://www.smithsonianmag.com/smart-news/chemically-theres-lot-more-frankincense-and-myrrh-meets-eye-180953727/?no-ist>

"Effect of Frankincense (*Boswellia thurifera*) on Reproductive System in Adult Male Rat.....a significant increase in testosterone..."

([http://www.researchgate.net/publication/253745610\\_Effect\\_of\\_Frankincense\\_\(Boswellia\\_thurifera\)\\_on\\_Reproductive\\_System\\_in\\_Adult\\_Male\\_Rat](http://www.researchgate.net/publication/253745610_Effect_of_Frankincense_(Boswellia_thurifera)_on_Reproductive_System_in_Adult_Male_Rat))

**Song of Solomon 3:6** Who is this that **cometh out of the wilderness** like pillars of smoke, perfumed **with myrrh and frankincense**, with all powders of the merchant?

**Song of Solomon 4:6** **Until the day break**, and the shadows flee away, **I will get me to the mountain of myrrh, and to the hill of frankincense.**

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