

Clinical Pearls HOT SHEET

..... July 2020



Estrogen dominance can be a common occurrence in women as they transition through peri-menopause. Estrogen levels can fluctuate erratically while progesterone makes a steady decline. Balancing estrogen with natural progesterone can certainly help with symptoms of estrogen dominance, however, it is also crucial to support healthy estrogen metabolism and clearance by increasing dietary fiber, supporting liver metabolism of hormones, and maintaining regular elimination. The bowel and liver play crucial roles in healthy hormones metabolism.



When attempting to collect a urine sample in a small child a simple method that often works is as follows: 1) have parent stand child up in bathtub first thing in the morning with their bottoms, e.g. underwear, pajamas removed; 2) run warm water over their feet (this will often trigger immediate urination); 3) hold urine collection cup under groin.



If working with any individual with Autism, it's important to remember that digestive system issues, e.g. constipation, bloating, maldigestion are significant co-morbid problems. Always investigate the possibility of constipation being a causative or contributing factor in behavioral issues such as irritability, aggression, and self-injury.



The Organic Acids Test (OAT) is an important laboratory assessment for metabolic disorders. There are many types of OAT's on the market for doctors to choose from. When evaluating an OAT, it is important to keep in mind that bacterial toxins such as 4-cresol and HPPHA, both produced by various intestinal clostridia bacteria, can negatively affect other test markers such as neurotransmitter metabolites. Therefore, any OAT should have a robust section for clostridia bacteria organic acids.



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