



BRIEF OVERVIEW

Diindolylmethane (or DIM) is a plant indole, which is a plant compound used for its potential health promoting properties. DIM is found in cruciferous plants such as broccoli, brussels sprouts, cauliflower and cabbage. Chewing raw or slightly cooked cruciferous vegetable activates plant enzymes, which allows DIM to enter the body.

In order to realize the benefits of DIM, you would need to consume large quantities of raw vegetables every day, up to seven pounds! To address this challenge, natural, absorbable forms of pure DIM with special absorption-enhancing formulas have been developed as dietary supplements.



OPTIMIZE THE METABOLISM OF ESTROGEN AND TESTOSTERONE WITH DIM

Both women and men may benefit from DIM due to its ability to help metabolize estrogen more efficiently and free testosterone of binding agents in the blood.

This can help improve hormonal balance, which contributes to a number of physical, sexual and mental health benefits.

DIM SUPPLEMENTS MAY BE PRESCRIBED TO:

- Decrease body fat
- Reignite sex drive
- Alleviate premenstrual and menopausal symptoms
- Promotes breast, uterine, cervical and prostate health
- Enhance bio-identical hormone replacement pellet therapy
- Deter estrogen-sensitive cancers



Diindolylmethane (DIM)

PATIENT EDUCATION SHEET

HOW DOES DIM AFFECT ESTROGEN?

DIM supports the efficient metabolism of estrogen. Supplementing your diet with DIM and cruciferous vegetables enhances the opportunity for estrogen to be broken down into its beneficial, or "good" estrogen metabolites- or 2-hydroxy estrogens.

Many of the benefits that are attributed to estrogen, which include its ability to protect the heart and brain with its antioxidant activity, are now known to come from these "good" metabolites.

At the same time, DIM helps reduce "bad" estrogen metabolites, such as the 16-hydrogen metabolites, which may cause cancer. Obesity and manmade chemicals can increase other "bad" estrogen metabolites, which may lead to weight gain, breast cancer and uterine cancer.

In addition, when estrogen isn't metabolized efficiently, elevated levels of unmetabolized active estrogen – or estradiol – can lead to health issues for men (loss of sex drive) and women (moodiness and breast pain).

HOW DOES DIM AFFECT TESTOSTERONE?

Sex hormone binding globulin (SHBG) is a protein in the blood that binds up free testosterone. When a man or woman takes DIM, it releases free testosterone into the blood and causes the SHBG to hold on to the "bad" estrogen metabolites.

By promoting a healthy estrogen metabolism, DIM returns the balance of estradiol to its "good" metabolites. This also helps optimize how testosterone performs in the body.

When properly balanced, testosterone supports energy and mood and can help sustain sex drive in both men and women. When supplemental DIM is taken along with a program of regular exercise, it can work together with estrogen and testosterone to promote good physical conditioning.

CONTACT US TO LEARN MORE ABOUT HOW DIM CAN IMPROVE YOUR HEALTH. To find out if you're a good candidate for DIM, give us a call or visit our website to schedule a confidential consultation.