



DIM (Di-indolylmethane)

Advanced Nanosphere Technology™
120 mL/4 oz. NPN 80053297

Matrix Nutritional Series Promotes Healthy Estrogen Levels, Women/Men

Matrix Nutritional Series was designed as an eclectic offering for the Physica Energetics line of remedies primarily to assist in the “reactivation of the mesenchyme” (Dr. Reinhold Voll), via the nutritional complement pathways. These pathways are present in every system throughout the body and require balanced attention. In keeping with the principles of BioEnergetic Medicine, the remedies nourish and support these systems without punishing them with overstimulation or imbalancing factors, which, ultimately, is counterproductive. This approach has been carefully and respectfully designed to provide the necessary natural (organic where available), synergistic factors in proper energetic and biochemical ratios, to ensure assistance towards yielding a deep and lasting result. They are not to be confused with replacement therapy nutraceuticals that may seem to help for the moment, until the patient stops taking them or the condition is driven deeper. These remedies honour The Legacy of BioEnergetic Medicine, and are known by both patient and practitioner to be exceptionally effective.

Patient Reference

Diindolylmethane (DIM) is a phytonutrient and plant indole found in cruciferous vegetables including broccoli, brussel sprouts, cabbage, cauliflower and kale, with potential anti-androgenic and anti-neoplastic activities. DIM provides beneficial estrogen metabolism in both sexes by **reducing the levels of 16-alpha hydroxyestrone metabolites** and **increasing the formation of 2-hydroxyesterone metabolites**, resulting in increased antioxidant activity and the inducing of **apoptosis** in vitro tumor cells.

A wealth of recent studies have documented diindolylmethane (DIM) as one of the most effective phytonutrients in the prophylactic support of **breast, prostate, colon and pancreatic** cancers.

Indole-3-carbinol (I3C) vs DIM

I3C, the natural precursor to diindolylmethane found in cruciferous vegetables have been available as a supplement and documented as safe. However, since I3C is highly unstable, its long term use as a dietary supplement is of questionable value. **I3C has been shown to be an inactive precursor to indole until it is converted to DIM by stomach acid. This process is inefficient and may be ineffective in those with lower levels of gastric acid production which unfortunately is the majority of people.** Furthermore, I3C requires careful storage, avoiding heat, moisture and light to slow its rapid breakdown on the shelf. I3C is more irritating to the stomach than diindolylmethane, due to its chemical reactivity. I3C is also much more prone to interaction with components of food (especially vitamin condensation) products. Conversion from I3C into diindolylmethane not only requires precise acidity, it requires time; often more time than most foods typically spend in the intestinal tract.

Diindolylmethane (DIM) is **clearly the phytonutrient of choice, clinically activated in a liposome matrix as it by-**

passes the “liver first pass” and digestive tract directly (ionic ligand) targeting estrogen metabolism.

Researchers have discovered that the metabolism and growth promoting activity of estrogen is modified by the intake of milligram amounts of dietary indoles from cruciferous vegetables. DIM is formed from its precursor indole, Indole-3-carbinol (I3C), after the enzymatic release of I3C from parent glucosinolates found in all cruciferous vegetables. DIM is unique among all phytonutritionals with regard to its ability to **favorably modify estrogen metabolism** in the direction of **greater 2-hydroxyesterone production.**

Research suggests that a **low level** of the **2-hydroxyestrogen metabolites (2-OHE)** and a **high level** of **16 alpha-hydroxyestrone (16 alpha-OHE1)** is associated with an enhanced risk of breast cancer. **DIM increases 2-hydroxyestrone** thereby **improving the 2/16 hydroxyestrone ratio**, making it protective for women (and men) at high risk for this condition. **Improper metabolism of estrogen allows for oxidation, damage to DNA and cancer promotion.**

It has been established that DIM also **reduces** the availability of **4-androstenedione for aromatization to estrone** concluding that DIM is more potent than I3C at **protecting against mammary carcinoma** due to **decreased formation of 16 alpha-hydroxyestrone from estrone** (the more dangerous form of estrogen).

Epidemiology shows a **high prevalence of estrogen related disease**, especially breast cancer, in societies consuming a diet low in total vegetable content; high pesticide spraying; geopathic stress proximity; high levels of mercury/other metals; drinking city water; xeno-estrogen containing foods, pharmaceuticals, skin care products; environmental pollution, etc.

Two teaspoons contain:

Di-indolylmethane 100 mg (100% pure DIM concentrate)
Liposome greatly increases absorption and assimilation @5x

Mix with saliva for 20 seconds, then swallow.
Non-GMO Sunflower lecithin

