

## **Estrogen ... Not Just for Women Anymore!**

You know that raging jealous husband down the road who yells at his neighbors, slams doors, and glares at anyone who dares come near his neatly manicured lawn ... or his neatly manicured wife?

Well at first glance his behavior might appear to be an obvious case of "testosterone poisoning". You know "testosterone"; that's the hormone that is considered to make men traditionally "masculine": muscular, hairy, and aggressive.

Well guess what? Your knuckle-dragging neighbor may not be carrying the baggage of oversized testicles and excess "male" testosterone levels after all!

Current scientific research suggests that an unexpected hormonal trigger might have initiated his unruly behavior: Estrogen. Yes, you heard right, the "female" hormone known as estrogen! For lack of a better term we might just call it "estrogen poisoning"!

Researchers at UCSF and Fujita University have recently located a mechanism by which the male hormone testosterone, normally associated with aggression in males, is converted to estrogen in their brains. This increase in estrogen has been clearly correlated to increased territorial behavior ... at least in mice.

So... how exactly does testosterone become converted into a "female" hormone in the brain of a healthy functioning male? It turns out that the enzyme called aromatase synthesizes testosterone in the male brain and turns it into estrogen. Not only that, this processing of testosterone into estrogen activates the male brain circuits that control territorial behavior.

Researcher Melody Wu spent five years studying this process in mice and discovered that the testosterone was creating territorial aggression but not in the way one might think. Rather than acting on the testosterone receptors in the brain; the testosterone was being turned into estrogen by aromatase. And it is this estrogen, in turn, that is triggering territorial aggression.

Some questions also arise.

Could this estrogen link in females also be involved in pre-menstrual syndrome, in which estrogen levels are higher relative to progesterone? The female mice in this study that were given estrogen mated with the males less often and even chased them away. They even attacked them.

And contrary to what one might think when soldiers receive intense Special Forces training their testosterone levels often fall below that of women. In spite of the fact that aromatase turns testosterone in to estrogen, could their relative lack of testosterone somehow increase their territorial behavior?

## References

Shah N, Wu M. University of California - San Francisco (2009, October 2). Estrogen Link In Male Aggression

[http://www.training.sfahq.com/article\\_ptsd\\_research.htm](http://www.training.sfahq.com/article_ptsd_research.htm)

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How to Worship the Goddess and Keep Your Balls: A Man's Guide to Sacred Sex ... excerpts from the book: [http://www.davidbruceleonard.com/ROL\\_worshipthegoddess.html](http://www.davidbruceleonard.com/ROL_worshipthegoddess.html)