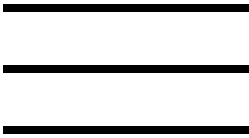


Véronique Bourbeau, ND.A., Herb. clin.
D^{re} Lyne Desautels



Références

Ma Santé
Mes hormones

Comprendre votre santé hormonale
pour mieux agir au quotidien

ēdito

INTRODUCTION

Berna, F., Lecardeur, L., Verneuil, L., Nizard, J. et Evrard, R. (2023). « Il est urgent de contrer le développement de la médecine intégrative et de sauver la vraie médecine ». Analyse critique de dix arguments rationalistes sceptiques. *Annales médico-psychologiques*, 182(4), 332-339. <https://doi.org/10.1016/j.amp.2023.07.003>

Levesque, C. et Blain, S. (2019). *La santé intégrative en bref*. Consultation Québec.

https://consultation.quebec.ca/uploads/decidim/attachment/file/49/SANTÉ_INTEGRATIVE.révisé_septembre2019.pdf

Ma santé, mes hormones. (s. d.). *Module Initiation. Vers une approche intégrative de la santé*. <https://www.masante-meshormones.com/modules-initiation> (Module de formation payant)

Moisan, M. (2015). *Réunir, pour mieux soigner !... et pour mieux se soigner !* Éditions Dakyil.

Rakel, D. et Minichiello, V. (2023). *Integrative Medicine* (5e éd.). Elsevier Canada.

CHAPITRE 1 : LES HORMONES ET LA SANTÉ

Estrogène et cerveau

Brinton, R. D. (2009). Estrogen-induced plasticity from cells to circuits: predictions for cognitive function. *Trends in Pharmacological Sciences*, 30(4), 212-222. <https://doi.org/10.1016/j.tips.2008.12.006>

Mosconi, L. (2024). *The menopause brain : New science empowers women to navigate the pivotal transition with knowledge and confidence*. Avery.

Sato, K., Takayama, K.-I. et Inoue, S. (2023). Expression and function of estrogen receptors and estrogen-related receptors in the brain and their association with Alzheimer's disease. *Frontiers in Endocrinology*, 14, 1220150. <https://doi.org/10.3389/fendo.2023.1220150>

Perturbations hormonales de nature environnementale

Crain, D. A., Janssen, S. J., Edwards, T. M., Heindel, J., Ho, S.-M., Hunt, P., Iguchi, T., Juul, A., McLachlan, J. A., Schwartz, J., Skakkebaek, N., Soto, A. M., Swan, S., Walker, C., Woodruff, T. K., Woodruff, T. J., Giudice, L. C. et Guillette, L. J., Jr. (2008). Female reproductive disorders: the roles of endocrine-disrupting compounds and developmental timing. *Fertility and Sterility*, 90(4), 911-940. <https://doi.org/10.1016/j.fertnstert.2008.08.067>

Ma santé, mes hormones. (s. d.). *Module Guide pratique. La gyn-écologie: une affaire environnementale*. <https://www.masantemeshormones.com/modules-guide-pratique> (Module de formation payant)

Wang, X., Ha, D., Yoshitake, R., Chan, Y. S., Sadava, D. et Chen, S. (2021). Exploring the biological activity and mechanism of xenoestrogens and phytoestrogens in cancers: emerging methods and concepts. *International Journal of Molecular Sciences*, 22(16), 8798. <https://doi.org/10.3390/ijms22168798>

Bisphenol A

ANSES. (2011, septembre). *Rapports « Effets sanitaires du bisphénol A » et « Connaissances relatives aux usages du bisphénol A »*. <https://www.anses.fr/system/files/CHIM-Ra-BisphenolA.pdf>

Hiroi, H., Tsutsumi, O., Momoeda, M., Takai, Y., Osuga, Y. et Taketani, Y. (1999). Differential interactions of bisphenol A and 17beta-estradiol with estrogen receptor alpha (ERalpha) and ERbeta. *Endocrine Journal*, 46(6), 773-778. <https://doi.org/10.1507/endocrj.46.773>

Kurosawa, T., Hiroi, H., Tsutsumi, O., Ishikawa, T., Osuga, Y., Fujiwara, T., Inoue, S., Muramatsu, M., Momoeda, M. et Taketani, Y. (2002). The activity of bisphenol A depends on both the estrogen receptor subtype and the cell type. *Endocrine Journal*, 49(4), 465-471. <https://doi.org/10.1507/endocrj.49.465>

Lang, I. A., Galloway, T. S., Scarlett, A., Henley, W. E., Depledge, M., Wallace, R. B. et Melzer, D. (2008). Association of urinary bisphenol A concentration with medical disorders and laboratory abnormalities in adults. *JAMA*, 300(11), 1303-1310. <https://doi.org/10.1001/jama.300.11.1303>

Maffini, M. V., Rubin, B. S., Sonnenschein, C. et Soto, A. M. (2006). Endocrine disruptors and reproductive health: the case of bisphenol A. *Molecular and Cellular Endocrinology*, 254-255, 179-186. <https://doi.org/10.1016/j.mce.2006.04.033>

Melzer, D., Rice, N. E., Lewis, C., Henley, W. E. et Galloway, T. S. (2010). Association of urinary bisphenol A concentration with heart disease: evidence from NHANES 2003/06. *PLoS One*, 5(1), e8673. <https://doi.org/10.1371/journal.pone.0008673>

Ning, G., Bi, Y., Wang, T., Xu, M., Xu, Y., Huang, Y., Li, M., Li, X., Wang, W., Chen, Y., Wu, Y., Hou, J., Song, A., Liu, Y. et Lai, S. (2011). Relationship of urinary bisphenol A concentration to risk for prevalent type 2 diabetes in chinese adults: a cross-sectional analysis. *Annals of Internal Medicine*, 155(6), 368-374. <https://doi.org/10.7326/0003-4819-155-6-201109200-00005>

Peretz, J., Vrooman, L., Ricke, W. A., Hunt, P. A., Ehrlich, S., Hauser, R., Padmanabhan, V., Taylor, H. S., Swan, S. H., VandeVoort, C. A. et Flaws, J. A. (2014). Bisphenol A and reproductive health: update of experimental and human evidence, 2007-2013. *Environmental Health Perspectives*, 122(8), 775-786. <https://pmc.ncbi.nlm.nih.gov/articles/PMC4123031/pdf/ehp.1307728.pdf>

Shankar, A. et Teppala, S. (2011). Relationship between urinary bisphenol A levels and diabetes mellitus. *The Journal of Clinical Endocrinology & Metabolism*, 96(12), 3822-3826. <https://doi.org/10.1210/jc.2011-1682>

Wang, T., Li, M., Chen, B., Xu, M., Xu, Y., Huang, Y., Lu, J., Chen, Y., Wang, W., Li, X., Liu, Y., Bi, Y., Lai, S. et Ning, G. (2012). Urinary bisphenol A (BPA) concentration associates with obesity and insulin resistance. *The Journal of Clinical Endocrinology & Metabolism*, 97(2), E223-E227. <https://doi.org/10.1210/jc.2011-1989>

Phthalates

Abdo, N., Al-Khalaileh, H., Alajlouni, M., Hamadneh, J. et Alajlouni, A. M. (2023). Screening for phthalates biomarkers and its potential role in infertility outcomes in Jordan. *Journal of Exposure Science & Environmental Epidemiology*, 33(2), 273-282. <https://doi.org/10.1038/s41370-022-00517-7>

Boas, M., Feldt-Rasmussen, U., Skakkebaek, N. E. et Main, K. M. (2006). Environmental chemicals and thyroid function. *European Journal of Endocrinology*, 154(5), 599-611. <https://doi.org/10.1530/eje.1.02128>

Buck Louis, G. M., Peterson, C. M., Chen, Z., Croughan, M., Sundaram, R., Stanford, J., Varner, M. W., Kennedy, A., Giudice, L., Fujimoto, V. Y., Sun, L., Wang, L., Guo, Y. et Kannan, K. (2013). *Bisphenol A and phthalates and endometriosis, the ENDO study*. National Library of Medicine. <https://pmc.ncbi.nlm.nih.gov/articles/PMC3700684/>

Buck Louis, G. M., Weiner, J. M., Whitcomb, B. W., Sperrazza, R., Schisterman, E. F., Lobdell, D. T., Crickard, K., Greizerstein, H. et Kostyniak, P. J. (2005). Environmental PCB exposure and risk of endometriosis. *Human Reproduction*, 20(1), 279-285. <https://doi.org/10.1093/humrep/deh575>

- Hannon, P. R. et Flaws, J. A. (2015). The effects of phthalates on the ovary. *Frontiers in Endocrinology*, 6, 8. <https://doi.org/10.3389/fendo.2015.00008>
- Hsieh, T.-H., Tsai, C.-F., Hsu, C.-Y., Kuo, P.-L., Lee, J.-N., Chai, C.-Y., Wang, S.-C. et Tsai, E.-M. (2011). Phthalates induce proliferation and invasiveness of estrogen receptor-negative breast cancer through the AhR/HDAC6/c-Myc signaling pathway. *The FASEB Journal*, 26(2), 778-787. <https://doi.org/10.1096/fj.11-191742>
- Huang, H.-B., Cheng, P.-K., Siao, C.-Y., Lo, Y. C., Chou, W.-C. et Huang, P.-C. (2022). Mediation effects of thyroid function in the associations between phthalate exposure and lipid metabolism in adults. *Environmental Health*, 21(1), 61. <https://doi.org/10.1186/s12940-022-00873-9>
- Lin, L.-C., Wang, S.-L., Chang, Y.-C., Huang, P.-C., Cheng, J.-T., Su, P.-H. et Liao, P.-C. (2011). Associations between maternal phthalate exposure and cord sex hormones in human infants. *Chemosphere*, 83(8), 1192-1199. <https://doi.org/10.1016/j.chemosphere.2010.12.079>
- Lind, P. M. et Lind, L. (2011). Circulating levels of bisphenol A and phthalates are related to carotid atherosclerosis in the elderly. *Atherosclerosis*, 218(1), 207-213. <https://doi.org/10.1016/j.atherosclerosis.2011.05.001>
- Lind, P. M., Roos, V., Rönn, M., Johansson, L., Ahlström, H., Kullberg, J. et Lind, L. (2012). Serum concentrations of phthalate metabolites are related to abdominal fat distribution two years later in elderly women. *Environmental Health*, 11, 21. <https://doi.org/10.1186/1476-069X-11-21>
- Lovekamp-Swan, T. et Davis, B. J. (2003). Mechanisms of phthalate ester toxicity in the female reproductive system. *Environmental Health Perspectives*, 111(2), 139-145. <https://pmc.ncbi.nlm.nih.gov/articles/PMC1241340/pdf/ehp0111-000139.pdf>
- Sprague, B., Trentham-Dietz, A., Hedman, C., Hemming, J., Hampton, J., Buist, D., Aiello, B. E., Burnside, E. et Sisney, G. (2011). The association of serum phthalates and parabens with mammographic breast density. *Cancer Epidemiology, Biomarkers & Prevention*, 20(4), 718. <https://doi.org/10.1158/1055-9965.EPI-11-0092>
- Tranfo G., Caporossi, L., Paci, E., Aragona, C., Romanzi, D., De Carolis, C., De Rosa, M., Capanna, S., Papaleo, B. et Pera, A. (2012). Urinary phthalate monoesters concentration in couples with infertility problems. *Toxicology Letters*, 213(1), 15-20. <https://doi.org/10.1016/j.toxlet.2011.11.033>
- Trasande, L., Spanier, A. J., Sathyanarayana, S., Attina, T. M. et Blustein, J. (2013). Urinary phthalates and increased insulin resistance in adolescents. *Pediatrics*, 132(3), e646-e655. <https://doi.org/10.1542/peds.2012-4022>
- Wallis, C. (2023, 1 mars). Common chemicals may harm sperm and pregnancies, growing evidence shows chemicals called phthalates - found in everything from detergent to plastic shower curtains - are tied to lower sperm counts and more miscarriages. *Scientific American*. <https://www.scientificamerican.com/article/common-chemicals-may-harm-sperm-and-pregnancies-growing-evidence-shows/>
- Walter, J. R., Jacob, S. L. et Xu, S. (2018). Better reporting needed for cosmetics and women's health. *American Journal of Obstetrics & Gynecology*, 218(2), 265-266. <https://doi.org/10.1016/j.ajog.2017.11.558>
- Welsh, E. T. (2023, 27 janvier). *Phthalate exposure may increase metabolic syndrome risk for women with PCOS*. Healio. <https://www.healio.com/news/endocrinology/20230126/phthalate-exposure-may-increase-metabolic-syndrome-risk-for-women-with-pcos>

Parabènes

Azeredo, D. B. C., de Sousa Anselmo, D., Soares, P., Graceli, J. B., Magliano, D. C. et Miranda-Alves, L. (2023). Environmental endocrinology: parabens hazardous effects on hypothalamic-pituitary-thyroid axis. *International Journal of Molecular Sciences*, 24(20), 15246. <https://doi.org/10.3390/ijms242015246>

Hager, E., Chen, J. et Zhao, L. (2022). Minireview: parabens exposure and breast cancer. *International Journal of Environmental Research and Public Health*, 19(3), 1873. <https://doi.org/10.3390/ijerph19031873>

Nowak, K., Ratajczak-Wrona, W., Górska, M. et Jabłońska, E. (2018). Parabens and their effects on the endocrine system. *Molecular and Cellular Endocrinology*, 474, 238-251. <https://doi.org/10.1016/j.mce.2018.03.014>

CHAPITRE 2 : LE CYCLE MENSTRUEL

Estrogène et cerveau

Almey, A., Milner, T. A. et Brake, W. G. (2015). Estrogen receptors in the central nervous system and their implication for dopamine-dependent cognition in females. *Hormones and Behavior*, 74, 125-138. <https://doi.org/10.1016/j.yhbeh.2015.06.010>

Bendis, P. C., Zimmerman, S., Onisiforou, A., Zanos, P. et Georgiou, P. (2024). The impact of estradiol on serotonin, glutamate, and dopamine systems. *Frontiers in Neuroscience*, 18, 1348551. <https://doi.org/10.3389/fnins.2024.1348551>

Brinton, R. D., Yao, J., Yin, F., Mack, W. J. et Cadenas, E. (2015). Perimenopause as a neurological transition state. *Nature Reviews Endocrinology*, 11(7), 393-405. <https://doi.org/10.1038/nrendo.2015.82>

Cho, J. M., Lee, J., Ahn, E.-M. et Bae, J. (2025). Beyond Hot Flashes: The role of estrogen receptors in menopausal mental health and cognitive decline. *Brain Sciences*, 15(9), 1003. <https://doi.org/10.3390/brainsci15091003>

Del Río, J. P., Alliende, M. I., Molina, N., Serrano, F. G., Molina, S. et Vigil, P. (2018). Steroid hormones and their action in women's brains: the importance of hormonal balance. *Frontiers in Public Health*, 6, 141. <https://doi.org/10.3389/fpubh.2018.00141>

Hernández-Hernández, O. T., Martínez-Mota, L., Herrera-Pérez, J. J. et Jiménez-Rubio, G. (2019). Role of estradiol in the expression of genes involved in serotonin neurotransmission: implications for female depression. *Current Neuropharmacology*, 17(5), 459-471. <https://doi.org/10.2174/1570159X16666180628165107>

Mosconi, L., Nerattini, M., Matthews, D. C., Jett, S., Andy, C., Williams, S., Yopez, C. B., Zarate, C., Carlton, C., Fauci, F., Ajila, T., Pahlajani, S., Andrews, R., Pupi, A., Ballon, D., Kelly, J., Osborne, J. R., Nehmeh, S., Fink, M., Berti, V.,... Brinton, R. D. (2024). In vivo brain estrogen receptor density by neuroendocrine aging and relationships with cognition and symptomatology. *Scientific Reports*, 14(1), 12680. <https://doi.org/10.1038/s41598-024-62820-7>

Estrogène et énergie

Abildgaard, J., Pedersen, A. T., Green, C. J., Harder-Lauridsen, N. M., Solomon, T. P., Thomsen, C., Juul, A., Pedersen, M., Pedersen, J. T., Mortensen, O. H., Pilegaard, H., Pedersen, B. K. et Lindegaard, B. (2013). Menopause is associated with decreased whole body fat oxidation during exercise. *American Journal of Physiology-Endocrinology and Metabolism*, 304(11), E1227-E1236. <https://doi.org/10.1152/ajpendo.00492.2012>

De Paoli, M., Zakharia, A. et Werstuck, G. H. (2021). The role of estrogen in insulin resistance: a review of clinical and preclinical data. *The American Journal of Pathology*, 191(9), 1490-1498. <https://doi.org/10.1016/j.ajpath.2021.05.011>

Hôpitaux universitaires de Genève. (2018, 4 avril). *Diabète: le rôle protecteur des œstrogènes enfin compris* [communiqué de presse]. https://www.unige.ch/medias/application/files/6815/2207/8987/Diabete_le_role_protecteur_des_stro-genes_enfin_compris.pdf

Kilic, G., Alvarez-Mercado, A. I., Zarrouki, B., Opland, D., Liew, C. W., Alonso, L. C., Myers, M. G., Jr, Jonas, J.-C., Poitout, V., Kulkarni, R. N. et Mauvais-Jarvis, F. (2014). The islet estrogen receptor- α is induced by hyperglycemia and protects against oxidative stress-induced insulin-deficient diabetes. *PLoS One*, 9(2), e87941. <https://doi.org/10.1371/journal.pone.0087941>

Lee, J.-Y. et Lee, D.-C. (2013). Muscle strength and quality are associated with severity of menopausal symptoms in peri- and post-menopausal women. *Maturitas*, 76(1), 88-94. <https://doi.org/10.1016/j.maturitas.2013.06.007>

Lizcano, F. et Guzmán, G. (2014). Estrogen deficiency and the origin of obesity during menopause. *BioMed Research International*, 2014, 757461. <https://doi.org/10.1155/2014/757461>

Lovejoy, J. C., Champagne, C. M., de Jonge, L., Xie, H. et Smith, S. R. (2008). Increased visceral fat and decreased energy expenditure during the menopausal transition. *International Journal of Obesity*, 32(6), 949-958. <https://doi.org/10.1038/ijo.2008.25>

Riant, E., Waget, A., Cogo, H., Arnal, J. F., Burcelin, R. et Gourdy, P. (2009). Estrogens protect against high-fat diet-induced insulin resistance and glucose intolerance in mice. *Endocrinology*, 150(5), 2109-2117. <https://doi.org/10.1210/en.2008-0971>

Wang, Q., Hassager, C., Ravn, P., Wang, S. et Christiansen, C. (1994). Total and regional body-composition changes in early postmenopausal women: age-related or menopause-related? *The American Journal of Clinical Nutrition*, 60(6), 843-848. <https://doi.org/10.1093/ajcn/60.6.843>

Yan, H., Yang, W., Zhou, F., Li, X., Pan, Q., Shen, Z., Han, G., Newell-Fugate, A., Tian, Y., Majeti, R., Liu, W., Xu, Y., Wu, C., Allred, K., Allred, C., Sun, Y. et Guo, S. (2019). Estrogen improves insulin sensitivity and suppresses gluconeogenesis via the transcription factor Foxo1. *Diabetes*, 68(2), 291-304. <https://doi.org/10.2337/db18-0638>

Estrogène et peau

Shah, M. G. et Maibach, H. I. (2001). Estrogen and skin. An overview. *American Journal of Clinical Dermatology*, 2(3), 143-150. <https://doi.org/10.2165/00128071-200102030-00003>

Stevenson, S. et Thornton, J. (2007). Effect of estrogens on skin aging and the potential role of SERMs. *Clinical Interventions in Aging*, 2(3), 283-297. <https://doi.org/10.2147/cia.s798>

Mi-cycle terrain ovulatoire

Calabrò, R. S., Cacciola, A., Bruschetta, D., Milardi, D., Quattrini, F., Sciarrone, F., la Rosa, G., Bramanti, P. et Anastasi, G. (2019). Neuroanatomy and function of human sexual behavior: a neglected or unknown issue? *Brain and Behavior*, 9(12), e01389. <https://doi.org/10.1002/brb3.1389>

Cappelletti, M. et Wallen, K. (2016). Increasing women's sexual desire: the comparative effectiveness of estrogens and androgens. *Hormones and Behavior*, 78, 178-193. <https://doi.org/10.1016/j.yhbeh.2015.11.003>

Roberts, S. C., Havlicek, J., Flegr, J., Hruskova, M., Little, A. C., Jones, B. C., Perrett, D. I. et Petrie, M. (2004). Female facial attractiveness increases during the fertile phase of the menstrual cycle. *Proceedings of the Royal Society B. Biological sciences*, 271 (suppl. 5), S270-S272. <https://doi.org/10.1098/rsbl.2004.0174>

Phase post-ovulatoire (lutéale)

Asi, N., Mohammed, K., Haydour, Q., Gionfriddo, M. R., Vargas, O. L., Prokop, L. J., Faubion, S. S. et Murad, M. H. (2016). Progesterone vs. synthetic progestins and the risk of breast cancer: a systematic review and meta-analysis. *Systematic Reviews*, 5(1), 121. <https://doi.org/10.1186/s13643-016-0294-5>

Campagnoli, C., Clavel-Chapelon, F., Kaaks, R., Peris, C. et Berrino, F. (2005). Progestins and progesterone in hormone replacement therapy and the risk of breast cancer. *The Journal of Steroid Biochemistry and Molecular Biology*, 96(2), 95-108. <https://doi.org/10.1016/j.jsbmb.2005.02.014>

Cowan, L. D., Gordis, L., Tonascia, J. A. et Jones, G. S. (1981). Breast cancer incidence in women with a history of progesterone deficiency. *American Journal of Epidemiology*, 114(2), 209-217. <https://doi.org/10.1093/oxfordjournals.aje.a113184>

Micheli, A., Muti, P., Secreto, G., Krogh, V., Meneghini, E., Venturelli, E., Sieri, S., Pala, V. et Berrino, F. (2004). Endogenous sex hormones and subsequent breast cancer in premenopausal women. *International Journal of Cancer*, 112(2), 312-318. <https://doi.org/10.1002/ijc.20403>

Perks, Bea. (2015). Progesterone receptor could slow breast cancer growth, *Pharmaceutical Journal*.
<https://pharmaceutical-journal.com/article/news/progesterone-receptor-could-slow-breast-cancer-growth> (Accès payant)

Wren B. G. et Eden, J. A. (1996). Do progestogens reduce the risk of breast cancer? A review of the evidence. *J Nth Am Menop Soc*, 3(1), 4-12. <https://journals.lww.com/menopausejournal/abstract/00042192-199603010-00003-do-progestogens-reduce-the-risk-of-breast-cancer-a-review-of?redirectionsource=fulltextview>

Flux menstruel

Kajszczak, D., Zakłos-Szyda, M. et Podsńdek, A. (2020). *Viburnum opulus* L.: a review of phytochemistry and biological effects. *Nutrients*, 12(11), 3398. <https://doi.org/10.3390/nu12113398>

Nicholson, J. A., Darby, T. D. et Jarboe, C. H. (1972). Viopudial, a hypotensive and smooth muscle antispasmodic from *Viburnum opulus*. *Proceedings of the Society for Experimental Biology and Medicine*, 140(2), 457-461. <https://doi.org/10.3181/00379727-140-36479>

Habitudes de vie et cycle menstruel

American College of Obstetricians and Gynecologists (ACOG). (2015). Committee Opinion No. 651. Menstruation in girls and adolescents: using the menstrual cycle as a vital sign. *Obstetrics and Gynecology*, 126(6), e143-e146. <https://doi.org/10.1097/AOG.0000000000001215>

Contraception et santé

Ali, N., Sohail, R., Jaffer, S. R., Siddique, S., Kaya, B., Atowoju, I., Imran, A., Wright, W., Pamulapati, S., Choudhry, F., Akbar, A. et Khawaja, U. A. (2023). The role of estrogen therapy as a protective factor for Alzheimer's disease and dementia in postmenopausal women: a comprehensive review of the literature. *Cureus*, 15(8), e43053. <https://doi.org/10.7759/cureus.43053>

Brouillard, A., Davignon, L.-M., Turcotte, A.-M. et Marin, M.-F. (2023). Morphologic alterations of the fear circuitry: the role of sex hormones and oral contraceptives. *Frontiers in Endocrinology*, 14, 1228504. <https://doi.org/10.3389/fendo.2023.1228504>

Casey, P. M., MacLaughlin, K. L. et Faubion, S. S. (2017). Impact of contraception on female sexual function. *Journal of Women's Health*, 26(3), 207-213. <https://doi.org/10.1089/jwh.2015.5703>

Chen, K. X., Worley, S., Foster, H., Edasery, D., Roknsharifi, S., Ifrah, C. et Lipton, M. L. (2021). Oral contraceptive use is associated with smaller hypothalamic and pituitary gland volumes in healthy women: a structural MRI study. *PloS One*, 16(4), e0249482. <https://doi.org/10.1371/journal.pone.0249482>

Cornish, J. A., Tan, E., Simillis, C., Clark, S. K., Teare, J. et Tekkis, P. P. (2008). The risk of oral contraceptives in the etiology of inflammatory bowel disease: a meta-analysis. *The American Journal of Gastroenterology*, 103(9), 2394-2400. <https://doi.org/10.1111/j.1572-0241.2008.02064.x>

Cortés, M. E. et Alfaro, A. A. (2014). The effects of hormonal contraceptives on glycemic regulation. *The Linacre Quarterly*, 81(3), 209-218. <https://doi.org/10.1179/2050854914Y.00000000023>

Fitzpatrick, D., Pirie, K., Reeves, G., Green, J. et Beral, V. (2023). Combined and progestagen-only hormonal contraceptives and breast cancer risk: a UK nested case-control study and meta-analysis. *PLoS Medicine*, 20(3), e1004188. <https://doi.org/10.1371/journal.pmed.1004188>

Godsland, I. F., Walton, C., Felton, C., Proudler, A., Patel, A. et Wynn, V. (1992). Insulin resistance, secretion, and metabolism in users of oral contraceptives. *The Journal of Clinical Endocrinology & Metabolism*, 74(1), 64-70. <https://doi.org/10.1210/jcem.74.1.1530790>

Hashemi, S. J., Khezri, R., Saki, N., Nasehi, N., Hosseini, S. A., Harizi, M. et Rahimi, Z. (2023). Association between oral contraceptives with lipid profile: results from HoveyzeH cohort study (HCS). *BMC Women's Health*, 23(1), 552. <https://doi.org/10.1186/s12905-023-02703-7>

Kim, S.-W., Jeon, J.-H., Lee, W.-K., Lee, S., Kim, J.-G., Lee, I.-K. et Park, K.-G. (2016). Long-term effects of oral contraceptives on the prevalence of diabetes in post-menopausal women: 2007-2012 KNHANES. *Endocrine*, 53(3), 816-822. <https://doi.org/10.1007/s12020-016-0972-z>

Lee, J.-J. M. L., Low, L. L et Ang, S. B. (2017) Oral contraception and female sexual dysfunction in reproductive women. *Sexual Medicine Reviews*, 5(1), 31-44. <https://doi.org/10.1016/j.sxmr.2016.06.001>

Lidegaard, Ø., Løkkegaard, E., Jensen, A., Skovlund, C. W. et Keiding, N. (2012). Thrombotic stroke and myocardial infarction with hormonal contraception. *The New England Journal of Medicine*, 366(24), 2257-2266. <https://doi.org/10.1056/NEJMoal111840>

Mervosh, N. et Devi, G. (2025) Estrogen, menopause, and Alzheimer's disease: understanding the link to cognitive decline in women. *Frontiers in Molecular Biosciences*, 12, 1634302. <https://doi.org/10.3389/fmolb.2025.1634302>

Mohammad-Alizadeh-Charandabi, S., Mirghafourvand, M., Froggy, L., Javadzadeh, Y. et Razmaraii, N. (2015). The effect of multivitamin supplements on continuation rate and side effects of combined oral contraceptives: a randomised controlled trial. *The European Journal of Contraception & Reproductive Health Care*, 20(5), 361-371. <https://doi.org/10.3109/13625187.2015.1010115>

Niethammer, B., Körner, C., Schmidmayr, M., Lupp, P. B. et Seifert-Klauss, V. R. (2015). Non-reproductive effects of anovulation: Bone metabolism in the luteal phase of premenopausal women differs between ovulatory and anovulatory cycles. *Geburtshilfe und Frauenheilkunde*, 75(12), 1250-1257. <https://doi.org/10.1055/s-0035-1558298>

Ortiz, R., Lee, S. Y., Nguyen, E. T., Jamal, M. M., Bechtold, M. M. et Nguyen, D. L. (2017). Exposure to oral contraceptives increases the risk for development of inflammatory bowel disease: a meta-analysis of case-control and cohort studies. *European Journal of Gastroenterology & Hepatology*, 29(9), 1064-1070. <https://doi.org/10.1097/MEG.0000000000000915>

Panzer, C., Wise, S., Fantini, G., Kang, D., Munarriz, R., Guay, A. et Goldstein, I. (2006). Impact of oral contraceptives on sex hormone-binding globulin and androgen levels: a retrospective study in women with sexual dysfunction. *The Journal of Sexual Medicine*, 3(1), 104-113. <https://doi.org/10.1111/j.1743-6109.2005.00198.x>

Pasvol, T. J., Bloom, S., Segal, A. W., Rait, G. et Horsfall, L. (2022). Use of contraceptives and risk of inflammatory bowel disease: a nested case-control study. *Alimentary Pharmacology & Therapeutics*, 55(3), 318-326. <https://doi.org/10.1111/apt.16647>

Prior, J. C., Vigna, Y. M., Schechter, M. T. et Burgess, A. E. (1990). Spinal bone loss and ovulatory disturbances. *The New England Journal of Medicine*, 323(18), 1221-1227. <https://doi.org/10.1056/NEJM199011013231801>

Skovlund, C. W., Mørch, L. S., Kessing, L. V. et Lidegaard, Ø. (2016). Association of hormonal contraception with depression. *JAMA Psychiatry*, 73(11), 1154-1162. <https://doi.org/10.1001/jamapsychiatry.2016.2387>

Smith, N. K., Jozkowski, K. N. et Sanders, S. A. (2014). Hormonal contraception and female pain, orgasm and sexual pleasure. *The Journal of Sexual Medicine*, 11(2), 462-470. <https://doi.org/10.1111/jsm.12409>

Staudt, A., Kiechl, S. J., Gande, N., Hochmayr, C., Bernar, B., Stock, K., Geiger, R., Egger, A., Griesmacher, A., Knoflach, M., Kiechl-Kohlendorfer, U. et Early Vascular Ageing (EVA) Study Group. (2024). Influence of oral contraceptives on lipid profile and trajectories in healthy adolescents: data from the EVA-Tyrol study. *Journal of Adolescent Health*, 75(3), 479-486. <https://doi.org/10.1016/j.jadohealth.2024.04.017>

Zim, A. et Bommarreddy, A. (2025). Estrogen-gut-brain axis: examining the role of combined oral contraceptives on mental health through their impact on the gut microbiome. *Cureus*, 17(3), e81354. <https://doi.org/10.7759/cureus.81354>

Passez à l'action ! Réguler le cycle menstruel et atténuer le SPM

Atmaca, M., Kumru, S. et Tezcan, E. (2003). Fluoxetine versus Vitex agnus castus extract in the treatment of premenstrual dysphoric disorder. *Human Psychopharmacology: Clinical and Experimental*, 18(3), 191-195. <https://doi.org/10.1002/hup.470>

Bai, Z.-G., Bo, A., Wu, S.-J., Gai, Q.-Y. et Chi, I. (2018). Omega-3 polyunsaturated fatty acids and reduction of depressive symptoms in older adults: a systematic review and meta-analysis. *Journal of Affective Disorders*, 241, 241-248. <https://doi.org/10.1016/j.jad.2018.07.057>

Bonanni, R., Ratano, P., Cariati, I., Tancredi, V. et Cifelli, P. (2024). Treatment strategies for painful pelvic floor conditions: a focus on the potential benefits of cannabidiol. *Biomolecules*, 14(12), 1627. <https://doi.org/10.3390/biom14121627>

Ciotta, L., Pagano, I., Stracquadanio, M., Di Leo, S., Andò, A. et Formoso, C. (2011). Psychic aspects of the premenstrual dysphoric disorders. New therapeutic strategies: our experience with Vitex agnus castus. *Minerva ginecologica*, 63(3), 237-245. <https://www.minervamedica.it/en/journals/minerva-obstetrics-gynecology/article.php?cod=R09Y2011N03A0237>

Csupor, D., Lantos, T., Hegyi, P., Benkő, R., Viola, R., Gyöngyi, Z., Csécséi, P., Tóth, B., Vasas, A., Márta, K., Rostás, I., Szentesi, A. et Matuz, M. (2019). Vitex agnus-castus in premenstrual syndrome: a meta-analysis of double-blind randomised controlled trials. *Complementary Therapies in Medicine*, 47, 102190. <https://doi.org/10.1016/j.ctim.2019.08.024>

Eby, G. A. et Eby, K. L. (2006). Rapid recovery from major depression using magnesium treatment. *Medical Hypotheses*, 67(2), 362-370. <https://doi.org/10.1016/j.mehy.2006.01.047>

Fathizadeh, N., Ebrahimi, E., Valiani, M., Tavakoli, N. et Yar, M. H. (2010). Evaluating the effect of magnesium and magnesium plus vitamin B6 supplement on the severity of premenstrual syndrome. *Iranian Journal of Nursing and Midwifery Research*, 15 (suppl. 1), 401-405. <https://pmc.ncbi.nlm.nih.gov/articles/PMC3208934/pdf/IJNMR-15-401.pdf>

Ferlemi, A.-V. et Lamari, F. N. (2016). Berry leaves: an alternative source of bioactive natural products of nutritional and medicinal value. *Antioxidants*, 5(2), 17. <https://doi.org/10.3390/antiox5020017>

Gomez-Ramirez, M., Higgins, B. A., Rycroft, J. A., Owen, G. N., Mahoney, J., Shpaner, M. et Foxe, J. J. (2007). The deployment of intersensory selective attention: a high-density electrical mapping study of the effects of theanine. *Clinical Neuropharmacology*, 30(1), 25-38. <https://doi.org/10.1097/01.WNF.0000240940.13876.17>

Gomez-Ramirez, M., Kelly, S. P., Montesi, J. L. et Foxe, J. J. (2009). The effects of L-theanine on alpha-band oscillatory brain activity during a visuo-spatial attention task. *Brain Topography*, 22(1), 44-51. <https://doi.org/10.1007/s10548-008-0068-z>

Grosso, G., Micek, A., Marventano, S., Castellano, S., Mistretta, A., Pajak, A. et Galvano, F. (2016). Dietary n-3 PUFA, fish consumption and depression: a systematic review and meta-analysis of observational studies. *Journal of Affective Disorders*, 205, 269-281. <https://doi.org/10.1016/j.jad.2016.08.011>

Gruber, C. W. et O'Brien, M. (2011). Uterotonic plants and their bioactive constituents. *Planta Medica*, 77(3), 207-220. <https://doi.org/10.1055/s-0030-1250317>

Hidese, S., Ogawa, S., Ota, M., Ishida, I., Yasukawa, Z., Ozeki, M. et Kunugi, H. (2019). Effects of L-theanine administration on stress-related symptoms and cognitive functions in healthy adults: a randomized controlled trial. *Nutrients*, 11(10), 2362. <https://doi.org/10.3390/nu11102362>

Hu, Y., Wang, W., Ma, W., Wang, W., Ren, W., Wang, S., Fu, F. et Li, Y. (2025). Impact of psychological stress on ovarian function: insights, mechanisms and intervention strategies (Review). *International Journal of Molecular Medicine*, 55(2), 34. <https://doi.org/10.3892/ijmm.2024.5475>

Ivanova Stojcheva, E. et Quintela, J. C. (2022). The effectiveness of *Rhodiola rosea* L. Preparations in alleviating various aspects of life-stress symptoms and stress-induced conditions-encouraging clinical evidence. *Molecules*, 27(12), 3902. <https://doi.org/10.3390/molecules27123902>

Kimura, K., Ozeki, M., Juneja, L. R. et Ohira, H. (2007). L-theanine reduces psychological and physiological stress responses. *Biological Psychology*, 74(1), 39-45. <https://doi.org/10.1016/j.biopsycho.2006.06.006>

Lauritzen, C., Reuter, H. D., Repges, R., Böhnert, K.-J. et Schmidt, U. (1997). Treatment of premenstrual tension syndrome with *Vitex agnus castus* controlled, double-blind study versus pyridoxine. *Phytomedicine*, 4(3), 183-189. [https://doi.org/10.1016/S0944-7113\(97\)80066-9](https://doi.org/10.1016/S0944-7113(97)80066-9)

Lee, S. et Rhee, D.-K. (2017). Effects of ginseng on stress-related depression, anxiety, and the hypothalamic-pituitary-adrenal axis. *Journal of Ginseng Research*, 41(4), 589-594. <https://doi.org/10.1016/j.jgr.2017.01.010>

Liao, Y., Xie, B., Zhang, H., He, Q., Guo, L., Subramanieapillai, M., Fan, B., Lu, C. et McIntyre, R. S. (2019). Efficacy of omega-3 PUFAs in depression: a meta-analysis. *Translational Psychiatry*, 9(1), 190. <https://doi.org/10.1038/s41398-019-0515-5>

Lopresti, A. L. et Smith S. J. (2021). Ashwagandha (*Withania somnifera*) for the treatment and enhancement of mental and physical conditions: a systematic review of human trials. *Journal of Herbal Medicine*, 28, 100434. <https://doi.org/10.1016/j.hermed.2021.100434>

Luhovyy, B. L. et Kathirvel, P. (2022). Food proteins in the regulation of blood glucose control. *Advances in Food and Nutrition Research*, 102, 181-231. <https://doi.org/10.1016/bs.afnr.2022.05.001>

Nobre, A. C., Rao, A. et Owen, G. N. (2008). L-theanine, a natural constituent in tea, and its effect on mental state. *Asia Pacific Journal of Clinical Nutrition*, 17 (suppl. 1), 167-168. https://apjcn.qdu.edu.cn/17_5_35.pdf

Patyra, A., Kołtun-Jasion, M., Kupniewska, K., Parzonko, A. et Kiss, A. K. (2025). *Eleutherococcus* root: a comprehensive review of its phytochemistry and pharmacological potential in the context of its adaptogenic effect. *Frontiers in Pharmacology*, 16, 1683795. <https://doi.org/10.3389/fphar.2025.1683795>

Rahbar, N., Asgharzadeh, N. et Ghorbani, R. (2012). Effect of omega-3 fatty acids on intensity of primary dysmenorrhea. *International Journal of Gynecology and Obstetrics*, 117(1), 45-47. <https://doi.org/10.1016/j.ijgo.2011.11.019>

Ross S. M. (2014). *Rhodiola rosea* (SHR-5), Part 2: A standardized extract of *Rhodiola rosea* is shown to be effective in the treatment of mild to moderate depression. *Holistic Nursing Practice*, 28(3), 217-221. <https://doi.org/10.1097/HNP.0000000000000030>

Sánchez, I. A., Cuchimba, J. A., Pineda, M. C., Argüello, Y. P., Koří, J., Kreider, R. B., Petro, J. L. et Bonilla, D. A. (2023). Adaptogens on depression-related outcomes: a systematic integrative review and rationale of synergism with physical activity. *International Journal of Environmental Research and Public Health*, 20(7), 5298. <https://doi.org/10.3390/ijerph20075298>

Schellenberg R. (2001). Treatment for the premenstrual syndrome with agnus castus fruit extract: prospective, randomised, placebo controlled study. *The BMJ*, 322(7279), 134-137. <https://doi.org/10.1136/bmj.322.7279.134>

White, D. J., de Klerk, S., Woods, W., Gondalia, S., Noonan, C. et Scholey, A. B. (2016). Anti-stress, behavioural and magnetoencephalography effects of an L-theanine-based nutrient drink: a randomised, double-blind, placebo-controlled, crossover trial. *Nutrients*, 8(1), 53. <https://doi.org/10.3390/nu8010053>

CHAPITRE 3 : LA PRÉMÉNOPAUSE

American society for reproductive medicine. (2026). *Diagnosis and treatment of luteal phase deficiency: a committee opinion*. ASRM. <https://www.asrm.org/practice-guidance/practice-committee-documents/diagnosis-and-treatment-of-luteal-phase-deficiency-a-committee-opinion-2021/>

Aromatase

Balunas, M. J., Su, B., Brueggemeier, R. W. et Kinghorn, A. D. (2008). Natural products as aromatase inhibitors. *Anti-Cancer Agents in Medicinal Chemistry*, 8(6), 646-682. <https://pmc.ncbi.nlm.nih.gov/articles/PMC3074486/pdf/nihms-251665.pdf>

Chottanapund, S., Van Duursen, M. B., Navasumrit, P., Hunsonti, P., Timtavorn, S., Ruchirawat, M. et Van den Berg, M. (2014). Anti-aromatase effect of resveratrol and melatonin on hormonal positive breast cancer cells co-cultured with breast adipose fibroblasts. *Toxicology in Vitro*, 28(7), 1215-1221. <https://doi.org/10.1016/j.tiv.2014.05.015>

Grube, B. J., Eng, E. T., Kao, Y.-C., Kwon, A. et Chen, S. (2001). White button mushroom phytochemicals inhibit aromatase activity and breast cancer cell proliferation. *The Journal of Nutrition*, 131(12), 3288-3293. <https://doi.org/10.1093/jn/131.12.3288>

Seo, J. I., Yu, J. S., Zhang, Y. et Yoo, H. H. (2024). Evaluating flavonoids as potential aromatase inhibitors for breast cancer treatment: in vitro studies and in silico predictions. *Chemico-Biological Interactions*, 392, 110927. <https://doi.org/10.1016/j.cbi.2024.110927>

Alcool et dominance estrogénique

Varela-Rey, M., Woodhoo, A., Martinez-Chantar, M.-L., Mato, J. M. et Lu, S. C. (2013). Alcohol, DNA methylation, and cancer. *Alcohol Research*, 35(1), 25-35. <https://doi.org/10.35946/arcrv35.1.04>

Wilson, L. E., Xu, Z., Harlid, S., White, A. J., Troester, M. A., Sandler, D. P. et Taylor, J. A. (2019). Alcohol and DNA methylation: an epigenome-wide association study in blood and normal breast tissue. *American Journal of Epidemiology*, 188(6), 1055-1065. <https://doi.org/10.1093/aje/kwz032>

Zimatkin, S. M. et Anichtchik, O. V. (1999). Alcohol-histamine interactions. *Alcohol and Alcoholism*, 34(2), 141-147. <https://doi.org/10.1093/alcalc/34.2.141>

Fibrome

Bariani, M. V., Rangaswamy, R., Siblini, H., Yang, Q., Al-Hendy, A. et Zota, A. R. (2020). The role of endocrine-disrupting chemicals in uterine fibroid pathogenesis. *Current Opinion in Endocrinology, Diabetes & Obesity*, 27(6), 380-387. <https://doi.org/10.1097/MED.0000000000000578>

Favoriser l'ovulation

Antoine, E., Chirila, S. et Teodorescu, C. (2019). A patented blend consisting of a combination of vitex agnus-castus extract, Lepidium meyenii (maca) extract and active folate, a nutritional supplement for improving fertility in women. *Maedica*, 14(3), 274-279. <https://doi.org/10.26574/maedica.2019.14.3.274>

Blumenthal, M. (1999). *The Complete German Commission E monographs: Therapeutic guide to herbal medicines*. American Botanical Council. <https://www.herbalgram.org/resources/commission-e-monographs/therapeutic-indexes-unapproved-pharmacological-actions/>

Innocenti, G., Vegeto, E., Dall'Acqua, S., Ciana, P., Giorgetti, M., Agradi, E., Sozzi, A., Fico, G. et Tomè, F. (2007). In vitro estrogenic activity of Achillea millefolium L. *Phytomedicine*, 14(2-3), 147-152. <https://doi.org/10.1016/j.phymed.2006.05.005>

Komesaroff, P. A., Black, C. V., Cable, V. et Sudhir, K. (2001). Effects of wild yam extract on menopausal symptoms, lipids and sex hormones in healthy menopausal women. *Climacteric*, 4(2), 144-150. <https://pubmed.ncbi.nlm.nih.gov/11428178/>

Nohri, A. R., Lafont, L., Llanos, A. et Qasim, H. (2024). Evaluating the efficacy of wild yam hormonal salve in managing menopausal symptoms: a cohort study. *Journal of Population Therapeutics and Clinical Pharmacology*, 31(1), 382-391. <https://doi.org/10.53555/jptcp.v31i1.3956>

Rafieian-Kopaei, M. et Movahedi, M. (2017). Systematic review of premenstrual, postmenstrual and infertility disorders of vitex agnus castus. *Electronic Physician*, 9(1), 3685-3689. <https://doi.org/10.19082/3685>

Saeidnia, S., Gohari, A., Mokhber-Dezfuli, N. et Kiuchi, F. (2011). A review on phytochemistry and medicinal properties of the genus Achillea. *Daru*, 19(3), 173-186. <https://pmc.ncbi.nlm.nih.gov/articles/PMC3232110/pdf/DARU-19-173.pdf>

Métabolisme hépatique

Phase I

Auborn, K. J., Fan, S., Rosen, E. M., Goodwin, L., Chandraskaren, A., Williams, D. E., Chen, D. et Carter, T. H. (2003). Indole-3-carbinol is a negative regulator of estrogen. *The Journal of Nutrition*, 133 (suppl. 7), 2470S-2475S. <https://doi.org/10.1093/jn/133.7.2470s>

- Berger, C. W., Jr et Sultatos, L. G. (1997). The effects of the phosphorothioate insecticide fenitrothion on mammalian cytochrome P450-dependent metabolism of estradiol. *Fundamental and Applied Toxicology*, 37(2), 150-157. <https://doi.org/10.1006/faat.1997.2311>
- Bradlow, H. L., Davis, D. L., Lin, G., Sepkovic, D. et Tiwari, R. (1995). Effects of pesticides on the ratio of 16 alpha/2-hydroxyestrone: a biologic marker of breast cancer risk. *Environmental Health Perspectives*, 103 (suppl. 7), 147-150. <https://pmc.ncbi.nlm.nih.gov/articles/PMC1518879/pdf/envhper00367-0142.pdf>
- Bradlow, H. L., Hershcopf, R. E. et Fishman, J. F. (1986). Oestradiol 16 alpha-hydroxylase: a risk marker for breast cancer. *Cancer Surveys*, 5(3), 573-583. <https://pubmed.ncbi.nlm.nih.gov/3034420/>
- Bradlow, H. L., Telang, N. T., Sepkovic, D. W. et Osborne, M. P. (1996). 2-hydroxyestrone: the 'good' estrogen. *Journal of Endocrinology*, 150 Suppl, S259-S265. <https://pubmed.ncbi.nlm.nih.gov/8943806/>
- Cavalieri, E. et Rogan, E. (2021). The 3,4-quinones of estrone and estradiol are the initiators of cancer whereas resveratrol and N-acetylcysteine are the preventers. *International Journal of Molecular Sciences*, 22(15), 8238. <https://doi.org/10.3390/ijms22158238>
- Dalessandri, K. M., Firestone, G. L., Fitch, M. D., Bradlow, H. L. et Bjeldanes, L. F. (2004). Pilot study: effect of 3,3'-diindolylmethane supplements on urinary hormone metabolites in postmenopausal women with a history of early-stage breast cancer. *Nutrition and Cancer*, 50(2), 161-167. https://doi.org/10.1207/s15327914nc5002_5
- Fahey, J. W. et Raphaely, M. (2025). The Impact of sulforaphane on sex-specific conditions and hormone balance: a comprehensive review. *Applied Sciences*, 15(2), 522. <https://doi.org/10.3390/app15020522>
- Fuhrman, B. J., Schairer, C., Gail, M. H., Boyd-Morin, J., Xu, X., Sue, L. Y., Buys, S. S., Isaacs, C., Keefer, L. K., Veenstra, T. D., Berg, C. D., Hoover, R. N. et Ziegler, R. G. (2012). Estrogen metabolism and risk of breast cancer in postmenopausal women. *Journal of the National Cancer Institute*, 104(4), 326-339. <https://doi.org/10.1093/jnci/djr531>
- Hodges, R. E. et Minich, D. M. (2015). Modulation of metabolic detoxification pathways using foods and food-derived components: a scientific review with clinical application. *Journal of Nutrition and Metabolism*, 2015, 760689. <https://doi.org/10.1155/2015/760689>
- Kabat, G. C., Chang, C. J., Sparano, J. A., Sepkovic, D. W., Hu, X. P., Khalil, A., Rosenblatt, R. et Bradlow, H. L. (1997). Urinary estrogen metabolites and breast cancer: a case-control study. *Cancer Epidemiology, Biomarkers & Prevention*, 6(7), 505-509.
- <https://pubmed.ncbi.nlm.nih.gov/9232337/>
- Liehr, J. G. et Ricci, M. J. (1996). 4-Hydroxylation of estrogens as marker of human mammary tumors. *Proceedings of the National Academy of Sciences of the United States of America*, 93(8), 3294-3296. <https://doi.org/10.1073/pnas.93.8.3294>
- Lin, T., Zirpoli, G. R., McCann, S. E., Moysich, K. B., Ambrosone, C. B. et Tang, L. (2017). Trends in cruciferous vegetable consumption and associations with breast cancer risk: a case-control study. *Current Developments in Nutrition*, 1(8), e000448. <https://doi.org/10.3945/cdn.117.000448>
- Lord, R. S., Bongiovanni, B. et Bralley, J. A. (2002). Estrogen metabolism and the diet-cancer connection: rationale for assessing the ratio of urinary hydroxylated estrogen metabolites. *Alternative Medicine Review*, 7(2), 112-129. <https://pubmed.ncbi.nlm.nih.gov/11991791/>
- Meilahn, E. N., De Stavola, B., Allen, D. S., Fentiman, I., Bradlow, H. L., Sepkovic, D. W. et Kuller, L. H. (1998). Do urinary oestrogen metabolites predict breast cancer? Guernsey III cohort follow-up. *British Journal of Cancer*, 78(9), 1250-1255. <https://doi.org/10.1038/bjc.1998.663>

Miao, S., Yang, F., Wang, Y., Shao, C., Zava, D. T., Ding, Q. et Shi, Y. E. (2019). 4-Hydroxy estrogen metabolite, causing genomic instability by attenuating the function of spindle-assembly checkpoint, can serve as a biomarker for breast cancer. *American Journal of Translational Research*, 11(8), 4992-5007. <https://pmc.ncbi.nlm.nih.gov/articles/PMC6731443/pdf/ajtr0011-4992.pdf>

Michnovicz, J. J. et Bradlow, H. L. (1990). Induction of estradiol metabolism by dietary indole-3-carbinol in humans. *Journal of the National Cancer Institute*, 82(11), 947-949. <https://doi.org/10.1093/jnci/82.11.947>

Mohajeri, M., Bianconi, V., Ávila-Rodriguez, M. F., Barreto, G. E., Jamialahmadi, T., Pirro, M. et Sahebkar, A. (2020). Curcumin: a phytochemical modulator of estrogens and androgens in tumors of the reproductive system. *Pharmacological Research*, 156, 104765. <https://doi.org/10.1016/j.phrs.2020.104765>

Newman, M. S. et Smeaton, J. (2025). The impact of 3,3'-diindolylmethane on estradiol and estrogen metabolism in postmenopausal women using a transdermal estradiol patch. *Menopause*, 32(7), 630-639. <https://doi.org/10.1097/GME.0000000000002542>

Osborne, M. P., Bradlow, H. L., Wong, G. Y. et Telang, N. T. (1993). Upregulation of estradiol C16 alpha-hydroxylation in human breast tissue: a potential biomarker of breast cancer risk. *Journal of the National Cancer Institute*, 85(23), 1917-1920. <https://doi.org/10.1093/jnci/85.23.1917>

Park, S.-A. (2018). Catechol estrogen 4-hydroxyestradiol is an ultimate carcinogen in breast cancer. *Biomedical Science Letters*, 24(3), 143-149. <https://doi.org/10.15616/BSL.2018.24.3.143>

Playdon, M. C., Coburn, S. B., Moore, S. C., Brinton, L. A., Wentzensen, N., Anderson, G., Wallace, R., Falk, R. T., Pfeiffer, R., Xu, X. et Trabert, B. (2018). Alcohol and oestrogen metabolites in postmenopausal women in the Women's Health Initiative Observational Study. *British Journal of Cancer*, 118(3), 448-457. <https://doi.org/10.1038/bjc.2017.419>

Rogan, E. G., Badawi, A. F., Devanesan, P. D., Meza, J. L., Edney, J. A., West, W. W., Higginbotham, S. M. et Cavalieri, E. L. (2003). Relative imbalances in estrogen metabolism and conjugation in breast tissue of women with carcinoma: potential biomarkers of susceptibility to cancer. *Carcinogenesis*, 24(4), 697-702. <https://doi.org/10.1093/carcin/bgg004>

Rylander-Rudqvist, T., Wedren, S., Granath, F., Humphreys, K., Ahlberg, S., Weiderpass, E., Oscarson, M., Ingelman-Sundberg, M. et Persson, I. (2003). Cytochrome P450 1B1 gene polymorphisms and postmenopausal breast cancer risk. *Carcinogenesis*, 24(9), 1533-1539. <https://doi.org/10.1093/carcin/bgg114>

Seeger, H., Wallwiener, D., Kraemer, E. et Mueck, A. O. (2006). Comparison of possible carcinogenic estradiol metabolites: Effects on proliferation, apoptosis and metastasis of human breast cancer cells. *Maturitas*, 54(1), 72-77. <https://doi.org/10.1016/j.maturitas.2005.08.010>

Szaefer, H., Licznarska, B., Krajka-Kuźniak, V., Bartoszek, A. et Baer-Dubowska, W. (2012). Modulation of CYP1A1, CYP1A2 and CYP1B1 expression by cabbage juices and indoles in human breast cell lines. *Nutrition and Cancer*, 64(6), 879-888. <https://doi.org/10.1080/01635581.2012.690928>

Telang, N. T., Suto, A., Wong, G. Y., Osborne, M. P. et Bradlow, H. L. (1992). Induction by estrogen metabolite 16 alpha-hydroxyestrone of genotoxic damage and aberrant proliferation in mouse mammary epithelial cells. *Journal of the National Cancer Institute*, 84(8), 634-638. <https://doi.org/10.1093/jnci/84.8.634>

Thapliyal, R. et Maru, G. B. (2001). Inhibition of cytochrome P450 isozymes by curcumins in vitro and in vivo. *Food and Chemical Toxicology*, 39(6), 541-547. [https://doi.org/10.1016/S0278-6915\(00\)00165-4](https://doi.org/10.1016/S0278-6915(00)00165-4)

Thomson, C. A., Chow, H. H. S., Wertheim, B. C., Roe, D. J., Stopeck, A., Maskarinec, G., Altbach, M., Chalasani, P., Huang, C., Strom, M. B., Galons, J. P. et Thompson, P. A. (2017). A randomized, placebo-controlled trial of diindolyl-methane for breast cancer biomarker modulation in patients taking tamoxifen. *Breast Cancer Research and Treatment*, 165(1), 97-107. <https://doi.org/10.1007/s10549-017-4292-7>

Venter, G., van der Berg, C. L., Jacobs, T., van der Westhuizen, F. H. et Erasmus, E. (2025). Oral contraceptives containing ethinyl estradiol and drospirenone increase hydroxylation and methylation of endogenous estrogen but not genotoxic estrogen DNA-adduct formation. *Scientific Reports*, 15(1), 31468. <https://doi.org/10.1038/s41598-025-16892-8>

Yuan, F., Shu, X.-O., Long, J., Huang, W.-Y., Lipworth, L., Xu, X., Khankari, N. K., Watts, E. L., Tao, R., Cai, H., Moore, S. C. et Zheng, W. (2026). Estrogen metabolism-related lifestyle score and risk of postmenopausal breast, endometrial, and ovarian cancers: findings from two large prospective cohort studies. *Cancer Prevention Research*, OF1-OF10. <https://doi.org/10.1158/1940-6207.CAPR-25-0382>

Zahid, M., Saeed, M., Beseler, C., Rogan, E. G. et Cavalieri, E. L. (2011). Resveratrol and N-acetylcysteine block the cancer-initiating step in MCF-10F cells. *Free Radical Biology and Medicine*, 50(1), 78-85. <https://doi.org/10.1016/j.freeradbiomed.2010.10.662>

Ziegler, R. G., Fuhrman, B. J., Moore, S. C. et Matthews, C. E. (2015). Epidemiologic studies of estrogen metabolism and breast cancer. *Steroids*, 99(part A), 67-75. <https://doi.org/10.1016/j.steroids.2015.02.015>

Phase II

Méthoxyestrogènes

Brueggemeier, R. W., Bhat, A. S., Lovely, C. J., Coughenour, H. D., Joomprabutra, S., Weitzel, D., Vandred, D. D., Yusuf, F. et Burak Jr, W. E. (2001). 2-Methoxymethylestradiol: a new 2-methoxy estrogen analog that exhibits antiproliferative activity and alters tubulin dynamics. *The Journal of Steroid Biochemistry and Molecular Biology*, 78(2), 145-156. [https://doi.org/10.1016/S0960-0760\(01\)00090-5](https://doi.org/10.1016/S0960-0760(01)00090-5)

Cushman, M., He, H.-M., Katzenellenbogen, J. A., Varma, R. K., Hamel, E., Lin, C. M., Ram, S. et Sachdeva, Y. P. (1997). Synthesis of analogs of 2-methoxyestradiol with enhanced inhibitory effects on tubulin polymerization and cancer cell growth. *Journal of Medicinal Chemistry*, 40(15), 2323-2334. <https://doi.org/10.1021/jm9700833>

LaVallee, T. M., Zhan, X. H., Herbstritt, C. J., Kough, E. C., Green, S. J. et Pribluda, V. S. (2002). 2-Methoxyestradiol inhibits proliferation and induces apoptosis independently of estrogen receptors alpha and beta. *Cancer Research*, 62(13), 3691-3697. <https://pubmed.ncbi.nlm.nih.gov/12097276/>

Lottering, M. L., Haag, M. et Seegers, J. C. (1992). Effects of 17 beta-estradiol metabolites on cell cycle events in MCF-7 cells. *Cancer Research*, 52(21), 5926-5932. <https://pubmed.ncbi.nlm.nih.gov/1327520/>

Zhu, B. T. et Conney, A. H. (1998). Is 2-methoxyestradiol an endogenous estrogen metabolite that inhibits mammary carcinogenesis? *Cancer Research*, 58(11), 2269-2277.

<https://pubmed.ncbi.nlm.nih.gov/9622057/>

Dominance estrogénique, méthylation et histamine

Ball, S. et Newson, L. (s. d.). *Histamine Intolerance (HIT)*. Women's Well-being Clinic. <https://womenswellness.nz/wp-content/uploads/2025/09/HIT-womens-wellness.pdf>

Zierau, O., Zenclussen, A. C. et Jensen, F. (2012). Role of female sex hormones, estradiol and progesterone, in mast cell behavior. *Frontiers in Immunology*, 3, 169. <https://doi.org/10.3389/fimmu.2012.00169>

Glutathion

Arteel, G. E. et Sies, H. (2001). The biochemistry of selenium and the glutathione system. *Environmental Toxicology and Pharmacology*, 10(4), 153-158. [https://doi.org/10.1016/s1382-6689\(01\)00078-3](https://doi.org/10.1016/s1382-6689(01)00078-3)

Atkuri, K. R., Mantovani, J. J., Herzenberg, L. A. et Herzenberg, L. A. (2007). N-Acetylcysteine—a safe antidote for cysteine/glutathione deficiency. *Current Opinion in Pharmacology*, 7(4), 355-359. <https://doi.org/10.1016/j.coph.2007.04.005>

Sedlak, T. W., Nucifora, L. G., Koga, M., Shaffer, L. S., Higgs, C., Tanaka, T., Wang, A. M., Coughlin, J. M., Barker, P. B., Fahey, J. W. et Sawa, A. (2018). Sulforaphane augments glutathione and influences brain metabolites in human subjects: a clinical pilot study. *Molecular Neuropsychiatry*, 3(4), 214-222. <https://doi.org/10.1159/000487639>

Glucuronidation

Dwivedi, C., Heck, W. J., Downie, A. A., Larroya, S. et Webb, T. E. (1990). Effect of calcium glucarate on β -glucuronidase activity and glucarate content of certain vegetables and fruits. *Biochemical Medicine and Metabolic Biology*, 43(2), 83-92. [https://doi.org/10.1016/0885-4505\(90\)90012-p](https://doi.org/10.1016/0885-4505(90)90012-p)

Guo, Y., Long, C., Ni, J., Zeng, J., Wang, J., Dai, Y. et Zhao, J. (2024). Glucuronidation dynamics of curcumin and tetrahydrocurcumin for differential structures and chemical reactivities in human liver microsome and uridine diphosphate glucuronosyltransferase 2B7. *Food Chemistry*, 448, 138929. <https://doi.org/10.1016/j.foodchem.2024.138929>

Phase III

Estrobolome

Baker, J. M., Al-Nakkash, L. et Herbst-Kralovetz, M. M. (2017). Estrogen-gut microbiome axis: physiological and clinical implications. *Maturitas*, 103, 45-53. <https://doi.org/10.1016/j.maturitas.2017.06.025>

Bertazzoni-Minelli, E., Beghini, A. M., Vesentini, S., Marchiori, L., Nardo, G., Cerutti, R. et Mortani, E. (1990). Intestinal microflora as an alternative metabolic source of estrogens in women with uterine leiomyoma and breast cancer. *Annals of the New York Academy of Sciences*, 595(1), 473-479. <https://doi.org/10.1111/j.1749-6632.1990.tb34337.x>

Brooks, J. D., Ward, W. E., Lewis, J. E., Hilditch, J., Nickell, L., Wong, E. et Thompson, L. U. (2004). Supplementation with flaxseed alters estrogen metabolism in postmenopausal women to a greater extent than does supplementation with an equal amount of soy. *The American Journal of Clinical Nutrition*, 79(2), 318-325. <https://doi.org/10.1093/ajcn/79.2.318>

Ervin, S. M., Li, H., Lim, L., Roberts, L. R., Liang, X., Mani, S. et Redinbo, M. R. (2019). Gut microbial β -glucuronidases reactivate estrogens as components of the estrobolome that reactivate estrogens. *Journal of Biological Chemistry*, 294(49), 18586-18599. <https://doi.org/10.1074/jbc.RA119.010950>

Flores, R., Shi, J., Fuhrman, B., Xu, X., Veenstra, T. D., Gail, M. H., Gajer, P., Ravel, J. et Goedert, J. J. (2012). Fecal microbial determinants of fecal and systemic estrogens and estrogen metabolites: a cross-sectional study. *Journal of Translational Medicine*, 10, 253. <https://doi.org/10.1186/1479-5876-10-253>

Haggans, C. J., Travelli, E. J., Thomas, W., Martini, M. C. et Slavin, J. L. (2000). The effect of flaxseed and wheat bran consumption on urinary estrogen metabolites in premenopausal women. *Cancer Epidemiology, Biomarkers & Prevention*, 9(7), 719-725. <https://pubmed.ncbi.nlm.nih.gov/10919743/>

Sui, Y., Wu, J. et Chen, J. (2021). The role of gut microbial β -glucuronidase in estrogen reactivation and breast cancer. *Frontiers in Cell and Developmental Biology*, 9, 631552. <https://doi.org/10.3389/fcell.2021.631552>

Zaineddin, A. K., Vrieling, A., Buck, K., Becker, S., Linseisen, J., Flesch-Janys, D., Kaaks, R. et Chang-Claude, J. (2012). Serum enterolactone and postmenopausal breast cancer risk by estrogen, progesterone and herceptin 2 receptor status. *International Journal of Cancer*, 130(6), 1401-1410. <https://doi.org/10.1002/ijc.26157>

DHEA

Cai, J.-J., Wen, J., Jiang, W.-H., Lin, J., Hong, Y. et Zhu, Y.-S. (2016). Androgen actions on endothelium functions and cardiovascular diseases. *Journal of Geriatric Cardiology*, 13(2), 183-196. <https://pmc.ncbi.nlm.nih.gov/articles/PMC4854959/pdf/jgc-13-02-183.pdf>

Davis, S. R., Shah, S. M., McKenzie, D. P., Kulkarni, J., Davison, S. L. et Bell, R. J. (2008). Dehydroepiandrosterone sulfate levels are associated with more favorable cognitive function in women. *The Journal of Clinical Endocrinology & Metabolism*, 93(3), 801-808. <https://doi.org/10.1210/jc.2007-2128>

El-Alfy, M., Deloche, C., Azzi, L., Bernard, B. A., Bernerd, F., Coutet, J., Chaussade, V., Martel, C., Leclaire, J. et Labrie, F. (2010). Skin responses to topical dehydroepiandrosterone: implications in antiageing treatment? *British Journal of Dermatology*, 163(5), 968-976. <https://doi.org/10.1111/j.1365-2133.2010.09972.x>

Hertoghe, T. (2010). *The Hormone Handbook* (2^e éd.). International Medical Books.

Jankowski, C. M., Gozansky, W. S., Schwartz, R. S., Dahl, D. J., Kittelson, J. M., Scott, S. M., Van Pelt, R. E. et Kohrt, W. M. (2006). Effects of dehydroepiandrosterone replacement therapy on bone mineral density in older adults: a randomized, controlled trial. *The Journal of Clinical Endocrinology & Metabolism*, 91(8), 2986-2993. <https://doi.org/10.1210/jc.2005-2484>

Labrie, F., Bélanger, A., Bélanger, P., Bérubé, R., Martel, C., Cusan, L., Gomez, J., Candas, B., Chaussade, V., Castiel, I., Deloche, C. et Leclaire, J. (2007). Metabolism of DHEA in postmenopausal women following percutaneous administration. *The Journal of Steroid Biochemistry and Molecular Biology*, 103(2), 178-188. <https://doi.org/10.1016/j.jsbmb.2006.09.034>

Labrie, F., Bélanger, A., Labrie, C., Candas, B., Cusan, L. et Gomez, J. L. (2007). Bioavailability and metabolism of oral and percutaneous dehydroepiandrosterone in postmenopausal women. *The Journal of Steroid Biochemistry and Molecular Biology*, 107(1-2), 57-69. <https://doi.org/10.1016/j.jsbmb.2007.02.007>

Mohamad, N.-V., Razali, N. C. et Shamsuddin, N.-M. (2024). Dehydroepiandrosterone and bone health : mechanisms and insights. *Biomedicines*, 12(12), 2780. <https://doi.org/10.3390/biomedicines12122780>

Nenezic, N., Dragicevic Jeremic, J., Rancic, N., Dejanovic, B., Kostic, D., Nenezic, D., Safiye, T., Alexopoulos, C. et Kostic, S. (2025). The link between serum levels of dehydroepiandrosterone and Alzheimer's disease: a pilot study in the Serbian population. *Cureus*, 17(10), e94489. <https://doi.org/10.7759/cureus.94489>

Powrie, Y. S. L. et Smith, C. (2018). Central intracrine DHEA synthesis in ageing-related neuroinflammation and neurodegeneration: therapeutic potential? *Journal of Neuroinflammation*, 15(1), 289. <https://doi.org/10.1186/s12974-018-1324-0>

Rabijewski, M. et Zgliczyński, W. (2005). Positive effects of DHEA therapy on insulin resistance and lipids in man with angiographically verified coronary heart disease-preliminary study. *Endokrynologia Polska*, 56(6), 904-910. <https://pubmed.ncbi.nlm.nih.gov/16821209/>

Syndrome de fatigue surrénalienne

Lam, M. (2016). *Advanced symptoms of adrenal fatigue syndrome: A metabolic perspective*. Adrenal Institute Press.

Lam, M. et Lam, D. (2012). *Adrenal fatigue syndrome: Reclaim your energy and vitality with clinically proven natural programs*. Adrenal Institute Press.

Lam, M. et Lam, J. (2016). *Central nervous system disruptions and adrenal fatigue syndrome*. Adrenal Institute Press.

Lupien, S. (2020). *Par amour du stress* (2^e éd.). Éditions Va Savoir.

Sapolsky, R. M. (2004). *Why zebras don't get ulcers: The acclaimed guide to stress, stress-related diseases, and coping* (3^e éd.). Holt Paperbacks.

Passez à l'action ! Soutenir les glandes surrénales

Burns, J. (2023). Common herbs for stress: the science and strategy of a botanical medicine approach to self-care. *Journal of Interprofessional Education & Practice*, 30, 100592. <https://doi.org/10.1016/j.xjep.2022.100592>

Chandrasekhar, K., Kapoor, J. et Anishetty, S. (2012). A prospective, randomized double-blind, placebo-controlled study of safety and efficacy of a high-concentration full-spectrum extract of ashwagandha root in reducing stress and anxiety in adults. *Indian Journal of Psychological Medicine*, 34(3), 255-262. <https://doi.org/10.4103/0253-7176.106022>

Childs, E. et de Wit, H. (2014). Regular exercise is associated with emotional resilience to acute stress in healthy adults. *Frontiers in Physiology*, 5, 161. <https://doi.org/10.3389/fphys.2014.00161>

Cuciureanu, M. D. et Vink, R. (2011). Magnesium and stress. Dans R. Vink (Eds.) et al., *Magnesium in the central nervous system*. University of Adelaide Press. <https://www.ncbi.nlm.nih.gov/books/NBK507250/>

Dadkar, V. N., Ranadive, N. U. et Dhar, H. L. (1987). Evaluation of antistress (adaptogen) activity of *Withania somnifera* (ashwagandha). *Indian Journal of Clinical Biochemistry*, 2, 101-108. <https://pmc.ncbi.nlm.nih.gov/articles/PMC8762185/>

Delarue, J., Matzinger, O., Binnert, C., Schneiter, P., Chiroléro, R. et Tappy, L. (2003). Fish oil prevents the adrenal activation elicited by mental stress in healthy men. *Diabetes & Metabolism*, 29(3), 289-295. [https://doi.org/10.1016/s1262-3636\(07\)70039-3](https://doi.org/10.1016/s1262-3636(07)70039-3)

Hellhammer, J., Fries, E., Buss, C., Engert, V., Tuch, A., Rutenberg, D. et Hellhammer, D. (2004). Effects of soy lecithin phosphatidic acid and phosphatidylserine complex (PAS) on the endocrine and psychological responses to mental stress. *Stress*, 7(2), 119-126. <https://doi.org/10.1080/10253890410001728379>

Ivanova Stojcheva, E. et Quintela, J. C. (2022). The Effectiveness of *Rhodiola rosea* L. Preparations in alleviating various aspects of life-stress symptoms and stress-induced conditions-encouraging clinical evidence. *Molecules*, 27(12), 3902. <https://doi.org/10.3390/molecules27123902>

Kenda, M., Kočevr Glavač, N., Nagy, M. et Sollner Dolenc, M. (2022). Medicinal plants used for anxiety, depression, or stress treatment: an update. *Molecules*, 27(18), 6021. <https://doi.org/10.3390/molecules27186021>

Lee, S. et Rhee, D.-K. (2017). Effects of ginseng on stress-related depression, anxiety, and the hypothalamic-pituitary-adrenal axis. *Journal of Ginseng Research*, 41(4), 589-594. <https://doi.org/10.1016/j.jgr.2017.01.010>

Liu, G. T. (1989). Pharmacological actions and clinical use of *fructus schizandrae*. *Chinese Medical Journal*, 102(10), 740-749. <https://pubmed.ncbi.nlm.nih.gov/2517053/>

Moritz, B., Schmitz, A. E., Rodrigues, A. L. S., Dafre, A. L. et Cunha, M. P. (2020). The role of vitamin C in stress-related disorders. *The Journal of Nutritional Biochemistry*, 85, 108459. <https://doi.org/10.1016/j.jnutbio.2020.108459>

O'Keefe, M. P., C. Scholz et P. S. Campbell. La vitamine C atténue la réponse physiologique au stress. Livre des résumés, 218e réunion nationale de l'AEC. 1999 ; 79. <https://www.sciencedaily.com/releases/1999/08/990823072615.htm>

Olsson, E. M., von Schéele, B. et Panossian, A. G. (2009). A randomised, double-blind, placebo-controlled, parallel-group study of the standardised extract SHR-5 of the roots of *Rhodiola rosea* in the treatment of subjects with stress-related fatigue. *Planta Medica*, 75(2), 105-112. <https://doi.org/10.1055/s-0028-1088346>

Panossian, A., Wikman, G. et Wagner, H. (1999). Plant adaptogens. III. Earlier and more recent aspects and concepts on their mode of action. *Phytomedicine*, 6(4), 287-300. [https://doi.org/10.1016/S0944-7113\(99\)80023-3](https://doi.org/10.1016/S0944-7113(99)80023-3)

Panossian, A., Wikman, G., Kaur, P. et Asea, A. (2009). Adaptogens exert a stress-protective effect by modulation of expression of molecular chaperones. *Phytomedicine*, 16(6-7), 617-622. <https://doi.org/10.1016/j.phymed.2008.12.003>

Patak, P., Willenberg, H. S. et Bornstein, S. R. (2004). Vitamin C is an important cofactor for both adrenal cortex and adrenal medulla. *Endocrine Research*, 30(4), 871-875. <https://doi.org/10.1081/erc-200044126>

Seelig, M. S. (1994). Consequences of magnesium deficiency on the enhancement of stress reactions; preventive and therapeutic implications (a review). *Journal of the American College of Nutrition*, 13(5), 429-446. <https://doi.org/10.1080/07315724.1994.10718432>

Singh, N., Nath, R., Lata, A., Singh, S. P., Kohli, R. P. et Bhargava, K. P. (1982). *Withania somnifera* (Ashwagandha), a rejuvenating herbal drug which enhances survival during stress (an adaptogen). *International Journal of Crude Drug Research*, 20(1), 29-35. <https://doi.org/10.3109/13880208209083282>

Thesing, C. S., Bot, M., Milaneschi, Y., Giltay, E. J. et Penninx, B. W. J. H. (2018). Omega-3 polyunsaturated fatty acid levels and dysregulations in biological stress systems. *Psychoneuroendocrinology*, 97, 206-215. <https://doi.org/10.1016/j.psyneuen.2018.07.002>

Insuline

Artimani, T., Saidijam, M., Aflatoonian, R., Amiri, I., Ashrafi, M., Shabab, N., Mohammadpour, N. et Mehdizadeh, M. (2015). Estrogen and progesterone receptor subtype expression in granulosa cells from women with polycystic ovary syndrome. *Gynecological Endocrinology*, 31(5), 379-383. <https://doi.org/10.3109/09513590.2014.1001733>

Dinakaran, A., Srinivasan, A., Rajagambeeram, R., Nanda, S. K. et Daniel, M. (2024). SHBG and insulin resistance - nexus revisited. *Bioinformation*, 20(8), 816-821. <https://doi.org/10.6026/973206300200816>

Ding, H., Zhang, J., Zhang, F., Zhang, S., Chen, X., Liang, W. et Xie, Q. (2021). Resistance to the insulin and elevated level of androgen: a major cause of polycystic ovary syndrome. *Frontiers in Endocrinology*, 12, 741764. <https://doi.org/10.3389/fendo.2021.741764>

Eftekhari, T., Sohrabvand, F., Zabandan, N., Shariat, M., Haghollahi, F. et Ghahghaei-Nezamabadi, A. (2014). Sexual dysfunction in patients with polycystic ovary syndrome and its affected domains. *Iranian Journal of Reproductive Medicine*, 12(8), 539-546. <https://pmc.ncbi.nlm.nih.gov/articles/PMC4233312/pdf/ijrm-12-539.pdf>

Marciniak, A., Nawrocka Rutkowska, J., Brodowska, A., Wiśniewska, B. et Starczewski, A. (2016). Cardiovascular system diseases in patients with polycystic ovary syndrome - the role of inflammation process in this pathology and possibility of early diagnosis and prevention. *Annals of Agricultural and Environmental Medicine*, 23(4), 537-541. <https://doi.org/10.5604/12321966.1226842>

Patel, S. M., Ratcliffe, S. J., Reilly, M. P., Weinstein, R., Bhasin, S., Blackman, M. R., Cauley, J. A., Sutton-Tyrrell, K., Robbins, J., Fried, L. P. et Cappola, A. R. (2009). Higher serum testosterone concentration in older women is associated with insulin resistance, metabolic syndrome, and cardiovascular disease. *The Journal of Clinical Endocrinology & Metabolism*, 94(12), 4776-4784. <https://doi.org/10.1210/jc.2009-0740>

Puurunen, J., Piltonen, T., Morin-Papunen, L., Perheentupa, A., Järvelä, I., Ruokonen, A. et Tapanainen, J. S. (2011). Unfavorable hormonal, metabolic, and inflammatory alterations persist after menopause in women with PCOS. *The Journal of Clinical Endocrinology & Metabolism*, 96(6), 1827-1834. <https://doi.org/10.1210/jc.2011-0039>

Unluhizarci, K., Karaca, Z. et Kelestimur, F. (2021). Role of insulin and insulin resistance in androgen excess disorders. *World Journal of Diabetes*, 12(5), 616-629. <https://doi.org/10.4239/wjd.v12.i5.616>

Passez à l'action ! Réguler l'insuline

Althuis, M. D., Jordan, N. E., Ludington, E. A. et Wittes, J. T. (2002). Glucose and insulin responses to dietary chromium supplements: a meta-analysis. *The American Journal of Clinical Nutrition*, 76(1), 148-155. <https://doi.org/10.1093/ajcn/76.1.148>

Asbaghi, O., Fatemeh, N., Mahnaz, R. K., Ehsan, G., Elham, E., Behzad, N., Damoon, A. L. et Amirmansour, A. N. (2020). Effects of chromium supplementation on glycemic control in patients with type 2 diabetes: a systematic review and meta-analysis of randomized controlled trials. *Pharmacological Research*, 161, 105098. <https://doi.org/10.1016/j.phrs.2020.105098>

Barbagallo, M. et Dominguez, L. J. (2015). Magnesium and type 2 diabetes. *World Journal of Diabetes*, 6(10), 1152-1157. <https://doi.org/10.4239/wjd.v6.i10.1152>

Barbagallo, M., Dominguez, L. J., Galisto, A., Ferlisi, A., Cani, C., Malfa, L., Pineo, A., Busardo', A. et Paolisso, G. (2003). Role of magnesium in insulin action, diabetes and cardio-metabolic syndrome X. *Molecular Aspects of Medicine*, 24(1-3), 39-52. [https://doi.org/10.1016/s0098-2997\(02\)00090-0](https://doi.org/10.1016/s0098-2997(02)00090-0)

Blow, F. C. et Barry, K. L. (2002). Use and misuse of alcohol among older women. *Alcohol Research & Health*, 26(4), 308-315. <https://pmc.ncbi.nlm.nih.gov/articles/PMC6676682/pdf/308-315.pdf>

Cai, Y., Xin, Q., Lu, J., Miao, Y., Lin, Q., Cong, W. et Chen, K. (2021). A new therapeutic candidate for cardiovascular diseases: berberine. *Frontiers in Pharmacology*, 12, 631100. <https://doi.org/10.3389/fphar.2021.631100>

Campello, R. S., Fátima, L. A., Barreto-Andrade, J. N., Lucas, T. F., Mori, R. C., Porto, C. S. et Machado, U. F. (2017). Estradiol-induced regulation of GLUT4 in 3T3-L1 cells: involvement of ESR1 and AKT activation. *Journal of Molecular Endocrinology*, 59(3), 257-268. <https://doi.org/10.1530/JME-17-0041>

Cefalu, W. T. et Hu, F. B. (2004). Role of chromium in human health and in diabetes. *Diabetes Care*, 27(11), 2741-2751. <https://doi.org/10.2337/diacare.27.11.2741>

Chausmer, A. B. (1998). Zinc, insulin and diabetes. *Journal of the American College of Nutrition*, 17(2), 109-115. <https://doi.org/10.1080/07315724.1998.10718735>

Choi, H. K., Willett, W. C., Stampfer, M. J., Rimm, E. et Hu, F. B. (2005). Dairy consumption and risk of type 2 diabetes mellitus in men: a prospective study. *Archives of Internal Medicine*, 165(9), 997-1003. <https://doi.org/10.1001/archinte.165.9.997>

De Lourdes Lima, M., Cruz, T., Pousada, J. C., Rodrigues, L. E., Barbosa, K. et Canguçu, V. (1998). The effect of magnesium supplementation in increasing doses on the control of type 2 diabetes. *Diabetes Care*, 21(5), 682-686. <https://doi.org/10.2337/diacare.21.5.682>

Dunn, S. L. (2009). *Effects of exercise and dietary intervention on metabolic syndrome markers of inactive premenopausal*. [thèse de doctorat, University of New South Wales, Sydney, Australie]. https://www.researchgate.net/publication/228974312_Effects_of_exercise_and_dietary_intervention_on_metabolic_syndrome_markers_of_inactive_premenopausal_women

- Facchinetti, F., Unfer, V., Dewailly, D., Kamenov, Z. A., Diamanti-Kandarakis, E., Laganà, A. S., Nestler, J. E., Soulage, C. O. et Group of 'Inositol in PCOS and Reproduction'. (2020). Inositols in polycystic ovary syndrome: an overview on the advances. *Trends in Endocrinology & Metabolism*, 31(6), 435-447. <https://doi.org/10.1016/j.tem.2020.02.002>
- Feng, X., Sureda, A., Jafari, S., Memariani, Z., Tewari, D., Annunziata, G., Barrea, L., Hassan, S. T. S., Šmejkal, K., Malaník, M., Sychrová, A., Barreca, D., Ziberna, L., Mahomoodally, M. F., Zengin, G., Xu, S., Nabavi, S. M. et Shen, A.-Z. (2019). Berberine in cardiovascular and metabolic diseases: from mechanisms to therapeutics. *Theranostics*, 9(7), 1923-1951. <https://doi.org/10.7150/thno.30787>
- Feskanich, D., Willett, W. C. et Colditz, G. A. (2003). Calcium, vitamin D, milk consumption, and hip fractures: a prospective study among postmenopausal women. *The American Journal of Clinical Nutrition*, 77(2), 504-511. <https://doi.org/10.1093/ajcn/77.2.504>
- Feskanich, D., Willett, W. C., Stampfer, M. J. et Colditz, G. A. (1997). Milk, dietary calcium, and bone fractures in women: a 12-year prospective study. *American Journal of Public Health*, 87(6), 992-997. <https://doi.org/10.2105/ajph.87.6.992>
- Fung, J. et Moore, J. (2017). *Le guide complet du jeûne*. Thierry Souccar Éditions.
- Gannon, M. C., Nuttall, F. Q., Krezowski, P. A., Billington, C. J. et Parker, S. (1986). The serum insulin and plasma glucose responses to milk and fruit products in type 2 (non-insulin-dependent) diabetic patients. *Diabetologia*, 29(11), 784-791. <https://doi.org/10.1007/BF00873217>
- Genazzani, A. D., Prati, A., Santagni, S., Ricchieri, F., Chierchia, E., Rattighieri, E., Campedelli, A., Simoncini, T. et Artini, P. G. (2012). Differential insulin response to myo-inositol administration in obese polycystic ovary syndrome patients. *Gynecological Endocrinology*, 28(12), 969-973. <https://doi.org/10.3109/09513590.2012.685205>
- Greff, D., Juhász, A. E., Váncsa, S., Váradi, A., Sipos, Z., Szinte, J., Park, S., Hegyi, P., Nyirády, P., Ács, N., Várbíró, S. et Horváth, E. M. (2023). Inositol is an effective and safe treatment in polycystic ovary syndrome: a systematic review and meta-analysis of randomized controlled trials. *Reproductive Biology and Endocrinology*, 21(1), 10. <https://doi.org/10.1186/s12958-023-01055-z>
- Gregory, J. M., Muldowney, J. A., Engelhardt, B. G., Tyree, R., Marks-Shulman, P., Silver, H. J., Donahue, E. P., Edgerton, D. S. et Winnick, J. J. (2019). Aerobic exercise training improves hepatic and muscle insulin sensitivity, but reduces splanchnic glucose uptake in obese humans with type 2 diabetes. *Nutrition & Diabetes*, 9(1), 25. <https://doi.org/10.1038/s41387-019-0090-0>
- Gudden, J., Arias Vasquez, A. et Bloemendaal, M. (2021). The effects of intermittent fasting on brain and cognitive function. *Nutrients*, 13(9), 3166. <https://www.mdpi.com/2072-6643/13/9/3166>
- Hailu, K. T., Salib, K., Savithri Nandeesha, S., Kasagga, A., Hawrami, C., Ricci, E. et Hamid, P. (2024). The effect of fasting on cardiovascular diseases: a systematic review. *Cureus*, 16(1), e53221. <https://doi.org/10.7759/cureus.53221>
- Hoppe, C., Mølgaard, C., Dalum, C., Vaag, A. et Michaelsen, K. F. (2009). Differential effects of casein versus whey on fasting plasma levels of insulin, IGF-1 and IGF-1/IGFBP-3: results from a randomized 7-day supplementation study in prepubertal boys. *European Journal of Clinical Nutrition*, 63(9), 1076-1083. <https://doi.org/10.1038/ejcn.2009.34>
- Hoyt, G., Hickey, M. S. et Cordain, L. (2005). Dissociation of the glycaemic and insulinaemic responses to whole and skimmed milk. *British Journal of Nutrition*, 93(2), 175-177. <https://doi.org/10.1079/bjn20041304>
- Jelleyman, C., Yates, T., O'Donovan, G., Gray, L. J., King, J. A., Khunti, K. et Davies, M. J. (2015). The effects of high-intensity interval training on glucose regulation and insulin resistance: a meta-analysis. *Obesity Reviews*, 16(11), 942-961. <https://doi.org/10.1111/obr.12317>

Kim, J. et Lee, S. (2012). Effect of zinc supplementation on insulin resistance and metabolic risk factors in obese Korean women. *Nutrition Research and Practice*, 6(3), 221-225. <https://doi.org/10.4162/nrp.2012.6.3.221>

Kostov, K. (2019). Effects of magnesium deficiency on mechanisms of insulin resistance in type 2 diabetes: focusing on the processes of insulin secretion and signaling. *International Journal of Molecular Sciences*, 20(6), 1351. <https://doi.org/10.3390/ijms20061351>

Liljeberg Elmståhl, H. et Björck, I. (2001). Milk as a supplement to mixed meals may elevate postprandial insulinemia. *European Journal of Clinical Nutrition*, 55(11), 994-999. <https://doi.org/10.1038/sj.ejcn.1601259>

Longo, V. (2018). *Le Régime de longévité*. Éditions Actes Sud.

Louie, J. C., Flood, V. M., Rangan, A. M., Burlutsky, G., Gill, T. P., Gopinath, B. et Mitchell, P. (2013). Higher regular fat dairy consumption is associated with lower incidence of metabolic syndrome but not type 2 diabetes. *Nutrition, Metabolism, & Cardiovascular Diseases*, 23(9), 816-821. <https://doi.org/10.1016/j.numecd.2012.08.004>

Lovejoy, J. C., Champagne, C. M., de Jonge, L., Xie, H. et Smith, S. R. (2008). Increased visceral fat and decreased energy expenditure during the menopausal transition. *International Journal of Obesity*, 32(6), 949-958. <https://doi.org/10.1038/ijo.2008.25>

Maddern, X. J., Ursich, L. T., Bailey, G., Pearl, A., Anversa, R. G., Lawrence, A. J. et Walker, L. C. (2024). Sex differences in alcohol use: Is it all about hormones? *Endocrinology*, 165(9), bqae088. <https://doi.org/10.1210/endocr/bqae088>

Milewska, E. M., Czyzyk, A., Meczekalski, B. et Genazzani, A. D. (2016). Inositol and human reproduction. From cellular metabolism to clinical use. *Gynecological Endocrinology*, 32(9), 690-695. <https://doi.org/10.1080/09513590.2016.1188282>

Nestler, J. E. et Unfer, V. (2015). Reflections on inositol(s) for PCOS therapy: steps toward success. *Gynecological Endocrinology*, 31(7), 501-505. <https://doi.org/10.3109/09513590.2015.1054802>

Ostman, E. M., Liljeberg Elmståhl, H. G. et Björck, I. M. (2001). Inconsistency between glycemic and insulinemic responses to regular and fermented milk products. *The American Journal of Clinical Nutrition*, 74(1), 96-100. <https://doi.org/10.1093/ajcn/74.1.96>

Tjønnå, A. E., Lee, S. J., Rognmo, Ø., Stølen, T. O., Bye, A., Haram, P. M., Loennechen, J. P., Al-Share, Q. Y., Skogvoll, E., Slørdahl, S. A., Kemi, O. J., Najjar, S. M. et Wisløff, U. (2008). Aerobic interval training versus continuous moderate exercise as a treatment for the metabolic syndrome: a pilot study. *Circulation*, 118(4), 346-354. <https://doi.org/10.1161/CIRCULATIONAHA.108.772822>

Tucker, L. A., Erickson, A., LeCheminant, J. D. et Bailey, B. W. (2015). Dairy consumption and insulin resistance: the role of body fat, physical activity, and energy intake. *Journal of Diabetes Research*, 2015, 206959. <https://doi.org/10.1155/2015/206959>

Unfer, V., Nestler, J. E., Kamenov, Z. A., Prapas, N. et Facchinetti, F. (2016). Effects of inositol(s) in women with PCOS: a systematic review of randomized controlled trials. *International Journal of Endocrinology*, 2016, 1849162. <https://doi.org/10.1155/2016/1849162>

USC Leonard Davis School of Gerontology. (2024, 20 février). *Fasting-like diet lowers risk factors for disease, reduces biological age in humans*. <https://gero.usc.edu/2024/02/20/fasting-mimicking-diet-biological-age/>

Wallace, T. C., Jun, S., Zou, P., McCabe, G. P., Craig, B. A., Cauley, J. A., Weaver, C. M. et Bailey, R. L. (2020). Dairy intake is not associated with improvements in bone mineral density or risk of fractures across the menopause transition: data from the Study of Women's Health Across the Nation. *Menopause*, 27(8), 879-886. <https://doi.org/10.1097/GME.0000000000001555>

White, J. R., Jr et Campbell, R. K. (1993). Magnesium and diabetes : a review. *Annals of Pharmacotherapy*, 27(6), 775-780. <https://doi.org/10.1177/106002809302700619>

Whyte, L. J., Gill, J. M. et Cathcart, A. J. (2010). Effect of 2 weeks of sprint interval training on health-related outcomes in sedentary overweight/obese men. *Metabolism*, 59(10), 1421-1428. <https://doi.org/10.1016/j.metabol.2010.01.002>

Wojciechowska, A., Osowski, A., Jóńwik, M., Górecki, R., Rynkiewicz, A. et Wojtkiewicz, J. (2019). Inositols' importance in the improvement of the endocrine-metabolic profile in PCOS. *International Journal of Molecular Sciences*, 20(22), 5787. <https://doi.org/10.3390/ijms20225787>

Xie, W., Su, F., Wang, G., Peng, Z., Xu, Y., Zhang, Y., Xu, N., Hou, K., Hu, Z., Chen, Y. et Chen, R. (2022). Glucose-lowering effect of berberine on type 2 diabetes: a systematic review and meta-analysis. *Frontiers in Pharmacology*, 13, 1015045. <https://doi.org/10.3389/fphar.2022.1015045>

Yin, J., Xing, H. et Ye, J. (2008). Efficacy of berberine in patients with type 2 diabetes mellitus. *Metabolism*, 57(5), 712-717. <https://doi.org/10.1016/j.metabol.2008.01.013>

Ssommeil et glycémie

Aldabal, L. et Bahammam, A. S. (2011). Metabolic, endocrine, and immune consequences of sleep deprivation. *The Open Respiratory Medicine Journal*, 5, 31-43. <https://pmc.ncbi.nlm.nih.gov/articles/PMC3132857/>

Donga, E., van Dijk, M., van Dijk, J. G., Biermasz, N. R., Lammers, G. J., van Kralingen, K., Hoogma, R. P., Corssmit, E. P. et Romijn, J. A. (2010). Partial sleep restriction decreases insulin sensitivity in type 1 diabetes. *Diabetes Care*, 33(7), 1573-1577. <https://doi.org/10.2337/dc09-2317>

Donga, E., van Dijk, M., van Dijk, J. G., Biermasz, N. R., Lammers, G. J., van Kralingen, K. W., Corssmit, E. P. et Romijn, J. A. (2010). A single night of partial sleep deprivation induces insulin resistance in multiple metabolic pathways in healthy subjects. *The Journal of Clinical Endocrinology & Metabolism*, 95(6), 2963-2968. <https://doi.org/10.1210/jc.2009-2430>

Garfinkel, D., Zorin, M., Wainstein, J., Matas, Z., Laudon, M. et Zisapel, N. (2011). Efficacy and safety of prolonged-release melatonin in insomnia patients with diabetes: a randomized, double-blind, crossover study. *Diabetes, Metabolic Syndrome and Obesity*, 4, 307-313. <https://doi.org/10.2147/DMSO.S23904>

Urrila, A., Artiges, E., Massicotte, J. et al. (2017). Sleep habits, academic performance, and the adolescent brain structure. *Scientific Reports*, 7, 41678. <https://doi.org/10.1038/srep41678>

Cappuccio, F. P., D'Elia, L., Strazzullo, P. et Miller, M. A. (2010). Quantity and quality of sleep and incidence of type 2 diabetes: a systematic review and meta-analysis. *Diabetes Care*, 33(2), 414-420. <https://doi.org/10.2337/dc09-1124>

Prather, A. A., Janicki-Deverts, D., Hall, M. H. et Cohen, S. (2015). Behaviorally Assessed Sleep and Susceptibility to the Common Cold. *Sleep*, 38(9), 1353-1359. <https://doi.org/10.5665/sleep.4968>

Inserm. (2017, 7 août). *Sommeil. Faire la lumière sur notre activité nocturne*. <https://www.inserm.fr/dossier/sommeil/>

Kim, S.-H. et Park, M.-J. (2017). Effects of growth hormone on glucose metabolism and insulin resistance in human. *Annals of Pediatric Endocrinology & Metabolism*, 22(3), 145-152. <https://doi.org/10.6065/apem.2017.22.3.145>

McMullan, C. J., Curhan, G. C., Schernhammer, E. S. et Forman, J. P. (2013). Association of nocturnal melatonin secretion with insulin resistance in nondiabetic young women. *American Journal of Epidemiology*, 178(2), 231-238. <https://doi.org/10.1093/aje/kws470>

McMullan, C. J., Schernhammer, E. S., Rimm, E. B., Hu, F. B. et Forman, J. P. (2013). Melatonin secretion and the incidence of type 2 diabetes. *JAMA*, 309(13), 1388-1396. <https://doi.org/10.1001/jama.2013.2710>

Sperling, M. A. (2016). Traditional and novel aspects of the metabolic actions of growth hormone. *Growth Hormone & IGF Research*, 28, 69-75. <https://doi.org/10.1016/j.ghir.2015.06.005>

Sun, J., Fang, D., Wang, Z. et Liu, Y. (2023). Sleep deprivation and gut microbiota dysbiosis : current understandings and implications. *International Journal of Molecular Sciences*, 24(11), 9603. <https://doi.org/10.3390/ijms24119603>

Taheri, S., Lin, L., Austin, D., Young, T. et Mignot, E. (2004). Short sleep duration is associated with reduced leptin, elevated ghrelin, and increased body mass index. *PLoS Medicine*, 1(3), e62. <https://doi.org/10.1371/journal.pmed.0010062>

Insomnie et sabotage hormonal

Baron, K. G. et Reid, K. J. (2014). Circadian misalignment and health. *International Review of Psychiatry*, 26(2), 139-154. <https://doi.org/10.3109/09540261.2014.911149>

Ferrie, J. E., Shipley, M. J., Akbaraly, T. N., Marmot, M. G., Kivimäki, M. et Singh-Manoux, A. (2011). Change in sleep duration and cognitive function: findings from the Whitehall II study. *Sleep*, 34(5), 565-573. <https://doi.org/10.1093/sleep/34.5.565>

Fortier-Brochu, E. et Morin, C. M. (2014). Cognitive impairment in individuals with insomnia: clinical significance and correlates. *Sleep*, 37(11), 1787-1798. <https://doi.org/10.5665/sleep.4172>

Garbarino, S., Lanteri, P., Bragazzi, N. L., Magnavita, N. et Scoditti, E. (2021). Role of sleep deprivation in immune-related disease risk and outcomes. *Communications Biology*, 4(1), 1304. <https://doi.org/10.1038/s42003-021-02825-4>

Knutson, K. L. et Van Cauter, E. (2008). Associations between sleep loss and increased risk of obesity and diabetes. *Annals of the New York Academy of Sciences*, 1129, 287-304. <https://doi.org/10.1196/annals.1417.033>

Liu, D., Yu, C., Huang, K., Thomas, S., Yang, W., Liu, S. et Kuang, J. (2022). The association between hypertension and insomnia: a bidirectional meta-analysis of prospective cohort studies. *International Journal of Hypertension*, 2022, 4476905. <https://doi.org/10.1155/2022/4476905>

Ma santé, mes hormones. (s. d.). *Module Hormones et santé. Cancer du sein et hormones: danger ou prévention?* <https://www.masantemeshormones.com/module-hormone-sante> (Module de formation payant)

Mallampalli, M. P. et Carter, C. L. (2014). Exploring sex and gender differences in sleep health : a Society for Women's Health Research Report. *Journal of Women's Health*, 23(7), 553-562. <https://doi.org/10.1089/jwh.2014.4816>

Möller-Levet, C. S., Archer, S. N., Bucca, G., Laing, E. E., Slak, A., Kabiljo, R., Lo, J. C., Santhi, N., von Schantz, M., Smith, C. P. et Dijk, D.-J. (2013). Effects of insufficient sleep on circadian rhythmicity and expression amplitude of the human blood transcriptome. *Proceedings of the National Academy of Sciences of the United States of America*, 110(12), E1132-E1141. <https://doi.org/10.1073/pnas.1217154110>

Morris, C. J., Yang, J. N. et Scheer, F. A. J. L. (2012). The impact of the circadian timing system on cardiovascular and metabolic function. *Progress in Brain Research*, 199, 337-358. <https://doi.org/10.1016/B978-0-444-59427-3.00019-8>

Yi, S. S., Chung, S.-H. et Kim, P. S. (2018). Sharing pathological mechanisms of insomnia and osteoporosis, and a new perspective on safe drug choice. *Journal of Menopausal Medicine*, 24(3), 143-149. <https://doi.org/10.6118/jmm.2018.24.3.143>

Sommeil et fertilité

Caetano, G., Bozinovic, I., Dupont, C., Léger, D., Lévy, R. et Sermondade, N. (2021). Impact of sleep on female and male reproductive functions: a systematic review. *Fertility and Sterility*, 115(3), 715-731. <https://doi.org/10.1016/j.fertnstert.2020.08.1429>

Domínguez-Salazar, E., Hurtado-Alvarado, G., Medina-Flores, F., Dorantes, J., González-Flores, O., Contis-Montes de Oca, A., Velázquez-Moctezuma, J. et Gómez-González, B. (2020). Chronic sleep loss disrupts blood-testis and blood-epididymis barriers, and reduces male fertility. *Journal of Sleep Research*, 29(3), e12907. <https://doi.org/10.1111/jsr.12907>

Goldstein, C. A., Lanham, M. S., Smith, Y. R. et O'Brien, L. M. (2017). Sleep in women undergoing in vitro fertilization: a pilot study. *Sleep Medicine*, 32, 105-113. <https://doi.org/10.1016/j.sleep.2016.12.007>

Hvidt, J. E. M., Knudsen, U. B., Zachariae, R., Ingerslev, H. J., Philipsen, M. T. et Frederiksen, Y. (2020). Associations of bedtime, sleep duration, and sleep quality with semen quality in males seeking fertility treatment: a preliminary study. *Basic and Clinical Andrology*, 30, 5. <https://doi.org/10.1186/s12610-020-00103-7>

Matthews-King, A. (2019, 24 juin). Men who go to bed earlier have better sperm, study concludes. *The Independent*. <https://www.independent.co.uk/news/health/sperm-bed-time-sleep-early-night-netflix-fertility-pregnancy-a8971356.html>

Touzet, S., Rabilloud, M., Boehringer, H., Barranco, E. et Ecochard, R. (2002). Relationship between sleep and secretion of gonadotropin and ovarian hormones in women with normal cycles. *Fertility and Sterility*, 77(4), 738-744. [https://doi.org/10.1016/s0015-0282\(01\)03254-x](https://doi.org/10.1016/s0015-0282(01)03254-x)

Wise, L. A., Rothman, K. J., Wesselink, A. K., Mikkelsen, E. M., Sorensen, H. T., McKinnon, C. J. et Hatch, E. E. (2018). Male sleep duration and fecundability in a North American preconception cohort study. *Fertility and Sterility*, 109(3), 453-459. <https://doi.org/10.1016/j.fertnstert.2017.11.037>

Passez à l'action ! Favoriser un sommeil de qualité

Bannai, M. et Kawai, N. (2012). New therapeutic strategy for amino acid medicine: glycine improves the quality of sleep. *Journal of Pharmacological Sciences*, 118(2), 145-148. <https://doi.org/10.1254/jphs.11r04fm>

Bannai, M., Kawai, N., Ono, K., Nakahara, K. et Murakami, N. (2012). The effects of glycine on subjective daytime performance in partially sleep-restricted healthy volunteers. *Frontiers in Neurology*, 3, 61. <https://doi.org/10.3389/fneur.2012.00061>

Birdsall, T. C. (1998). 5-Hydroxytryptophan: a clinically-effective serotonin precursor. *Alternative Medicine Review*, 3(4), 271-280. <https://pubmed.ncbi.nlm.nih.gov/9727088/>

Byun, J.-I., Shin, Y. Y., Chung, S.-E. et Shin, W. C. (2018). Safety and efficacy of gamma-aminobutyric acid from fermented rice germ in patients with insomnia symptoms: a randomized, double-blind trial. *Journal of Clinical Neurology*, 14(3), 291-295. <https://doi.org/10.3988/jcn.2018.14.3.291>

Foxe, J. J., Morie, K. P., Laud, P. J., Rowson, M. J., de Bruin, E. A. et Kelly, S. P. (2012). Assessing the effects of caffeine and theanine on the maintenance of vigilance during a sustained attention task. *Neuropharmacology*, 62(7), 2320-2327. <https://doi.org/10.1016/j.neuropharm.2012.01.020>

Hepsomali, P., Groeger, J. A., Nishihira, J. et Scholey, A. (2020). Effects of oral gamma-aminobutyric acid (GABA) Administration on stress and sleep in humans: a systematic review. *Frontiers in Neuroscience*, 14, 923. <https://doi.org/10.3389/fnins.2020.00923>

Inagawa, K., Hiraoka, T., Kohda, T., Yamadera, W. et Takahashi, M. (2006). Subjective effects of glycine ingestion before bedtime on sleep quality. *Sleep and Biological Rhythms*, 4(1), 75-77. <https://doi.org/10.1111/j.1479-8425.2006.00193.x>

Kawai, N., Sakai, N., Okuro, M., Karakawa, S., Tsuneyoshi, Y., Kawasaki, N., Takeda, T., Bannai, M. et Nishino, S. (2015). The sleep-promoting and hypothermic effects of glycine are mediated by NMDA receptors in the suprachiasmatic nucleus. *Neuropsychopharmacology*, 40(6), 1405-1416. <https://doi.org/10.1038/npp.2014.326>

Kent, J. M., Mathew, S. J. et Gorman, J. M. (2002). Molecular targets in the treatment of anxiety. *Biological Psychiatry*, 52(10), 1008-1030. [https://doi.org/10.1016/s0006-3223\(02\)01672-4](https://doi.org/10.1016/s0006-3223(02)01672-4)

Nobre, A. C., Rao, A. et Owen, G. N. (2008). L-theanine, a natural constituent in tea, and its effect on mental state. *Asia Pacific Journal of Clinical Nutrition*, 17 (suppl. 1), 167-168. https://apjcn.qdu.edu.cn/17_5_35.pdf

Soulairac, A. et Lambinet, H. (1977). Action du 5-hydroxy-tryptophane, précurseur de la sérotonine, sur les troubles du sommeil [Effect of 5-hydroxytryptophan, a serotonin precursor, on sleep disorders]. *Annales medico-psychologiques*, 1(5), 792-798. <https://www.sciencedirect.com/science/article/abs/pii/S0261561424000104>

Winkelman, J. W., Buxton, O. M., Jensen, J. E., Benson, K. L., O'Connor, S. P., Wang, W. et Renshaw, P. F. (2008). Reduced brain GABA in primary insomnia: preliminary data from 4T proton magnetic resonance spectroscopy (1H-MRS). *Sleep*, 31(11), 1499-1506. <https://doi.org/10.1093/sleep/31.11.1499>

Zarcone, V. P., Jr et Hoddes, E. (1975). Effects of 5-hydroxytryptophan on fragmentation of REM sleep in alcoholics. *The American Journal of Psychiatry*, 132(1), 74-76. <https://doi.org/10.1176/ajp.132.1.74>

Thyroïde

Holtorf, K. (2014). Peripheral thyroid hormone conversion and its impact on TSH and metabolic activity. *Journal of Restorative Medicine*, 3(1), 30-52. <https://restorativemedicine.org/wp-content/uploads/2014/04/Peripheral-Thyroid-Hormone-Conversion.pdf>

Ma santé, mes hormones. (s. d.). *Module Guide pratique. Le bilan thyroïdien de A à Z*. <https://www.masantemes hormones.fr/modules-guide-pratique> (Module de formation payant)

Medimage. (2021, 28 juillet). *Quand la ménopause vient perturber la Thyroïde: explications*. <https://www.medimagesa.ch/menopause-et-thyroide/>

CHAPITRE 4 : LA MÉNopause

Anderson, D., Yoshizawa, T., Gollschewski, S., Atogami, F. et Courtney, M. (2004). Menopause in Australia and Japan: effects of country of residence on menopausal status and menopausal symptoms. *Climacteric*, 7(2), 165-174. <https://doi.org/10.1080/13697130410001713760>

Centre de collaboration nationale de la santé autochtone. (2018, mars). Santé des enfants, des jeunes et des familles. *La ménopause et les femmes autochtones au Canada: l'état de la recherche actuelle*. https://www.ccnsa.ca/525/La_ménopause_et_les_femmes_autochtones_au_Canada_l'état_de_la_recherche_actuelle.nccih?id=234

Charlap, C. (2022). *La fabrique de la ménopause*. CNRS Éditions.

Delanoë, D. (2006). *Sexe, croyances et ménopause*. Hachette Littératures.

Lannaud, G. (2024, 24 janvier). *Les révélations inattendues de la ménopause*. Union Francophone des Professionnels de Shiatsu Thérapeutique. <https://www.ufpst.org/post/université-2024-shiatsu-ménopause>

Nougier, M. (2024, 22 mars). *La ménopause et représentations culturelles à travers le monde*. Ménopause club. <https://menopauseclub.fr/blog/perceptions-menopause-pays/>

Inflammaging

Attiq, A., Jalil, J., Husain, K. et Ahmad, W. (2018). Raging the war against inflammation with natural products. *Frontiers in Pharmacology*, 9, 976. <https://doi.org/10.3389/fphar.2018.00976>

De Grey, A. et Rae, M. (2007). *Ending aging: The rejuvenation breakthroughs that could reverse human aging in our lifetime*. St Martin's Griffin.

De Jaeger, C. (2023). *Médecine de la Longévité: une révolution. Et si vivre jusqu'à 150 ans en bonne santé devenait la norme?* Guy Trédaniel.

Gersh, F. (2020, 12-13 décembre). *The evolutionary differences in gender and their role in longevity*. 28e congrès annuel de l'A4M, congrès virtuel.

Minier, D. (2016). *Vieillir est inutile et dangereux: les outils à notre disposition pour contrer ce processus*. Éditions Carte Blanche.

Roux, P.-F. et Bishof, O. (2019, 14 mars). *La sénescence, une destinée cellulaire aux multiples visages*. Planet Vie. <https://planet-vie.ens.fr/thematiques/cellules-et-molecules/physiologie-cellulaire/la-senescence-une-destinee-cellulaire-aux>

Simard, E. (2023, 3-4 novembre). *Physiologie et théories du vieillissement*. Congrès annuel de l'ANAQ, Montréal, QC, Canada.

Teissier, T., Boulanger, E. et Cox, L. S. (2022). Interconnections between inflammaging and immunosenescence during ageing. *Cells*, 11(3), 359. <https://doi.org/10.3390/cells11030359>

Répercussions sur la vie personnelle et professionnelle des femmes

Faubion, S. S., Enders, F., Hedges, M. S., Chaudhry, R., Kling, J. M., Shufelt, C. L., Saadedine, M., Mara, K., Griffin, J. M. et Kapoor, E. (2023). Impact of menopause symptoms on women in the workplace. *Mayo Clinic Proceedings*, 98(6), 833-845. <https://doi.org/10.1016/j.mayocp.2023.02.025>

Menopause Foundation of Canada. (2023). *Menopause and work in Canada*. https://menopausefoundationcanada.ca/pdf_files/Menopause_Work_Canada_2023EN.pdf

Newson, L. (s. d.). *Creating and working in a menopause confident organisation*. Balance the menopause support app. https://cdn.asp.events/CLIENT_AEO_6F6DAB1E_5056_B739_5434FCD30E5F9143/sites/aeo-2023/media/Menopause-confident-organisation.pdf

O'Neill, M. T., Jones, V. et Reid, A. (2023). Impact of menopausal symptoms on work and careers: a cross-sectional study. *Occupational Medicine*, 73(6), 332-338. <https://doi.org/10.1093/occmed/kqad078>

Safwan, N., Saadedine, M., Shufelt, C. L., Kapoor, E., Kling, J. M., Chaudhry, R. et Faubion, S. S. (2024). Menopause in the workplace: challenges, impact, and next steps. *Maturitas*, 185, 107983. <https://doi.org/10.1016/j.maturitas.2024.107983>

Déclin cognitif

Gary Small, A Brain Doctor's Guide to Healthy Aging. From Hackensack University Medical Center L.A. California. Review.

Jett, S., Malviya, N., Schelbaum, E., Jang, G., Jahan, E., Clancy, K., Hristov, H., Pahlajani, S., Niotis, K., Loeb-Zeitlin, S., Havryliuk, Y., Isaacson, R., Brinton, R. D. et Mosconi, L. (2022). Endogenous and exogenous estrogen exposures : how women's reproductive health can drive brain aging and inform Alzheimer's prevention. *Frontiers in Aging Neuroscience*, 14, 831807. <https://doi.org/10.3389/fnagi.2022.831807>

Small G. W. (2016). Detection and prevention of cognitive decline. *The American Journal of Geriatric Psychiatry*, 24(12), 1142-1150. <https://doi.org/10.1016/j.jagp.2016.08.013>

Small, G. W., Silverman, D. H., Siddarth, P., Ercoli, L. M., Miller, K. J., Lavretsky, H., Wright, B. C., Bookheimer, S. Y., Barrio, J. R. et Phelps, M. E. (2006). Effects of a 14-day healthy longevity lifestyle program on cognition and brain function. *The American Journal of Geriatric Psychiatry*, 14(6), 538-545. <https://doi.org/10.1097/01.JGP.0000219279.72210.ca>

Inflammation et facteurs contributifs

Bredesen, D. (2018). *La fin d'Alzheimer : le premier programme qui prévient et inverse le déclin cognitif - le protocole ReCODE*. Éditions Thierry Souccar Éditions.

De Grey, A. et Rae, M. (2007). *Ending aging: The rejuvenation breakthroughs that could reverse human aging in our lifetime*. St Martin's Griffin.

Desautels, L. et Huot, I. (2023). Chapitre 10. Dans *Mieux vivre la ménopause: les hormones et l'alimentation à votre rescousse*. Les Éditions de L'Homme.

Flicker L. (2024). Evidence-based strategies to prevent cognitive decline in older people. *Maturitas*, 187, 108062. <https://doi.org/10.1016/j.maturitas.2024.108062>

Lathe, R., Schultek, N. M., Balin, B. J., Ehrlich, G. D., Auber, L. A., Perry, G., Breitschwerdt, E. B., Corry, D. B., Doty, R. L., Rissman, R. A., Nara, P. L., Itzhaki, R., Eimer, W. A., Tanzi, R. E. et Intracell Research Group Consortium Collaborators. (2023). Establishment of a consensus protocol to explore the brain pathobiome in patients with mild cognitive impairment and Alzheimer's disease: Research outline and call for collaboration. *Alzheimer's & Dementia*, 19(11), 5209-5231. <https://doi.org/10.1002/alz.13076>

Lee Miller, P. et Reinagel, M. (2006). *Life extension revolution: The new science of growing older without aging*. Bantam.

Mosconi, L. (2020). *The XX brain: The groundbreaking science empowering women to maximize cognitive health and prevent Alzheimer's disease*. Avery.

Poirier, J. et Gauthier, S. (2020). *La maladie d'Alzheimer: diagnostic, traitement, recherche, prévention*. Éditions Trécarré.

Estrogènes: modulateur central du cerveau féminin

Mosconi, L. (2020). *The XX brain: The groundbreaking science empowering women to maximize cognitive health and prevent Alzheimer's disease*. Avery.

Mosconi, L. (2024). *The menopause brain: New science empowers women to navigate the pivotal transition with knowledge and confidence*. Avery.

Androgènes et cerveau féminin

Genazzani, A. R., Pluchino, N., Freschi, L., Ninni, F. et Luisi, M. (2007). Androgens and the brain. *Maturitas*, 57(1), 27-30. <https://doi.org/10.1016/j.maturitas.2007.02.006>

Wang, M. (2011). Neurosteroids and GABA-A receptor function. *Frontiers in Endocrinology*, 2, 44. <https://doi.org/10.3389/fendo.2011.00044>

Pleins feux sur la prégénolone, à l'origine de l'équilibre hormonal

Abraham, G. E. et Maroulis, G. B. (1975). Effect of exogenous estrogen on serum pregnenolone, cortisol, and androgens in postmenopausal women. *Obstetrics and Gynecology*, 45(3), 271-274. <https://pubmed.ncbi.nlm.nih.gov/163457/>

Walton, N. L. et Maguire, J. L. (2025). Neurosteroids: a lifelong impact on brain health. *Frontiers in Behavioral Neuroscience*, 19, 1644615. <https://doi.org/10.3389/fnbeh.2025.1644615>

Passez à l'action ! Soutenir la santé cognitive

Callizot, N., Campanari, M. L., Rouvière, L., Jacquemot, G., Henriques, A., Garayev, E. et Poindron, P. (2021). Huperzia serrata extract 'NSP01' with neuroprotective effects-potential synergies of huperzine A and polyphenols. *Frontiers in Pharmacology*, 12, 681532. <https://doi.org/10.3389/fphar.2021.681532>

Canevelli, M., Adali, N., Kelaiditi, E., Cantet, C., Ousset, P.-J., Cesari, M. et ICTUS/DSA Group. (2014). Effects of Ginkgo biloba supplementation in Alzheimer's disease patients receiving cholinesterase inhibitors: data from the ICTUS study. *Phytomedicine*, 21(6), 888-892. <https://doi.org/10.1016/j.phymed.2014.01.003>

DeKosky, S. T., Williamson, J. D., Fitzpatrick, A. L., Kronmal, R. A., Ives, D. G., Saxton, J. A., Lopez, O. L., Burke, G., Carlson, M. C., Fried, L. P., Kuller, L. H., Robbins, J. A., Tracy, R. P., Woolard, N. F., Dunn, L., Snitz, B. E., Nahin, R. L., Furberg, C. D. et Ginkgo Evaluation of Memory (GEM) Study Investigators. (2008). Ginkgo biloba for prevention of dementia: a randomized controlled trial. *JAMA*, 300(19), 2253-2262. <https://doi.org/10.1001/jama.2008.683>

Gościński, A., Stasiłowicz-Krzemień, A., Szeląg, M., Pawlak, J., Skiera, I., Kwiatkowska, H., Nowak, N., Bernady, K., Trzaskoma, P., Zimak-Krótkopad, O. et Cielecka-Piontek, J. (2025). Bacopa monnieri: preclinical and clinical evidence of neuroactive effects, safety of use and the search for improved bioavailability. *Nutrients*, 17(11), 1939. <https://doi.org/10.3390/nut17111939>

Kanowski, S., Herrmann, W. M., Stephan, K., Wierich, W. et Hörr, R. (1996). Proof of efficacy of the ginkgo biloba special extract EGb 761 in outpatients suffering from mild to moderate primary degenerative dementia of the Alzheimer type or multi-infarct dementia. *Pharmacopsychiatry*, 29(2), 47-56. <https://doi.org/10.1055/s-2007-979544>

Lai, P.-L., Naidu, M., Sabaratnam, V., Wong, K. H., David, R. P., Kuppusamy, U. R., Abdullah, N. et Malek, S. N. (2013). Neurotrophic properties of the Lion's mane medicinal mushroom, *Hericium erinaceus* (higher basidiomycetes) from Malaysia. *International Journal of Medicinal Mushrooms*, 15(6), 539-554. <https://doi.org/10.1615/intjmedmushrv15.i6.30>

Le Bars, P. L., Katz, M. M., Berman, N., Itil, T. M., Freedman, A. M. et Schatzberg, A. F. (1997). A placebo-controlled, double-blind, randomized trial of an extract of ginkgo biloba for dementia. North American EGb Study Group. *JAMA*, 278(16), 1327-1332. <https://doi.org/10.1001/jama.278.16.1327>

Nakazaki, E., Mah, E., Sanoshy, K., Citrolo, D. et Watanabe, F. (2021). Citicoline and memory function in healthy older adults: a randomized, double-blind, placebo-controlled clinical trial. *The Journal of Nutrition*, 151(8), 2153-2160. <https://doi.org/10.1093/jn/nxab119>

Perlmutter, D. (2019). *Ces glucides qui menacent votre cerveau: pourquoi et comment limiter gluten, céréales, sucres et glucides raffinés*. Marabout.

Santé de la peau et des muqueuses à la ménopause

Duarte, G. V., Trigo, A. C. et Paim de Oliveira, M. de F. (2016). Skin disorders during menopause. *Cutis*, 97(2), E16-E23. <https://pubmed.ncbi.nlm.nih.gov/26919507/>

Faure, M. et Drapier-Faure, E. *Menopause, Skin, and Cosmetology*. 45. Pp424-428.

Fuchs, K. O., Solis, O., Tapawan, R. et Paranjpe, J. (2003). The effects of an estrogen and glycolic acid cream on the facial skin of postmenopausal women: a randomized histologic study. *Cutis*, 71(6), 481-488. <https://pubmed.ncbi.nlm.nih.gov/12839261/>

Glaser, R. L., Zava, D. T. et Wurtzbacher, D. (2008). Pilot study: absorption and efficacy of multiple hormones delivered in a single cream applied to the mucous membranes of the labia and vagina. *Gynecologic and Obstetric Investigation*, 66(2), 111-118. <https://doi.org/10.1159/000128599>

Hall, G. et Phillips, T. J. (2005). Estrogen and skin: the effects of estrogen, menopause, and hormone replacement therapy on the skin. *Journal of the American Academy of Dermatology*, 53(4), 555-572. <https://doi.org/10.1016/j.jaad.2004.08.039>

Stevenson, S. et Thornton, J. (2007). Effect of estrogens on skin aging and the potential role of SERMs. *Clinical Interventions in Aging*, 2(3), 283-297. <https://doi.org/10.2147/cia.s798>

Muqueuse vaginale

El-Alfy, M., Deloche, C., Azzi, L., Bernard, B. A., Bernerd, F., Coutet, J., Chaussade, V., Martel, C., Leclaire, J. et Labrie, F. (2010). Skin responses to topical dehydroepiandrosterone: implications in antiageing treatment? *British Journal of Dermatology*, 163(5), 968-976. <https://doi.org/10.1111/j.1365-2133.2010.09972.x>

Labrie, F., Bélanger A., Bélanger, P., Bérubé, R., Martel, C., Cusan, L., Gomez, J., Candas, B., Chaussade, V., Castiel, I., Deloche, C. et Leclaire, J. (2007). Metabolism of DHEA in postmenopausal women following percutaneous administration. *The Journal of Steroid Biochemistry and Molecular Biology*, 103(2), 178-188. <https://doi.org/10.1016/j.jsbmb.2006.09.034>

Labrie, F., Bélanger, A., Labrie, C., Candas, B., Cusan, L. et Gomez, J. L. (2007). Bioavailability and metabolism of oral and percutaneous dehydroepiandrosterone in postmenopausal women. *The Journal of Steroid Biochemistry and Molecular Biology*, 107(1-2), 57-69. <https://doi.org/10.1016/j.jsbmb.2007.02.007>

Newson, L. Kirby, M., Stillwell, S., Hackett, G., Ball, S. et Lewis, R. (2024). Position statement for management of Genitourinary Syndrome of the Menopause (GSM). British Society for Sexual Medicine. <https://bssm.org.uk/wp-content/uploads/2024/03/BSSM-Position-statement-for-management-of-genitourinary-syndrome-of-the-menopause-GSM.pdf>

Palacios, S. (2020). Expression of androgen receptors in the structures of vulvovaginal tissue. *Menopause*, 27(11), 1336-1342. <https://doi.org/10.1097/GME.0000000000001587>

Traish, A. M., Vignozzi, L., Simon, J. A., Goldstein, I. et Kim, N. N. (2018). Role of androgens in female genitourinary tissue structure and function: implications in the Genitourinary Syndrome of Menopause. *Sexual Medicine Reviews*, 6(4), 558-571. <https://doi.org/10.1016/j.sxmr.2018.03.005>

Santé osseuse et musculaire à la ménopause

Aleman, M. (2022). The roles of androgens in humans: biology, metabolic regulation and health. *International Journal of Molecular Sciences*, 23(19), 11952. <https://doi.org/10.3390/ijms231911952>

Grigoryan, S. et Clines, G. A. (2024). Hormonal control of bone architecture throughout the lifespan: implications for fracture prediction and prevention. *Endocrine Practice*, 30(7), 687-694. <https://doi.org/10.1016/j.eprac.2024.04.006>

Rojas-Zambrano, J. G., Rojas-Zambrano, A. R., Rojas-Zambrano, A. F. et Barahona-Cueva, G. E. (2025). Benefits of testosterone hormone in the human body: a systematic review. *Cureus*, 17(2), e78785. <https://doi.org/10.7759/cureus.78785>

Tian, X. et Zhang, B. (2025). The association between sex hormones and bone mineral density in US females. *Scientific Reports*, 15(1), 5546. <https://doi.org/10.1038/s41598-025-89985-z>

Passez à l'action ! Favoriser la santé musculosquelettique

Al-Dhubiab, B. E., Patel, S. S., Morsy, M. A., Duvva, H., Nair, A. B., Deb, P. K. et Shah, J. (2020). The beneficial effect of boswellic acid on bone metabolism and possible mechanisms of action in experimental osteoporosis. *Nutrients*, 12(10), 3186. <https://doi.org/10.3390/nu12103186>

Bideshki, M. V., Jourabchi-Ghadim, N., Radkhah, N., Behzadi, M., Asemani, S., Jamilian, P. et Zarezaadeh, M. (2024). The efficacy of curcumin in relieving osteoarthritis: a meta-analysis of meta-analyses. *Phytotherapy Research*, 38(6), 2875-2891. <https://doi.org/10.1002/ptr.8153>

Brien, S., Lewith, G. T. et McGregor, G. (2006). Devil's Claw (*Harpagophytum procumbens*) as a treatment for osteoarthritis: a review of efficacy and safety. *Journal of Integrative and Complementary Medicine*, 12(10), 981-993. <https://doi.org/10.1089/acm.2006.12.981>

Chrubasik, S., Zimpfer, C., Schütt, U. et Ziegler, R. (1996). Effectiveness of *Harpagophytum procumbens* in treatment of acute low back pain. *Phytomedicine*, 3(1), 1-10. [https://doi.org/10.1016/S0944-7113\(96\)80003-1](https://doi.org/10.1016/S0944-7113(96)80003-1)

Ghasemian, M., Owlia, S. et Owlia, M. B. (2016). Review of anti-inflammatory herbal medicines. *Advances in Pharmacological and Pharmaceutical Sciences*, 2016, 9130979. <https://doi.org/10.1155/2016/9130979>

Gxaba, N. et Manganyi, M. C. (2022). The fight against infection and pain: devil's claw (*Harpagophytum procumbens*) a rich source of anti-inflammatory activity: 2011-2022. *Molecules*, 27(11), 3637. <https://doi.org/10.3390/molecules27113637>

Laudahn, D. et Walper, A. (2001). Efficacy and tolerance of *Harpagophytum* extract LI 174 in patients with chronic non-radicular back pain. *Phytotherapy Research*, 15(7), 621-624. <https://doi.org/10.1002/ptr.898>

Lee, H. S., Jung, J. I., Hong, I. K., Jang, Y., Kim, H. B. et Kim, E. J. (2024). Anti-osteoporotic effects of *Boswellia serrata* gum resin extract in vitro and in vivo. *Nutrition Research and Practice*, 18(3), 309-324. <https://doi.org/10.4162/nrp.2024.18.3.309>

Majeed, A., Majeed, S., Satish, G., Manjunatha, R., Rabbani, S. N., Patil, N. V. P. et Mundkur, L. (2024). A standardized *Boswellia serrata* extract shows improvements in knee osteoarthritis within five days-a double-blind, randomized, three-arm, parallel-group, multi-center, placebo-controlled trial. *Frontiers in Pharmacology*, 15, 1428440. <https://doi.org/10.3389/fphar.2024.1428440>

Paultre, K., Cade, W., Hernandez, D., Reynolds, J., Greif, D. et Best, T. M. (2021). Therapeutic effects of turmeric or curcumin extract on pain and function for individuals with knee osteoarthritis: a systematic review. *BMJ Open Sport & Exercise Medicine*, 7(1), e000935. <https://doi.org/10.1136/bmjsem-2020-000935>

Shep, D., Khanwelkar, C., Gade, P. et Karad, S. (2019). Safety and efficacy of curcumin versus diclofenac in knee osteoarthritis: a randomized open-label parallel-arm study. *Trials*, 20(1), 214. <https://doi.org/10.1186/s13063-019-3327-2>

Wang, Z., Singh, A., Jones, G., Aitken, D., Laslett, L. L., Hussain, S., García-Molina, P., Ding, C. et Antony, B. (2022). Boswellia for osteoarthritis. *Cochrane Database of Systematic Reviews*, 2022(10), CD014969. <https://doi.org/10.1002/14651858.CD014969>

Yang, S., Sun, Y., Kapilevich, L., Zhang, X. et Huang, Y. (2023). Protective effects of curcumin against osteoporosis and its molecular mechanisms: a recent review in preclinical trials. *Frontiers in Pharmacology*, 14, 1249418. <https://doi.org/10.3389/fphar.2023.1249418>

Yu, G., Xiang, W., Zhang, T., Zeng, L., Yang, K. et Li, J. (2020). Effectiveness of Boswellia and Boswellia extract for osteoarthritis patients: a systematic review and meta-analysis. *BMC Complementary Medicine and Therapies*, 20(1), 225. <https://doi.org/10.1186/s12906-020-02985-6>

Santé métabolique et ménopause

El Khoudary, S. R., Aggarwal, B., Beckie, T. M., Hodis, H. N., Johnson, A. E., Langer, R. D., Limacher, M. C., Manson, J. E., Stefanick, M. L., Allison, M. A., American Heart Association Prevention Science Committee of the Council on Epidemiology and Prevention et Council on Cardiovascular and Stroke Nursing. (2020). Menopause transition and cardiovascular disease risk: implications for timing of early prevention: a scientific statement from the American Heart Association. *Circulation*, 142(25), e506-e532. <https://doi.org/10.1161/CIR.0000000000000912>

Rossouw, J. E., Prentice, R. L., Manson, J. E., Wu, L., Barad, D., Barnabei, V. M., Ko, M., LaCroix, A. Z., Margolis, K. L. et Stefanick, M. L. (2007). Postmenopausal hormone therapy and risk of cardiovascular disease by age and years since menopause. *JAMA*, 297(13), 1465-1477. <https://doi.org/10.1001/jama.297.13.1465>

Ryckowska, K., Adach, W., Janikowski, K., Banach, M. et Bielecka-Dabrowa, A. (2022). Menopause and women's cardiovascular health: is it really an obvious relationship? *Archives of Medical Science*, 19(2), 458-466. <https://doi.org/10.5114/aoms/157308>

Willemars, M. M. A., Nabben, M., Verdonschot, J. A. J. et Hoes, M. F. (2022). Evaluation of the interaction of sex hormones and cardiovascular function and health. *Current Heart Failure Reports*, 19(4), 200-212. <https://doi.org/10.1007/s11897-022-00555-0>

Pleins feux sur les maladies cardiovasculaires et les hormones

Bourquin, Chloé. (2023, 2 janvier). Les femmes au cœur des maladies cardiovasculaires. *La Presse*. <https://www.lapresse.ca/actualites/sciences/2023-01-02/les-femmes-au-coeur-des-maladies-cardiovasculaires.php>

Manson, J. E., Chlebowski, R. T., Stefanick, M. L., Aragaki, A. K., Rossouw, J. E., Prentice, R. L., Anderson, G., Howard, B. V., Thomson, C. A., LaCroix, A. Z., Wactawski-Wende, J., Jackson, R. D., Limacher, M., Margolis, K. L., Wassertheil-Smoller, S., Beresford, S. A., Cauley, J. A., Eaton, C. B., Gass, M., Hsia, J.,... Wallace, R. B. (2013). Menopausal hormone therapy and health outcomes during the intervention and extended poststopping phases of the Women's Health Initiative randomized trials. *JAMA*, 310(13), 1353-1368. <https://doi.org/10.1001/jama.2013.278040>

Schierbeck, L. L., Rejnmark, L., Tofteng, C. L., Stilgren, L., Eiken, P. A., Mosekilde, L., Køber, L. V. et Jensen, J.-E. B. (2012). Effect of hormone replacement therapy on cardiovascular events in recently postmenopausal women: randomised trial. *The BMJ*, 345, e6409. <https://doi.org/10.1136/bmj.e6409>

Taylor, J. E., Baig, M. S., Helmy, T. et Gersh, F. L. (2021). Controversies regarding postmenopausal hormone replacement therapy for primary cardiovascular disease prevention in women. *Cardiology in Review*, 29(6), 296-304. <https://doi.org/10.1097/CRD.0000000000000353>

Varas-Lorenzo, C., García-Rodríguez, L. A., Perez-Gutthann, S. et Duque-Oliart, A. (2000). Hormone replacement therapy and incidence of acute myocardial infarction: a population-based nested case-control study. *Circulation*, 101(22), 2572-2578. <https://doi.org/10.1161/01.cir.101.22.2572>

Yang, X.-P. et Reckelhoff, J. F. (2011). Estrogen, hormonal replacement therapy and cardiovascular disease. *Current Opinion in Nephrology and Hypertension*, 20(2), 133-138. <https://doi.org/10.1097/MNH.0b013e3283431921>

Testostérone et santé métabolique

Britton, R. C. et Beamish, N. F. (2023). The Impact of testosterone therapy on cardiovascular risk among postmenopausal women. *Journal of the Endocrine Society*, 8(1), bvad132. <https://doi.org/10.1210/jendso/bvad132>

Carmina, E., Campagna, A. M. et Lobo, R. A. (2012). A 20-year follow-up of young women with polycystic ovary syndrome. *Obstetrics and Gynecology*, 119(2), 263-269. <https://doi.org/10.1097/AOG.0b013e31823f7135>

Oh, J.-Y., Barrett-Connor, E., Wedick, N. M. et Wingard, D. L. (2002). Endogenous sex hormones and the development of type 2 diabetes in older men and women: the Rancho Bernardo study. *Diabetes Care*, 25(1), 55-60. <https://doi.org/10.2337/diacare.25.1.55>

Pasquali, R., Gambineri, A., Anconetani, B., Vicennati, V., Colitta, D., Caramelli, E., Casimirri, F. et Morselli-Labate, A. M. (1999). The natural history of the metabolic syndrome in young women with the polycystic ovary syndrome and the effect of long-term oestrogen-progestagen treatment. *Clinical Endocrinology*, 50(4), 517-527. <https://doi.org/10.1046/j.1365-2265.1999.00701.x>

Puurunen, J., Piltonen, T., Morin-Papunen, L., Perheentupa, A., Järvelä, I., Ruokonen, A. et Tapanainen, J. S. (2011). Unfavorable hormonal, metabolic, and inflammatory alterations persist after menopause in women with PCOS. *The Journal of Clinical Endocrinology & Metabolism*, 96(6), 1827-1834. <https://doi.org/10.1210/jc.2011-0039>

Progestérone et santé métabolique

Hermesmeier, R. K., Thompson, T. L., Pohost, G. M. et Kaski, J. C. (2008). Cardiovascular effects of medroxyprogesterone acetate and progesterone: a case of mistaken identity? *Nature Clinical Practice. Cardiovascular Medicine*, 5(7), 387-395. <https://doi.org/10.1038/ncpcardio1234>

Hirvonen, E., Mäliköinen, M. et Manninen, V. (1981). Effects of different progestogens on lipoproteins during postmenopausal replacement therapy. *The New England Journal of Medicine*, 304(10), 560-563. <https://doi.org/10.1056/NEJM198103053041002>

Lee, W.-S., Harder, J. A., Yoshizumi, M., Lee, M.-E. et Haber, E. (1997). Progesterone inhibits arterial smooth muscle cell proliferation. *Nature Medicine*, 3(9), 1005-1008. <https://doi.org/10.1038/nm0997-1005>

Lieberman, A. et Curtis, L. (2017). In defense of progesterone: a review of the literature. *Alternative Therapies in Health and Medicine*, 23(6), 24-32. https://www.researchgate.net/publication/320555992_In_Defense_of_Progesterone_A_Review_of_the_Literature

Ottosson, U. B., Johansson, B. G. et von Schoultz, B. (1985). Subfractions of high-density lipoprotein cholesterol during estrogen replacement therapy: a comparison between progestogens and natural progesterone. *American Journal of Obstetrics & Gynecology*, 151(6), 746-750. [https://doi.org/10.1016/0002-9378\(85\)90509-5](https://doi.org/10.1016/0002-9378(85)90509-5)

Rosano, G. M., Webb, C. M., Chierchia, S., Morgani, G. L., Gabraele, M., Sarrel, P. M., de Ziegler, D. et Collins, P. (2000). Natural progesterone, but not medroxyprogesterone acetate, enhances the beneficial effect of estrogen on exercise-induced myocardial ischemia in postmenopausal women. *Journal of the American College of Cardiology*, 36(7), 2154-2159. [https://doi.org/10.1016/s0735-1097\(00\)01007-x](https://doi.org/10.1016/s0735-1097(00)01007-x)

Rylance, P. B., Brincat, M., Lafferty, K., De Trafford, J. C., Brincat, S., Parsons, V. et Studd, J. W. (1985). Natural progesterone and antihypertensive action. *The British Medical Journal (Clinical Research Ed.)*, 290(6461), 13-14. <https://doi.org/10.1136/bmj.290.6461.13>

Stephenson, K., Neuenschwander, P. F. et Kurdowska, A. K. (2013). The effects of compounded bioidentical transdermal hormone therapy on hemostatic, inflammatory, immune factors; cardiovascular biomarkers; quality-of-life measures; and health outcomes in perimenopausal and postmenopausal women. *International Journal of Pharmaceutical Compounding*, 17(1), 74-85. <https://ijpc.com/Abstracts/Abstract.cfm?ABS=3604&CFID=20062304&CFTOKEN=b689ae0924ac1120-D42D09E0-DF3A-2569-934C38390A35E25D>

Willemars, M. M. A., Nabben, M., Verdonchot, J. A. J. et Hoes, M. F. (2022). Evaluation of the interaction of sex hormones and cardiovascular function and health. *Current Heart Failure Reports*, 19(4), 200-212. <https://doi.org/10.1007/s11897-022-00555-0>

Passez à l'action ! Prévenir le risque de maladies cardiovasculaires

Affuso, F., Mercurio, V., Fazio, V. et Fazio, S. (2010). Cardiovascular and metabolic effects of Berberine. *World Journal of Cardiology*, 2(4), 71-77. <https://doi.org/10.4330/wjc.v2.i4.71>

Bagade, A., Tumbigeremutt, V. et Pallavi, G. (2017). Cardiovascular effects of berberine: a review of the literature. *Journal of Restorative Medicine*, 6, 37-45. <https://restorativemedicine.org/wp-content/uploads/2017/12/Cardiovascular-Effects-of-Berberine.pdf>

Cabral, C. E. et Klein, M. R. S. T. (2017). phytosterols in the treatment of hypercholesterolemia and prevention of cardiovascular diseases. *Arquivos Brasileiros de Cardiologia*, 109(5), 475-482. <https://doi.org/10.5935/abc.20170158>

Chang, W., Chen, L. et Hatch, G. M. (2015). Berberine as a therapy for type 2 diabetes and its complications: From mechanism of action to clinical studies. *Biochemistry and Cell Biology*. 93(5), 479-486. <https://doi.org/10.1139/bcb-2014-0107>

DiNicolantonio, J. J. et O'Keefe, J. H. (2020). The benefits of omega-3 fats for stabilizing and remodeling atherosclerosis. *Missouri Medicine*, 117(1), 65-69. https://pmc.ncbi.nlm.nih.gov/articles/PMC7023944/pdf/ms117_p0065.pdf

DiNicolantonio, J. J., Niazi, A. K., McCarty, M. F., O'Keefe, J. H., Meier, P. et Lavie, C. J. (2014). Omega-3s and cardiovascular health. *Ochsner Journal*, 14(3), 399-412. <https://pmc.ncbi.nlm.nih.gov/articles/PMC4171799/pdf/i1524-5012-14-3-399.pdf>

Eriksson, J. G., Forsén, T. J., Mortensen, S. A. et Rohde, M. (1999). The effect of coenzyme Q10 administration on metabolic control in patients with type 2 diabetes mellitus. *BioFactors*, 9(2-4), 315-318. <https://doi.org/10.1002/biof.5520090229>

Feng, X., Sureda, A., Jafari, S., Memariani, Z., Tewari, D., Annunziata, G., Barrea, L., Hassan, S. T. S., Šmejkal, K., Malaník, M., Sychrová, A., Barreca, D., Ziberna, L., Mahomoodally, M. F., Zengin, G., Xu, S., Nabavi, S. M. et Shen, A.-Z. (2019). Berberine in cardiovascular and metabolic diseases: from mechanisms to therapeutics. *Theranostics*, 9(7), 1923-1951. <https://doi.org/10.7150/thno.30787>

- Gao, L., Mao, Q., Cao, J., Wang, Y., Zhou, X. et Fan, L. (2012). Effects of coenzyme Q10 on vascular endothelial function in humans: a meta-analysis of randomized controlled trials. *Atherosclerosis*, 221(2), 311-316. <https://doi.org/10.1016/j.atherosclerosis.2011.10.027>
- Geleijnse, J. M., Giltay, E. J., Grobbee, D. E., Donders, A. R. et Kok, F. J. (2002). Blood pressure response to fish oil supplementation: metaregression analysis of randomized trials. *Journal of Hypertension*, 20(8), 1493-1499. <https://doi.org/10.1097/00004872-200208000-00010>
- Ho, M. J., Li, E. C. et Wright, J. M. (2016). Blood pressure lowering efficacy of coenzyme Q10 for primary hypertension. *Cochrane Database of Systematic Reviews*, 3(3), CD007435. <https://doi.org/10.1002/14651858.CD007435.pub3>
- Hodgson, J. M., Watts, G. F., Playford, D. A., Burke, V. et Croft, K. D. (2002). Coenzyme Q10 improves blood pressure and glycaemic control: a controlled trial in subjects with type 2 diabetes. *European Journal of Clinical Nutrition*, 56(11), 1137-1142. <https://doi.org/10.1038/sj.ejcn.1601464>
- James, M. J., Gibson, R. A. et Cleland, L. G. (2000). Dietary polyunsaturated fatty acids and inflammatory mediator production. *The American Journal of Clinical Nutrition*, 71 (suppl. 1), 343S-8S. <https://doi.org/10.1093/ajcn/71.1.343s>
- Juneau, M. (2020, 28 mai). Pour prévenir les maladies cardiovasculaires, les médicaments ne devraient pas être des substituts à une amélioration des habitudes de vie. L'observatoire de la prévention. Institut de cardiologie de Montréal. <https://observatoireprevention.org/2020/05/28/pour-prevenir-les-maladies-cardiovasculaires-les-medicaments-ne-devraient-pas-etre-des-substituts-a-une-amelioration-des-habitudes-de-vie/>
- Kong, W., Wei, J., Abidi, P., Lin, M., Inaba, S., Li, C., Wang, Y., Wang, Z., Si, S., Pan, H., Wang, S., Wu, J., Wang, Y., Li, Z., Liu, J. et Jiang, J. D. (2004). Berberine is a novel cholesterol-lowering drug working through a unique mechanism distinct from statins. *Nature Medicine*, 10(12), 1344-1351. <https://doi.org/10.1038/nm1135>
- Kong, W. J., Wei, J., Zuo, Z.-Y., Wang, Y.-M., Song, D.-Q., You, X.-F., Zhao, L.-X., Pan, H.-N. et Jiang, J.-D. (2008). Combination of simvastatin with berberine improves the lipid-lowering efficacy. *Metabolism*, 57(8), 1029-1037. <https://doi.org/10.1016/j.metabol.2008.01.037>
- Lan, J., Zhao, Y., Dong, F., Yan, Z., Zheng, W., Fan, J. et Sun, G. (2015). Meta-analysis of the effect and safety of berberine in the treatment of type 2 diabetes mellitus, hyperlipemia and hypertension. *Journal of Ethnopharmacology*, 161, 69-81. <https://doi.org/10.1016/j.jep.2014.09.049>
- Langsjoen, P., Langsjoen, P., Willis, R. et Folkers, K. (1994). Treatment of essential hypertension with coenzyme Q10. *Molecular Aspects of Medicine*, 15 (suppl. 1), S265-S272. [https://doi.org/10.1016/0098-2997\(94\)90037-x](https://doi.org/10.1016/0098-2997(94)90037-x)
- Lavie, C. J., Milani, R. V., Mehra, M. R. et Ventura, H. O. (2009). Omega-3 polyunsaturated fatty acids and cardiovascular diseases. *Journal of the American College of Cardiology*, 54(7), 585-594. <https://doi.org/10.1016/j.jacc.2009.02.084>
- Lee, J. H., O'Keefe, J. H., Lavie, C. J., Marchioli, R. et Harris, W. S. (2008). Omega-3 fatty acids for cardioprotection. *Mayo Clinic Proceedings*, 83(3), 324-332. <https://doi.org/10.4065/83.3.324>
- Li, G., Zhao, M., Qiu, F., Sun, Y. et Zhao, L. (2018). Pharmacokinetic interactions and tolerability of berberine chloride with simvastatin and fenofibrate: an open-label, randomized, parallel study in healthy Chinese subjects. *Drug Design, Development and Therapy*, 13, 129-139. <https://doi.org/10.2147/DDDT.S185487>
- Reiffel, J. A. et McDonald, A. (2006). Antiarrhythmic effects of omega-3 fatty acids. *The American Journal of Cardiology*, 98(4A), 50i-60i. <https://doi.org/10.1016/j.amjcard.2005.12.027>
- Weinberg, R. L., Brook, R. D., Rubenfire, M. et Eagle, K. A. (2021). Cardiovascular impact of nutritional supplementation with Omega-3 fatty acids: JACC focus seminar. *Journal of the American College of Cardiology*, 77(5), 593-608. <https://doi.org/10.1016/j.jacc.2020.11.060>

Yang, Y.-K., Wang, L.-P., Chen, L., Yao, X.-P., Yang, K.-Q., Gao, L.-G. et Zhou, X.-L. (2015). Coenzyme Q10 treatment of cardiovascular disorders of ageing including heart failure, hypertension and endothelial dysfunction. *Clinica Chimica Acta*, 450, 83-89. <https://doi.org/10.1016/j.cca.2015.08.002>

Zhang, H., Wei, J., Xue, R., Wu, J.-D., Zhao, W., Wang, Z.-Z., Wang, S.-K., Zhou, Z.-X., Song, D.-Q., Wang, Y.-M., Pan, H.-N., Kong, W.-J. et Jiang, J.-D. (2010). Berberine lowers blood glucose in type 2 diabetes mellitus patients through increasing insulin receptor expression. *Metabolism*, 59(2), 285-292. <https://doi.org/10.1016/j.metabol.2009.07.029>

Zhang, Y., Li, X., Zou, D., Liu, W., Yang, J., Zhu, N., Huo, L., Wang, M., Hong, J., Wu, P., Ren, G. et Ning, G. (2008). Treatment of type 2 diabetes and dyslipidemia with the natural plant alkaloid berberine. *The Journal of Clinical Endocrinology & Metabolism*, 93(7), 2559-2565. <https://doi.org/10.1210/jc.2007-2404>

Bouffées de chaleur

Freeman, E. W. et Sherif, K. (2007). Prevalence of hot flushes and night sweats around the world: a systematic review. *Climacteric*, 10(3), 197-214. <https://doi.org/10.1080/13697130601181486>

Herber-Gast, G., Brown W. J. et Mishra G. D. (2014). Hot flushes and night sweats are associated with coronary heart disease risk in midlife: a longitudinal study. *BJOG: An International Journal of Obstetrics & Gynaecology*, 122(11), 1560-1567. <https://doi.org/10.1111/1471-0528.13163>

Nappi, R. E., Kroll, R., Siddiqui, E., Stoykova, B., Rea, C., Gemmen, E. et Schultz, N. M. (2021). Global cross-sectional survey of women with vasomotor symptoms associated with menopause: prevalence and quality of life burden. *Menopause*, 28(8), 875-882. <https://doi.org/10.1097/GME.0000000000001793>

Thurston, R. C., Bhasin, S., Chang, Y., Barinas-Mitchell, E., Matthews, K. A., Jasuja, R. et Santoro, N. (2018). Reproductive hormones and subclinical cardiovascular disease in midlife women. *The Journal of Clinical Endocrinology & Metabolism*, 103(8), 3070-3077. <https://doi.org/10.1210/jc.2018-00579>

Passez à l'action ! Diminuer les symptômes des bouffées de chaleur

Beer, A.-M., Osmers, R., Schnitker, J., Bai, W., Mueck, A. O. et Meden, H. (2013). Efficacy of black cohosh (*Cimicifuga racemosa*) medicines for treatment of menopausal symptoms - comments on major statements of the Cochrane Collaboration report 2012 “black cohosh (*Cimicifuga* spp.) for menopausal symptoms (review)”. *Gynecological Endocrinology*, 29(12), 1022-1025. <https://doi.org/10.3109/09513590.2013.831836>

Boutas, I., Kontogeorgi, A., Dimitrakakis, C. et Kalantaridou, S. N. (2022). Soy isoflavones and breast cancer risk: a meta-analysis. *In vivo*, 36(2), 556-562. <https://doi.org/10.21873/invivo.12737>

Burdette, J. E., Liu, J., Chen, S.-N., Fabricant, D. S., Piersen, C. E., Barker, E. L., Pezzuto, J. M., Mesecar, A., Van Breemen, R. B., Farnsworth, N. R. et Bolton, J. L. (2003). Black cohosh acts as a mixed competitive ligand and partial agonist of the serotonin receptor. *Journal of Agricultural and Food Chemistry*, 51(19), 5661-5670. <https://doi.org/10.1021/jf034264r>

Castelo-Branco, C., Gambacciani, M., Cano, A., Minkin, M. J., Rachoń, D., Ruan, X., Beer, A.-M., Schnitker, J., Henneicke-von Zepelin, H.-H. et Pickartz, S. (2021). Review & meta-analysis: isopropanolic black cohosh extract iCR for menopausal symptoms - an update on the evidence. *Climacteric*, 24(2), 109-119. <https://doi.org/10.1080/13697137.2020.1820477>

Chen, L.-R. et Chen, K.-H. (2021). Utilization of isoflavones in soybeans for women with menopausal syndrome: an overview. *International Journal of Molecular Sciences*, 22(6), 3212. <https://doi.org/10.3390/ijms22063212>

European Food Safety Authority. (2015). Risk assessment for peri- and post-menopausal women taking food supplements containing isolated isoflavones. *EFSA Journal*, 13(10), 4246. <https://doi.org/10.2903/j.efsa.2015.4246>

Hedlund, P. B. et Sutcliffe, J. G. (2004). Functional, molecular and pharmacological advances in 5-HT₇ receptor research. *Trends in Pharmacological Sciences*, 25(9), 481-486. <https://doi.org/10.1016/j.tips.2004.07.002>

Heger, P., Kaszkin-Bettag, M., Rettenberger, R., Kneis, K., Borzenko, I., Ventskovskiy, B. et Heger, M. (2006). Efficacy and safety of a special extract of *Rheum raphanistrum* (ERr 731) in perimenopausal women with climacteric complaints: a 12-week randomized, double-blind, placebo-controlled trial. *Menopause*, 13(5), 744-759. <https://doi.org/10.1097/01.gme.0000240632.08182.e4>

Kaszkin-Bettag, M., Beck, S., Richardson, A., Heger, P. W. et Beer, A.-M. (2008). Efficacy of the special extract ERr 731 from *Rheum raphanistrum* for menopausal complaints: a 6-month open observational study. *Alternative Therapies in Health and Medicine*, 14(6), 32-38. <https://pubmed.ncbi.nlm.nih.gov/19043936/>

Kaszkin-Bettag, M., Ventskovskiy, B. M., Solskyy, S., Beck, S., Hasper, I., Kravchenko, A., Rettenberger, R., Richardson, A. et Heger, P. W. (2009). Confirmation of the efficacy of ERr 731 in perimenopausal women with menopausal symptoms. *Alternative Therapies in Health and Medicine*, 15(1), 24-34. <https://pubmed.ncbi.nlm.nih.gov/19161045/>

Kolodziejczyk-Czepas, J. et Liudvytska, O. (2021). *Rheum raphanistrum* and *Rheum rhabarbarum*: a review of phytochemistry, biological activities and therapeutic potential. *Phytochemistry Reviews*, 20, 589-607. <https://doi.org/10.1007/s11101-020-09715-3>

Leach, M. J. et Moore, V. (2012). Black cohosh (*Cimicifuga* spp.) for menopausal symptoms. *Cochrane Database of Systematic Reviews*, 2012(9), CD007244. <https://doi.org/10.1002/14651858.CD007244.pub2>

Liske, E., Hänggi, W., Henneicke-von Zepelin, H.-H., Boblitz, N., Wüstenberg, P. et Rahlfs, V. W. (2002). Physiological investigation of a unique extract of black cohosh (*Cimicifuga racemosa* rhizoma): a 6-month clinical study demonstrates no systemic estrogenic effect. *Journal of Women's Health & Gender-Based Medicine*, 11(2), 163-174. <https://doi.org/10.1089/152460902753645308>

Messina, M. (2016). Soy and health update: evaluation of the clinical and epidemiologic literature. *Nutrients*, 8(12), 754. <https://doi.org/10.3390/nu8120754>

Messina, M., Mejia, S. B., Cassidy, A., Duncan, A., Kurzer, M., Nagato, C., Ronis, M., Rowland, I., Sievenpiper, J. et Barnes, S. (2022). Neither soyfoods nor isoflavones warrant classification as endocrine disruptors: a technical review of the observational and clinical data. *Critical Reviews in Food Science and Nutrition*, 62(21), 5824-5885. <https://doi.org/10.1080/10408398.2021.1895054>

Nappi, R. E., Malavasi, B., Brundu, B. et Facchinetti, F. (2005). Efficacy of *Cimicifuga racemosa* on climacteric complaints: a randomized study versus low-dose transdermal estradiol. *Gynecological Endocrinology*, 20(1), 30-35. <https://doi.org/10.1080/09513590400020922>

Osmer, R., Friede, M., Liske, E., Schnitker, J., Freudenstein, J. et Henneicke-von Zepelin, H.-H. (2005). Efficacy and safety of isopropanolic black cohosh extract for climacteric symptoms. *Obstetrics and Gynecology*, 105(5), 1074-1083. <https://doi.org/10.1097/01.AOG.0000158865.98070.89>

Tsourounis, C. (2001). Clinical effects of phytoestrogens. *Clinical Obstetrics and Gynecology*, 44(4), 836-842. <https://doi.org/10.1097/00003081-200112000-00021>

Vollmer, G., Papke, A. et Zierau, O. (2010). Treatment of menopausal symptoms by an extract from the roots of *Rheum raphanistrum*: the role of estrogen receptors. *Chinese Medicine*, 5, 7. <https://doi.org/10.1186/1749-8546-5-7>

Von Studnitz, F. S., Eulenburg, C., Mueck, A. O. et Buhling, K. J. (2013). The value of complementary and alternative medicine in the treatment of climacteric symptoms: results of a survey among German gynecologists. *Complementary Therapies in Medicine*, 21(5), 492-495. <https://doi.org/10.1016/j.ctim.2013.07.005>

Wilson, M., Konda, V., Heidt, K., Rathinasabapathy, T., Desai, A. et Komarnytsky, S. (2021). Rheum rhaponticum root extract improves vasomotor menopausal symptoms and estrogen-regulated targets in ovariectomized rat model. *International Journal of Molecular Sciences*, 22(3), 1032. <https://doi.org/10.3390/ijms22031032>

Wuttke, W., Jarry, H., Haunschild, J., Stecher, G., Schuh, M. et Seidlova-Wuttke, D. (2014). The non-estrogenic alternative for the treatment of climacteric complaints: black cohosh (Cimicifuga or Actaea racemosa). *The Journal of Steroid Biochemistry and Molecular Biology*, 139, 302-310. <https://doi.org/10.1016/j.jsbmb.2013.02.007>

CHAPITRE 5 : L'HORMONOTHÉRAPIE

Campagnoli, C., Clavel-Chapelon, F., Kaaks, R., Peris, C. et Berrino, F. (2005). Progestins and progesterone in hormone replacement therapy and the risk of breast cancer. *The Journal of Steroid Biochemistry and Molecular Biology*, 96(2), 95-108. <https://doi.org/10.1016/j.jsbmb.2005.02.014>

De Lignières, B. (2002). Effects of progestogens on the postmenopausal breast. *Climacteric*, 5(3), 229-235. <https://doi.org/10.1080/713605271>

Hofseth, L. J., Raafat, A. M., Osuch, J. R., Pathak, D. R., Slomski, C. A. et Haslam, S. Z. (1999). Hormone replacement therapy with estrogen or estrogen plus medroxyprogesterone acetate is associated with increased epithelial proliferation in the normal postmenopausal breast. *The Journal of Clinical Endocrinology & Metabolism*, 84(12), 4559-4565. <https://doi.org/10.1210/jcem.84.12.6194>

Holtorf, K. (2009). The bioidentical hormone debate: are bioidentical hormones (estradiol, estriol, and progesterone) safer or more efficacious than commonly used synthetic versions in hormone replacement therapy? *Postgraduate Medicine*, 121(1), 73-85. <https://doi.org/10.3810/pgm.2009.01.1949>

Jeng, M. H., Parker, C. J. et Jordan, V. C. (1992). Estrogenic potential of progestins in oral contraceptives to stimulate human breast cancer cell proliferation. *Cancer Research*, 52(23), 6539-6546. <https://pubmed.ncbi.nlm.nih.gov/1423300/>

Ory, K., Lebeau, J., Levalois, C., Bishay, K., Fouchet, P., Allemand, I., Therwath, A. et Chevillard, S. (2001). Apoptosis inhibition mediated by medroxyprogesterone acetate treatment of breast cancer cell lines. *Breast Cancer Research and Treatment*, 68(3), 187-198. <https://doi.org/10.1023/a:1012288510743>

Writing Group for the Women's Health Initiative Investigators: Rossouw, J. E., Anderson, G. L., Prentice, R. L., LaCroix, A. Z., Kooperberg, C., Stefanick, M. L., Jackson, R. D., Beresford, S. A., Howard, B. V., Johnson, K. C., Kotchen, J. M. et Ockene, J. (2002). Risks and benefits of estrogen plus progestin in healthy postmenopausal women: principal results from the Women's Health Initiative randomized controlled trial. *JAMA*, 288(3), 321-333. <https://doi.org/10.1001/jama.288.3.321>

Évolution des recommandations : vers une vision plus nuancée

Yuksel, N., Evaniuk, D., Huang, L., Malhotra, U., Blake, J., Wolfman, W. et Fortier, M. (2021). Directive clinique no 422a: Ménopause: symptômes vasomoteurs, agents thérapeutiques d'ordonnance, médecines douces et complémentaires, nutrition et mode de vie. *Journal d'obstétrique et gynécologie du Canada*, 43(10), 1205-1223.e1. <https://doi.org/10.1016/j.jogc.2021.08.006>

Deux défenseurs des hormones féminines importants

Bluming, A. et Tavis, C. (2018). *Estrogen Matters. Why taking hormones in menopause can improve women's well-being and lengthen their lives without raising the risk of breast cancer*. Little, Brown Spark.

Demers, S. (2008). *Hormones au féminin: repensez votre santé*. Les Éditions de l'Homme.

Demers, S. (2022). *Hormones féminines et cholestérol: alliés insoupçonnés de votre santé cardiovasculaire*. Les Éditions de l'Homme.

Demers, S. (2024). *Prévenir et traiter le cancer du sein: le pouvoir des hormones féminines*. Les Éditions de l'Homme.

Passez à l'action! Arriver préparée à son rendez-vous médical

Ma santé, mes hormones. (s. d.). *Module Guide pratique. Comment préparer son RDV médical*. <https://www.masante-meshormones.com/modules-guide-pratique> (Module de formation payant)