

## Session 10: Women's Health

### Some Women Health Facts:

- \* Women have an average of 11% more body fat and 8% less muscle mass than men
- \* Women have larger stomachs, kidneys, livers, and appendixes.
- \* Women have larger and more active thyroid glands - which enlarges during menstruation and pregnancy
- \* Women contain 20% fewer red blood cells than men - fewer red blood cells mean less oxygen - women tend to tire more easily as a result.
- \* A woman's heart beats faster - 80 beats per minute versus 72 beats per minute for men
- \* Statistics show women are twice as likely as men to die from stroke and Alzheimer's disease
- \* Twice as many women suffer from IBS than men
- \* Yet statistics show women are more likely to visit a doctor, read health books, and take supplements than men.

### Common Women's Health Issues

#### \* Anxiety

- Often caused by progesterone deficiency (aka estrogen dominance) or adrenal fatigue
- Often related to a magnesium deficiency or a deficiency in B vitamins
- Can be related to a neurotransmitter imbalance - often caused by an unhealthy GI tract

#### \* Depression

- Can be a result of a nutrient deficiency, hormonal imbalance, or food allergy
- Low thyroid can contribute to depression

#### \* PMS/PMDD (pre-menstrual dysphoric disorder)

#### \* Estrogen Dominance

##### Symptoms:

- Premenstrual breast tenderness
- Premenstrual mood swings, irritability, depression
- Premenstrual fluid retention and weight gain
- Premenstrual headaches, including migraines
- Heavier periods often associated with clotting
- Irregular menstrual cycles
- Menstrual cramping
- Fibrocystic breast disease
- Uterine fibroids
- Loss of sexual desire
- Anxiety and panic attacks
- Infertility
- Insomnia and restless sleep
- Bone loss, osteopenia and osteoporosis
- Adrenal gland fatigue
- Autoimmune disorders

- Triggering of allergies associated with more frequent respiratory illnesses
- Urinary frequency
- Easy loss of urine when coughing, laughing or sneezing
- Frequent headaches, including migraines, throughout the month
- Dry eyes
- Increase in body fat
- Sagging skin and wrinkles
- Decreased mental sharpness
- Gall bladder disease
- Polycystic ovaries
- Elevated cholesterol
- Elevated blood pressure
- Breast cancer
- Cancer of the uterus
- Hypothyroidism

\*\*\*"Statistically common" **DOES NOT EQUAL** "normal"!

\* Yeast Overgrowth - most women deal with yeast overgrowth at some point in their life

- Only way to remove yeast overgrowth ~ 1) remove it's food source and 2) actively destroy it
- Why is yeast harmful to the body?
  1. Leads to adrenal fatigue and a poor immune system
  2. Often results in a yeast allergy
  3. Coats the lining of the gut, resulting in lack of nutrient absorption, irritable bowel, allergies, fatigue, joint pain.

~ Foods to remove:

- PROCESSED and GMO FOODS
- SUGAR
- GLUTEN
- DAIRY
- COOKED SATURATED FATS
- SOY – UNFERMENTED
- YEAST
- CORN
- CAFFEINE
- CAREFUL ABOUT OXALATES

~ Foods to include:

- Nutrient Dense Foods
- Probiotic-rich Foods
- Quality Unrefined Oils
- 80% Vegetables - Land & Ocean
- Gluten Free
- Grain-like Seeds

**\*\*\*Focus on Alkaline forming foods**

### **\*\*\*Health Begins in the Gut!\*\*\***

- \* Thyroid/Adrenal Fatigue - both a part of the endocrine system
  - ~ Natural Ways to Support your Adrenals
    - Get some sleep.
    - Eliminate sugar and processed carbs.
    - Eat clean and whole foods.
    - Curb the coffee habit and drink plenty of fresh, filtered water every day.
  
- \* Anemia - women are particularly prone to anemia due to blood loss in menstruation as well as due to the increase in blood supply needed during pregnancy and childbirth.
  
- \* Infertility
  - Some surprising contributors to stopping ovulation and causing infertility (from an article by Nicole Jardim, Women's Health Coach)
    1. Melatonin levels- the hormone that regulates our sleep cycles
    2. Dental hygiene - Tartar buildup and gingivitis cause a bacteria and toxin build up in the mouth, which carries into your bloodstream. The resulting inflammation is connected to infertility and miscarriage.
    3. NSAIDS - "non-steroidal anti-inflammatory drugs" - Aleve, ibuprofen, aspirin - can cause infertility while taking
    4. BPA - a chemical used in the making of hard plastics - In a 2010 study, it was found in 95% of random urine samples and the ovarian follicular fluid of the female participants. In this same study, it was discovered that BPA inhibits ovarian follicle growth (where your eggs grow each month), by disrupting the estrogen pathway. (source: <http://toxsci.oxfordjournals.org/content/119/1/209.full>)
    5. Low Thyroid (hypothyroid) - prevents ovulation, resulting in infertility
  
- \* PCOS (Polycystic Ovary Syndrome) - A common cause of infertility. Symptoms = irregular periods, excessive hair, acne, weight gain, darkening of skin along skin creases, and skin tags. Caused by having higher levels of androgen than estrogen or by having high levels of insulin.
  - \* Steps to reverse PCOS symptoms:
    - consuming low glycemic index foods (aim at 55 or lower on the glycemic index),
    - cut out sugar,
    - increase fiber (35-50 grams a day),
    - increase Omega-3's,
    - increase your vitamin D through sun exposure and supplements,
    - increase chromium-rich foods or take a chromium supplement,
    - reduce exposure to BPA.

#### Other Women's Issues:

- \* Chronic UTIs
- \* Side effects of Birth Control
- \* Menopause
- \* Prenatal and Postnatal nutrition

Women's Health Issues Are Usually Linked To...

- hormonal imbalance not seen on blood work,
- vitamin deficiencies,
- food sensitivities and allergies,
- poor dietary habits,
- overgrowth of yeast, bacteria, or parasites in the gastrointestinal tract.

**\*\*\*The #1 Key to balancing your hormones naturally = Blood Sugar Regulation!**

**\* 7 Keys For Women's Health: (by Dr. Jordan Rubin)**

1. Eat to Live
2. Supplement your diet with whole food supplements when necessary.  
Some key supplements for women - whole food iron supplements, B vitamins (especially vitamin B6), magnesium and calcium, probiotics, selenium
3. Practice Advanced Hygiene
4. Condition your body with exercise and body therapies.
5. Reduce toxins in your environment
6. Avoid deadly emotions
7. Live a life of purpose