

the WOMAN'S WORD

women helping women

what's inside

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SEXY HORMONES

Book Now Available!

Sexy Hormones solves the mysteries of female sexual health. It is the first book to explain how to effectively eliminate hormonal health problems. *Sexy Hormones* is packed with advice on how to achieve vibrant health and restore lost passions by balancing your hormones, reducing stress, and improving nutrition.

An ancient adage from Chinese medicine states, "A doctor would rather treat 10 men than one woman." In a way, this validates what women have always known—that we are indeed intricate creatures. At the heart of a woman's complexity are her hormones, their ebb and flow influencing all aspects of physical, emotional and mental wellness. Sexy hormones are sex hormones including, but not limited to, estrogen, testosterone, DHEA and progesterone.

When a woman's hormones are in balance, she feels fabulous, has energy and is vital. She is also far less

likely to experience symptoms through her fertile years and during the transition through menopause. Unfortunately, all it takes is one alteration to this perfectly orchestrated process for hormone havoc to ensue.

Physicians and women alike are learning that the love affair with estrogen, in particular, can be a very dangerous liaison. We are being bombarded by estrogens and other hormones on a daily basis. Synthetic estrogens found in birth control pills, fertility drugs, and other hormone therapies are major sources of estrogen that contribute to estrogen overload. Women are fooled into believing the birth control pill is safe because it is "low dose." Low dose means lower than previous years but the pill contains many times a woman's natural level of estrogen. **The birth control pill, launched in the 1960s to provide women with sexual freedom and liberation**

Continued on page 2...

Low Thyroid Infertility Epidemic

Back in 1995 the National Survey for Family Growth in Canada found that 10.2% of couples were infertile. Today that rate has skyrocketed and most of us know a couple that is having trouble conceiving.

Infertility can be caused by several reasons including ovulation disorders, PIDs (Pelvic Inflammatory Diseases), hormone imbalance, endometriosis, age, being over- or under-weight, toxic chemical exposure and low thyroid. Low thyroid is a common problem in this country. The thyroid gland is a super regulator of many systems in the body especially fertility. When a woman has low thyroid the body protects the health of the potential fetus by not allowing the women to become pregnant. It is well-known that women with low thyroid have a difficult time getting pregnant and if low thyroid is not corrected the baby has a 150-fold increase in cerebral palsy expectancy and severe neuro-psychomotor defects. Research has also linked ADHD in children to their mother's thyroid



Continued on page 6...

10 Ways Sex Improves Your Health and Beauty

1. Sex is a beauty treatment. Scientific tests find that when women make love they produce amounts of the hormone estrogen, which makes hair shine and skin smooth.
2. Gentle, relaxed lovemaking reduces your chances of suffering dermatitis, skin rashes and blemishes. The sweat produced cleanses the pores and makes your skin glow.
3. Lovemaking can burn up those calories you piled on during that romantic dinner.
4. Sex is one of the safest sports you can take up. It stretches and tones up just about every muscle in the body. It's more enjoyable than swimming 20 laps, and you don't need special sneakers!
5. Sex is an instant cure for mild depression. It releases endorphins into the bloodstream, producing a sense of euphoria and leaving you with a feeling of well-being.
6. The more sex you have, the more you will be offered. The sexually active body gives off greater quantities of chemicals called pheromones. These subtle sex perfumes drive the opposite sex crazy!
7. Sex is the safest tranquilizer in the world.
8. Kissing each day will keep the dentist away. Kissing encourages saliva to wash food from the teeth and lowers the level of the acid that causes decay, preventing plaque build-up.
9. Sex actually relieves headaches. A lovemaking session can release the tension that restricts blood vessels in the brain.
10. A lot of lovemaking can unblock a stuffy nose. Sex is a natural antihistamine. It can help combat asthma and hay fever.

From the Irish Sex Fairy

Breast Cancer Rates Decline Since HRT Study Halted

In 2002 the Women's Health Initiative Estrogen and Progestin Study (WHI) was halted due to serious safety concerns. The WHI study found that women taking a combination of synthetic estrogen and progestin had a 26 percent increase in invasive breast cancer, a 29 percent increase in heart attacks, double the risk of dementia, double the risk of blood clots and a 41 percent increase in stroke. Millions of women threw their hormones in the garbage and many doctors stopped prescribing them altogether. The results left many women suffering severe menopause symptoms and fearing that maybe all those years of taking hormones potentially increased the risk of those conditions they were trying to prevent.

Since the WHI study was abruptly halted in 2002 there has been a remarkable decline in breast cancer rates. Fewer women are taking a combination of synthetic estrogen and progestins (HRT) to alleviate the symptoms of menopause. According to the *Canadian Medical Association Journal* the number of women between the ages of 50 and 69 years diagnosed with estrogen-receptor positive breast cancer declined 12% between 2002 and 2003. Thousands of women have switched to safer natural remedies to treat their menopause symptoms. **MenoSense** treats hot flashes and night sweats safely and effectively. Take 2 **MenoSense** at breakfast and 2 at bedtime for 24 hour a day reduction of hot flashes and night sweats. ♡

Sexy Hormone Book *continued from page 1*

from unwanted pregnancies, is known to increase the risk of breast cancer, promote endometrial and fibroid tissue growth and halt testosterone's libido enhancing effects. New research found in the pages of *Sexy Hormones* shows that women may have traded the freedom to have sex without worry of pregnancy for a reduction or elimination of sex drive. What's worse, the pill is being prescribed for acne, endometriosis, heavy periods and uterine fibroids—yet no research has been done on the pill for these conditions. Future research on the pill's safety will confirm what we have learned about estrogen and progestin used for menopausal concerns—that the pill is contributing to hormone diseases in women.

Food is also a contributor to hormone havoc. The Toronto-based Environmental Defence states a large percentage of our exposure to dangerous hormone-mimickers comes from our diet, especially fish, meats, chicken, dairy products and pesticide-laden fruits and vegetables. **The *Sexy Hormones* book teaches you which foods balance or disrupt hormones and which foods rev up sex drive.**

Hormone-mimicking foods have added to the obesity epidemic. Too much fat on the body adds to hormone hell because fat cells, through an enzyme, convert testosterone into estrogens. The more fat cells you have the higher your total estrogen is. Excess insulin or insulin resistance, common in the overweight, also causes estrogen dominance. As insulin levels spike, estrogen is secreted in higher amounts. And cortisol, our stress hormone, promotes estrogen dominance and more weight gain creating a vicious cycle of more fat cells that become even fatter and produce even more estrogen.

Sexy Hormones delves deep into these issues weeding out the hype from the research. And there is a lot of hype. You will learn that hormones are powerful messengers that direct and control every function in

the body from heart rate to orgasms. ***Sexy Hormones* is a must read because all sex hormones contribute to the vibrancy of your health, stamina and vitality.** This book clears up the confusion on how to use hormones safely to treat female conditions. In this book bioidentical hormone therapies are discussed in detail. But more importantly this book advises when to have hormone testing, what type of testing to have performed, and whether you are a candidate for bioidentical hormones and what all the information means to your optimal health. *Sexy Hormones* even includes prescriptions for bioidentical hormones in case your physician is not versed on the subject of natural hormone treatment.

The goal throughout *Sexy Hormones* is providing safe, effective treatments that get you feeling fabulous. Sexual desire and satisfaction are affected by hormone havoc.

Our feelings of being "sexy" are hormone driven. ***Sexy Hormones* solves the mysteries of female sexual health.** Sex is a central part of who we are. It is the basis for our relationships. Men are being prescribed the "little blue pill" in record numbers and you can't turn on your computer without being bombarded by spam to make "it" bigger, longer and stronger. Yet 43 percent of women have NO sex drive, many women are suffering with pain during intercourse and not much is being done in the research community to help these women. We have provided very frank information about female sexuality—everything from the anatomy of a woman's genitals to how to have an orgasm. We even include information on aphrodisiacs, tips and toys. **Every woman should read this book and moms and grandmothers should pass this book on to their daughters. In essence *Sexy Hormones* provides a complete guide to understanding your sexy hormones—enjoy!** ♡

Stress and Adrenal Exhaustion

Our adrenal glands get very little attention, yet they have the important job of secreting sex hormones and stress hormones that guide reactions to a stressor throughout the entire body.

The adrenals trigger the instinctual “flight or fight” response and our reactions to everyday stressors. They also produce hormones that are essential in regulating our immune, digestive and reproductive functions along with mineral balance. Adrenal exhaustion occurs when the glands wear out from the continual production of the stress hormone cortisol, and can lead to chronic fatigue and eventually, in more serious cases, Addison’s disease. Most importantly adrenal exhaustion promotes hormone imbalance. The adrenal glands and the thyroid are linked. If the adrenals become stressed, the thyroid gland can produce less thyroid hormone and vice versa. Most people today, particularly women, have some degree of compromised adrenal gland function due to stressful lives.

Symptoms of adrenal exhaustion include extreme hot flashes and night sweats, insomnia (you go to bed but three hours later you are wide awake), environmental sensitivities, low blood sugar, poor concentration, low energy, dizziness upon rising, irritability, nervousness or anxiety, shortness of breath, knee problems, muscle

twitching, heart palpitations, sensitivity to light, digestive problems or cravings for salt, sugar, junk food or coffee.

To test your adrenal gland function, rest for five minutes and then take your blood pressure. Stand up, and immediately take another blood pressure reading. If the reading is lower when you are standing than when you are resting, you can suspect decreased adrenal gland function.

Sustained periods of high stress lead to chronic elevation of the stress hormone cortisol, which research now links to bone loss, compromised immune function, chronic fatigue, exhaustion, fat accumulation, infertility and memory loss. During menopause, the workload of the adrenals also increases as these glands are a primary source of sex hormones, including estrogen.

Plenty of rest, a healthy diet of fruits and vegetables, fish, chicken and good fats along with a reduction in stressful duties will go a long way to helping the adrenals. The following nutrients have been researched to help support healthy adrenal function: Rhodiola, Suma, Siberian Ginseng, Schizandra Berries and Ashwagandha. By taking **AdrenaSense**, which contains all of these ingredients, and reducing our daily stressors and achieving 8 hours of sleep we can heal our exhausted adrenals and gain energy and vitality. ♡

NEW
RESEARCH

B-12 Makes Melatonin Work Better



Melatonin supports a lot more than deep, restful sleep, and the ability to function and think clearly. Scientists have discovered that it’s a powerful antioxidant that helps protect us from infection, inflammation, and autoimmunity. Additionally, many believe that suppression of melatonin by light at night (experienced by night-shift workers) is a possible risk factor for developing a serious illness like cancer.

In fact, over-exposure to light at night—because of both night work and as a personal choice and life style—has been associated with increased breast and colon cancer risk in shift workers.

Melatonin is most well known for its ability to control our sleep, wake cycles where it is secreted in darkness and suppressed by the light. It is also used to treat jetlag where it resets our internal clock when we travel by air across several time zones. Children have much higher melatonin levels than adults and sadly as we age it is dramatically reduced. Anti-aging specialists believe melatonin to be essential in retarding the aging process. Low levels of melatonin are also found in those individuals with sleep and depressive disorders.

The importance of Vitamin B12

New research shows **adding 1000mcg of sublingual B12 makes your melatonin work better.** Those who can’t get to sleep at night may need vitamin B12. Studies show that B12 causes an earlier release of melatonin at night which resets the sleep-wake cycle. B12 acts directly on the pineal gland to provoke a faster release of melatonin. Research has also shown that B12 helps you get to sleep easier and it sensitizes you to morning light, which helps you wake up feeling refreshed, especially in the elderly who often have sleep problems.

Take **SleepSense** (3 mg melatonin) with **Vitamin B12** at 11p.m., put it under your tongue and let it dissolve for deep restful sleep. ♡

Q: *After the leisurely days of summer I am having a hard time dealing with the stress associated with my children returning to school. I am waking up at night and feeling anxious. What can I do?*

A: After raising four children I know how stressful the month of September can be on a mom. All those school supplies to purchase, shoe shopping and teacher meetings; plus just having to get everyone up and out the door on time every morning along with completing homework at night can take its toll. Many women suffer from adrenal exhaustion, also called adrenal burnout. The adrenal glands help balance female hormones and secrete cortisol—our stress hormone. Through a feedback mechanism the adrenal glands and the thyroid gland are connected. Often when the adrenals are taxed due to increased stress, thyroid hormone output declines and we end up with low thyroid and adrenal burnout. The symptoms of adrenal exhaustion include insomnia where you fall asleep fine but wake up throughout the night and have a hard time falling back to sleep, salt cravings, the need to use stimulants like coffee and tea to get going and difficulty handling stress. The adrenal glands are so important to hormone balance for women, especially in the peri-menopause and menopause years, as these glands produce estrogen and other sex hormones. Reducing stress, eating an exceptionally healthy diet, while finding a balance between work and play will help the adrenals do their job better. **AdrenaSense**, a combination of Rhodiola, Ashwagandha, Schizandra Berry, Siberian ginseng and Suma, support the adrenals for fast relief.

Take two capsules of **AdrenaSense** at 3:00 in the afternoon to help you deal with stress, anxiety and provide deep restful sleep. You should also limit your coffee intake to one cup per day and drink plenty of **AdrenaTea** to nourish your adrenal glands.

Q: *I have been suffering with vaginal dryness. Can you tell me what causes this to happen and how I can improve it?*

A: Reduced vaginal lubrication is a common problem caused by hormone imbalances. Changes in hormones during times of stress, when pregnant or breastfeeding, when using the birth control pill or at menopause can cause a decrease in vaginal secretions. Both over-the-counter and prescription medications can also contribute to this concern. Reduced lubrication increases the likelihood of infections and irritations—and it can be downright uncomfortable. A personal lubricant is the answer. Most women think lubricants are used only during intercourse but a lubricant should be used throughout the day if you have vaginal dryness to prevent infections, itching, burning, heat and pain from the dryness. I recommend you use **LOVE Personal Lubricant** because it is water-based, non-staining to clothing or bedding and it does not contain parabens or other toxic preservatives. **LOVE** also maintains normal vaginal balance and is soothing. Never use a lubricant that contains mineral oils or petroleum derived ingredients. If you are using bioidentical vaginal estrogen then you will also want to add **LOVE Personal Lubricant** to support healthy vaginal tissues.

Balancing hormones is also important when suffering with vaginal dryness. If you are having hot flashes, night sweats or other menopausal symptoms include **MenoSense** to improve overall hormone balance. Take 2 **MenoSense** with breakfast and 2 **MenoSense** at bedtime to provide 24 hour a day support for your hormones. If birth control pills are the reason for your vaginal dryness then use **EstroSense**, two capsules with breakfast. **EstroSense** also protects you against the negative side effects of the pill. Eat a diet rich in vegetables, protein and healthy fats. De-stress your life and get at least 8 hours of sleep at night. If your desire for sex is diminished due to vaginal dryness include **Sex Essentials** along with daily use of **LOVE Lubricant** to bring excitement back into your love life. Do not suffer with vaginal dryness - **LOVE** is the answer.

For a FREE SAMPLE of **LOVE Personal Lubricant** write to: Preferred Nutrition c/o WW4, 153 Perth St., Acton, ON L7J 1C9

Peri-menopause – The Hormone Havoc Years

For many women, peri-menopause is a more challenging time than the menopausal years. In some women, hormones can start to shift as early as age 35; other women do not experience hormone fluctuations until five years before menopause (the average onset of menopause is around 52 years of age). Prior to that, the relatively consistent up-and-down rhythm of hormones during the peri-menopausal years can start shifting as wildly as it did during puberty – estrogen becomes high, progesterone low, and at other times, there are steep increases and drops in estrogen.

During the peri-menopausal years, some women notice symptoms of hormone changes such as breast tenderness or lumps (cysts), heavy or long periods, mood changes (including PMS, which may not have been a problem in younger days), fatigue, uterine fibroids, endometriosis, problems staying asleep, thinning hair, occasional sweats at night, weight gain around the middle, skin outbreaks, low libido, or they may be diagnosed with chronic fatigue, fibromyalgia, or joint pain.



The key nutrients for safe hormone balancing include Indole-3-carbinol, d-glucarate, green tea extract, curcumin, milk thistle, sulforaphane, rosemary extract and lycopene all of which are found in **EstroSense**. ❤️

Relief from Hot Flashes!

I am 48 years old, and I started getting hot flashes so intensely this past summer that it was really disrupting my life! I would have them continuously throughout the day and be woken during the night 3 or 4 times. I was a wreck from sleep deprivation. Finally I tried a combination of **MenoSense** and **HappySense** (2 each per day) and something for my adrenals. Within 3 weeks to a month I was not having hot flashes any more....nothing! They have totally diminished! I now have my life back!

J.N. BC

End Endometriosis and Fibroids Forever

Heavy menstrual bleeding and spotting leading to anemia, caused by uterine fibroids, is the number one reason for hysterectomy in Canada today. Canada has the highest rate of hysterectomy in the world. This statistic upsets me terribly. Even a partial hysterectomy done through a small incision can induce infection and requires a long recovery. When a classical hysterectomy is performed some women take months to recover full vitality. If both the uterus and ovaries are removed women are thrown into early instant menopause with often debilitating symptoms of severe hot flashes and night sweats. Hormonal imbalance, particularly estrogen dominance is the cause of endometriosis and uterine fibroids. **EstroSense**, a combination of plant extracts, quickly normalizes hormones and stops abnor-

mal cell growth. Within two to three menstrual cycles women notice their periods normalize with the flow being reduced. **EstroSense**, 2 capsules at breakfast and 2 capsules with dinner, balances the estrogen to progesterone naturally using safe, effective nutrients including I3C, DIM, D-glucarate, sulforaphane, curcumin, rosemary, milk thistle, and lycopene. Periods become effortless and PMS a problem of the past. **EstroSense** is so effective that I am on a mission to have every woman take it from the time she is twelve. Women should not have to suffer with the “curse” and women should not be having hysterectomies for heavy periods. Make sure if you are anaemic that you also supplement with iron as low iron causes heavier periods. ❤️

Coffee Elevates Estrogen:

A great reason to drink tea

The *International Journal of Cancer* reported a correlation between ovarian cancer and daily caffeine intake. Researchers found that coffee and caffeine in general was linked to an increased risk of ovarian cancer in pre-menopausal women. This is not the first study to show the connection between regular coffee consumption and reproductive cancers. Coffee increases estradiol levels and estrogen makes cells grow. Coffee contributes to estrogen dominant conditions too like endometriosis, uterine fibroids, lumpy breasts, heavy periods, and more. Herbal tea is an excellent alternative and Lorna has formulated three new teas: **AdrenaTea** for those stressful days; **ThyroTea** to support the thyroid; and **HappyTea** to enhance mood and make you feel happy. These new teas are not only health promoting but are delicious and refreshing too. Reduce your coffee consumption to fight estrogen dominance and pour yourself a cup of tea!

For a FREE SAMPLE of Lorna's tea write to: *Preferred Nutrition c/o WW4, 153 Perth St., Acton, ON L7J 1C9*



Estrogens in Foods

Estrogens have a tangled relationship with food. Some foods and herbs block estrogens, that is, they keep estrogen molecules from fitting into estrogen receptors on cells. Some foods enhance the action of estrogen, making it stronger. Some foods contain high levels of estrogens and should be avoided or eaten in moderation. Some foods keep your estrogens at healthy levels by aiding the liver in detoxifying excess estrogens, while some foods contain progesterone that helps to balance out estrogens. Other foods stop estrogen-related cancers from forming.

Phytoestrogens (phyto means plant) are naturally occurring plant estrogens. Plants can produce chemicals that mimic estrogen, block estrogens, or reduce or detoxify estrogens. However, only a limited number of plant-based foods have the ability to mimic estrogen or fit into estrogen receptors. Some phytoestrogens have no estrogenic action and are estrogen-blocking.

This is why the term “phytoestrogen” is confusing to women who have been told to avoid them because they are possibly cancer-promoting.

THE GOOD

Eat plenty of these foods every day:

They inhibit bad estrogens and improve your estrogen-to-progesterone ratio. They are also cancer-preventing.

- broccoli
- Brussels sprouts
- cabbage
- cauliflower
- kale
- kohlrabi
- flaxseeds (ground)
- buckwheat
- figs
- melons
- green beans
- squash
- green tea and chamomile tea



Note: If you have heard that cruciferous vegetables block the uptake of thyroid hormone, please note you would have to eat several cups of broccoli, Brussels sprouts, cauliflower, cabbage, and/or kale every day for months to have them negatively affect your thyroid or inhibit thyroid hormone. These vegetables are super regulators of your hormone levels and should be eaten daily.

THE BAD

Avoid these altogether or limit their intake:

These foods contain either estrogen, fit into estrogen receptors, or enhance the action of aromatase, and therefore promote the production of estrogen.

- soy beans
- tofu
- soy beverages
- soy oil
- coffee (drink only organic if you like coffee)
- cotton seed oil (often found in sardines or other canned fish)
- corn oil
- hops in beer (both alcoholic and non-alcoholic)
- red clover in supplement
- commercial chicken, pork and beef
- commercial dairy products
- farmed fish
- alcohol

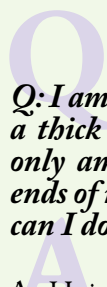


Better, Longer, Stronger Orgasms

Sexual concerns are very common among women today. A recent University of Chicago study found that 43% of women surveyed reported sexual difficulties. Stress, depression, lack of sleep, too much work, prescription drugs, poor nutrition, hormone imbalances and menopause are a few reasons why women are lacking desire or having difficulty achieving orgasm. Sexual problems include lack of sexual desire, difficulty becoming aroused, inability to achieve orgasm, lubrication problems and pain during intercourse. While men have been reaching for the “little blue pill” in record numbers women have been wondering what is out there for them. Prosexual nutrients are a safe way to get you thinking about sex again while improving your overall health.

If you are like many busy women today you rarely think about having sex anymore. Prosexual nutrients including L-arginine, ginkgo biloba, choline bitartrate, vitamin B5, eurycoma longifolia and tribulus terrestris are an effective way to increase desire, enhance orgasms, heighten sexual sensations and improve your sex drive.

These nutrients are found in **SexEssentials** which is formulated for women to help bring back desire, aid orgasm and improve lubrication while also providing overall strength and wellbeing. ♡



Q: I am a 39 year old woman. I used to have a thick head of hair and now I notice not only am I losing hair on my head but the ends of my eye brows are thinning too. What can I do?

A: Hair loss in women can be due to many factors. The main cause of hair loss in women is hypothyroidism commonly called low thyroid. Low levels of iron and conversely high iron in the blood, a deficiency of zinc in the diet, autoimmune disease and too much stress are also associated with hair loss.

Have a test for iron called a hemoglobin test at the doctor's office and if you are deficient take Floradix. If you have excess iron, donate blood. Diet is important so make sure you start the day with a protein-rich breakfast (an egg, a chicken breast, a protein shake, protein powder in yogurt) and eat protein and greens at every meal thereafter. Essential fatty acids like evening primrose containing GLA and flax seed oil create shiny hair. Hair is made up of proteins and collagen so it is essential that we provide these through our diet.

At breakfast every day take a complete multi-nutrient formula like **FemmEssentials** which contains all the cofactors needed for strong, thick hair. **FemmEssentials** among other important nutrients contains zinc citrate needed for thick hair and evening primrose and flax seed oil for shiny hair.

BioSil, clinically researched at the University of Brussels, enhances collagen, not only in the hair but also the nails, bones and skin as well. Collagen, an essential part of hair, makes our hair elastic so it does not break off and you will see less hair in your hair brush. **BioSil** will ensure that your hair is shiny, thick and strong within 6 weeks.

ThyroSense, a combination of nutrients designed to support and nourish the thyroid is the missing key in hair loss. Even when your thyroid tests come back normal you may have low thyroid. Subclinical low thyroid, where your test results come back normal, but you still have the symptoms of low thyroid, causes hair loss. If you are on thyroid medication you may not be converting your thyroid hormones properly, in which case you will also benefit from **ThyroSense**.

No more hiding under a hat because of a bad hair day follow this simple program and see your hair become shiny, thick and strong.

Low Thyroid Infertility Epidemic

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deficiency while pregnant. And ADHD is not the only concern IQ can be affected. One study found that offspring of mom's with low thyroid had children who scored 11 IQ points lower than children born to mom's who did not.

With 25% of Canadians currently on thyroid medication and another 30% with subclinical low thyroid—and many not being treated adequately—our children may be affected too. So important is this information that every potential mother should be tested and monitored during pregnancy for optimal thyroid function. And new research has shown that a Thyroid Stimulating Test (TSH) over 2.0 can impede a woman's chances of becoming pregnant—and that you do not have to have severe low thyroid for infertility to be a problem. If you are a women trying to conceive or you know someone attempting to become pregnant

tell them this very important piece of information. In Canada a TSH lab test range of normal is approximately 0.5 to 5.5 and most physicians would not classify you as having low thyroid until your thyroid is above 5.5. Knowing that updated research shows a TSH above 2.0 can affect your fertility and the mental abilities of your baby it is important to know your TSH number. Better yet, start taking care of your thyroid today. **ThyroSense** is a combination of safe nutrients designed to support the optimal function of your thyroid gland. It is so safe it can be taken along with thyroid medication too. For women who have a TSH over 2.0 and cannot get their doctor to prescribe thyroid medication **ThyroSense** is the missing key. Take 2 **ThyroSense** with breakfast daily—and remember always ask for your TSH number when visiting the doctor—don't just accept an answer that your thyroid is fine. ♡

PMS Related Migraines Gone!

For ten years I suffered from migraines with my menstrual cycle... I have tried many products, but couldn't find one that worked for me. From the first month that I started taking **EstroSense** the migraines disappeared. It has been four months and I am still migraine free!!!

S.H. BC

Exercise Your Bladder and Vaginal Muscles

Remember to do your kegel exercises every day to develop strong vaginal muscles, prevent prolapse uterus and bladder and eliminate urinary incontinence, urinary frequency and more. If you sneeze or laugh and urine leaks out you need to kegel. You can kegel anytime. Start by squeezing the muscles of the vagina and urethra then relax, then squeeze the muscles again and relax... do this often. It is similar to the action we use to stop and start a urine stream. Kegel exercises will also strengthen a weakened bladder and make orgasms much more intense. You can purchase a kegel exerciser developed by Dr. Kegel to make kegelling easier. Dr. Sue Johansen of Talk Sex television show recommends this little device. ♡

Lorna's Gorgeous Hair Program

- 1 to 2 packets of **FemmEssentials** per day
- 10 drops per day or 2 capsules per day of **BioSil**
- 2 capsules of **ThyroSense** with breakfast if you are not on thyroid medication (and if you are taking thyroid medication, 2 capsules of ThyroSense at the same time you take your thyroid medication).

Your skin and nails will also look fabulous!



Stop Cravings, Eat and Lose Weight Today!

Did you know that by simply eating a protein-rich breakfast you can increase your body's ability to burn fat by 25 percent and that fat burning action will last all day! Carbohydrate-rich breakfast cereals, skim milk and toast slow your fat burning rate, keep you feeling hungry and increase food cravings. Worse yet, when we skip meals the body thinks it must conserve energy because we are starving it, then when we do eat food, it is stored as fat. The answer is to eat breakfast every day along with several small meals. Reduce your consumption of carbohydrates—yes that means rice crackers and melba toast. Eat a protein-rich shake every morning for breakfast and again as a snack in the afternoon to ensure that your body feels satisfied and your fat burning furnace is working at peak levels.

A protein shake containing whey and fermented soy is an easy way to get low calorie protein that will enhance your fat burning furnace. Whey protein contains a substance called CCK that makes us feel full and satisfied, thereby reducing food cravings. Fermented soy powder was recently studied at Beth Israel Medical Center in Boston, for its effects in promoting weight loss in obese animals. Those fed fermented soy powder had a reduction in fat of 26 and 64 percent. As well, those consuming fermented soy powders did not eat as much food as those not eating fermented soy powders, provid-

ing evidence that food cravings were reduced.

Whey and fermented soy protein also keep our blood sugar levels stabilized. Healthy blood sugar levels are key to reducing body fat. When we eat carbohydrate laden meals (white sugar, white flour, white rice, white potatoes, breakfast cereals, white pasta) we also increase our blood sugar dramatically. When it is too high, insulin increases our risk of heart disease, diabetes and obesity. When blood sugar is too low from not eating enough protein, we get mood swings, food cravings and we feel lethargic and weak. The Diabetes Associations recommend we eat 30 percent of our diet from protein sources. We can maintain healthy insulin levels by eating small protein meals throughout the day.

Not only does protein help to burn fat, reduce food cravings and keep our blood sugar under control but it also gives us energy, improves the beauty of our hair, skin and nails, and improves our muscle tone.

ProteinEssentials whey and fermented soy protein shakes are a delicious way to add good clean protein to your diet. This low calorie (120 calories per serving), low carbohydrate and high protein drink comes in three delicious flavors: tropical, chocolate and vanilla. It is naturally flavored and contains no harmful artificial sweeteners. ♡

Why Fermented Soy?

Non-fermented soybeans contain enzyme inhibitors that can block protein absorption and they also contain hemagglutinin known to decrease the ability of red blood cells to properly absorb oxygen and distribute it through the body. When soybeans are naturally fermented as found in tempeh, miso, tofu and fermented soy powder the fermentation process deactivates hemagglutinin and enhances protein and isoflavones absorption. Traditional Asian diets contain mainly fermented soy foods not soy protein isolates or whole soybeans. Fermented soy powders also provide more absorbable forms of the isoflavones genistein and daizein. A study published in the *Journal of the American Dietetic Association* compared the effects of consuming fermented soy to unfermented soy. Their conclusion, fermented soy provided an increase in the availability and absorption of the isoflavones in soy. **BodySense Protein** provides you with an excellent source of protein to benefit your menopause symptoms.

1 in 4 Women have Osteoporosis

Our bones are constantly being broken down and rebuilt. Osteoporosis, meaning "porous bone," arises when bone is broken down faster than it can be rebuilt. One in four women has osteoporosis and one in eight men. Hip fracture is a dangerous result of osteoporosis. Many people who have hip fractures as a result of osteoporosis never get out of long-term care facilities. And hip fractures result in death in up to 20 percent of cases. A Dual-Energy Absorptiometry DEXA scan is the only accurate way to determine osteoporosis.

We would think that calcium loss is the only cause of osteoporosis and that simply taking doses of calcium would solve the problem. Unfortunately this is not true—calcium alone will not reverse or halt bone loss. Actually, studies using calcium alone have shown bone loss, not bone gain.

The type of calcium you take is very important. Less than 10 percent of calcium carbonate is absorbed so make sure you are not taking this type of calcium. Calcium citrate is much better absorbed. Also we are waiting far too long to take our calcium supplements. Most women do not start taking calcium until age 50. Young women need calcium, especially during the crucial bone-building years 12

to 25.

Vitamin D is essential to bone health because it calms the cells of the immune system. We know that when we are under stress our immune system causes calcium to be pulled from our bones. Natural anti-inflammatory nutrients including curcumin, boswellia and vitamin D are essential to stop this type of calcium loss.

Estrogen protects the bones from those bad immune inflammatory messengers mentioned above. Lack of healthy estrogen in women who are tired or adrenal exhausted or those who have had hysterectomy is associated with promoting bone loss. Ipriflavone is essential to strong bones and when combined with calcium has been shown in studies to increase bone.

Too high a dose of medication for thyroid problems also results in bone loss. Low thyroid function, where not enough thyroid hormone is present, also promotes bone loss.

Look for a bone supplement containing calcium citrate, magnesium citrate, ipriflavone, vitamin D, curcumin and more. Ask for **Osteosense Plus** at your health food store. ♡

No More Breast Lumps ... Amazed by Results with EstroSense!

A couple of years ago, at age 32, I found a few lumps in my breasts. After having some lumps checked out they found it to be nothing but fibroid tissue. My options were to live with them or have them removed.

Just before your seminar at a local Health Food Store, I had decided that I would finally have the surgery.... After the seminar, my mom offered to purchase a bottle of **EstroSense** for me to try. After taking it for a week and a bit (2 capsules) the lumps are almost gone.

I don't know what to say...WOW! I just can't believe it. I have been passing on this wonderful information to all my friends. I am truly amazed.

Thank you for your stories, your knowledge and your products.

C.B. ON

For more information and your FREE monthly e-letter from Lorna Vanderhaeghe go to

www.hormonehelp.com



Lorna Vanderhaeghe is a health expert who has been researching and writing about nutritional medicine for over 25 years. She has a Masters of Health Studies and a degree in Biochemistry. Lorna is the author of several books including her newest one, *Sexy Hormones*. Lorna is the co-author of *The Immune System Cure*; *No More HRT: Menopause Treat the Cause* and *Healthy Fats for Life*. She is also an internationally known lecturer who educates people on how to achieve optimal wellness. She has a FREE monthly newsletter and an internet talk show on her website www.hormonehelp.com which has over 4000 pages of helpful nutrition information.

the **WOMAN'S WORD**
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SEXY HORMONES

By Lorna Vanderhaeghe
and Alvin Pettle, MD

Sexy Hormones is the first book to explain when and how to use bioidentical hormones safely and effectively to eliminate hormonal health problems and get that zest back in your life. This book teaches you how to balance your sexy hormones including estrogen, progesterone, testosterone and DHEA so you feel vibrant!

Sexy Hormones is packed with simple honest advice on how to achieve or regain lost passions. Lorna and Dr. Pettle explain what good is the "little blue pill" for our men when the women have lost their sex drive due to hormonal problems, too much stress, inadequate nutrition and more.

Other books to look for from Lorna Vanderhaeghe

