

MENOPAUSE

HOMEOPATHIC HORMONE REJUVENATION SYSTEM

THE FACTS ABOUT HORMONE REPLACEMENT THERAPY:

With all of the controversy around the safety of HRT therapy, it is no wonder that women are steering away from the use of hormones to ease PMS and Menopause. With the risk of cancer of the breast and uterus, not to mention the questionable assistance for osteoporosis and heart disease, HRT is a risk at best. Hence the rise of the use of controversial Bio-identical Hormones.

THE FACTS ABOUT BIO-IDENTICAL HORMONES:

These substances which were so promoted by Suzanne Somers, are neither FDA approved, have not undergone drug trials and MD's are often very cautious about the long term affects. Further investigation by WHO and the Womens' Health Initiative in the US indicated suspect findings. These pharmacy compounds were initially considered safe because they are derived from soy and yam, natural vegetable products However, they are DERIVED from these substances. The estrogen and progesterone derivatives are altered chemically to produce a new type of synthetic or hybrid. They are like eating a synthetic carrot. Whenever you alter substances in their natural state, you produce something foreign to the human body, whether synthetic drugs or hormones. The estradiol, estriol and progesterone in them, is still that...hormones which upset the natural balance of the female body and which over time suppress the tendency to produce hormones at all. They are prescribed by using expensive saliva tests which can be purchased for \$300.00 from pharmacies and these tests are required frequently because the hormone levels can quickly become toxic. They are "natural" only in that they come from vegetables. By the same token, ASA is made from the Willow tree. I don't think anyone would consider ASA a natural product.

IMPORTANT FACTS RE: HORMONE REPLACEMENT

Synthetic and bio-identical hormones cause many problems.....

1. **HORMONE PROBLEMS ARE A FUNCTION OF HOW HEALTHY YOU ARE, NOT HOW OLD YOU ARE.**
2. The body shuts down production of its own natural hormones.
3. A dependence on the replacement hormones develops, aging the body.
4. Hormone levels become toxic.
 - Symptoms of Estrogen Toxicity include, ovarian tumors, breast lumps, cancer, heart disease, blood clots, depression, weight gain, excessive facial hair, gallstone risk, dementia.
 - Symptoms of Progesterone Toxicity include, weight gain, hair loss, loss of libido, depression, endocrine dysfunction, dementia.

5. Hormone toxicity burdens the entire body including the nervous system, liver, kidneys, blood and the immune system.
6. Hormone levels become elevated, affecting normal Cortisol (A hormone from the Adrenal Gland) levels. Excess Cortisol production causes burn-out of the Adrenal, Thyroid, Pituitary Glands and Hypothalamus.

MENOPAUSE REALTIES

It is a dilemma for women suffering the often unpleasant symptoms of Menopause. Hot flashes, reduced libido, weight gain, emotional upsets and in some heavy bleeding, can make this “natural” time one of the hardest times of life to deal with. A lifetime of general health problems as well as emotional burnout from stress can add to the physical and emotional load during menopause. Some women end up having hysterectomies due to fibroids etc. What women don’t realize is that even if the uterus and ovaries are removed, the body still produces hormones. These come from the adrenal glands and fatty tissue. The problem is that by the time menopause arrives, the adrenal glands, thyroid gland, pituitary, ovaries, and hypothalamus are so burnt out from chronic stress, they are under-functioning. The healthy menopausal woman never feels any symptoms. The menses simply stop, and that is that. The problem is in the general health state, not in the hormones themselves. Chronic use of HRT and Bioidentical Hormones actually suppress all function of these glands by artificially replacing the hormones. The body stops producing them entirely. We have all heard of the woman who after chronic use of the birth control pill, cannot get pregnant. A smooth, symptom-free Menopause is as a result of a healthy state, not a matter of aging.

HOMEOPATHIC HORMONE REJUVENATION SYSTEM:

OUR BODIES ARE ONE UNIT, FUNCTIONING IN HARMONY AND INTERRELATED IN EVERY WAY.

STEP 1: REMOVING THE RESTRICTIONS TO HEALING:

In Homeopathic Medicine, firstly the Homeopath does a Complete Constitutional Case-taking which can take up to two hours. This addresses all conditions in the body occurring at once, as well as the Menopausal symptoms. A Homeopathic prescription is given to address the general state first, including liver, kidney and lymphatic drainage if necessary to replenish these systems.

STEP 2: RE-EDUCATING THE BODY TO MAKE ITS OWN HORMONES:

In addition to a homeopathic prescription addressing all conditions occurring at one time, Homeopathy **offers specific Homeopathic Combinations to balance the involved glands.** Only Homeopathy offers this approach. The symptoms themselves indicate which glands need balancing and this is determined by the Homeopath.

These Organic Combination Products (Complex Homeopathy) were developed to balance each gland involved in producing hormones. This approach makes sense and works beautifully. In this way, under-functioning glands are given a boost. It is by going to the source of hormone release that homeostasis is achieved. These products are safe, deep-acting, gentle and have no side-effects. **In addition, they are used only temporarily, for about three months to rebalance the normal state.** The genius of Homeopathy is that mental/emotional as well as physical symptoms are all addressed at the same time. Depression and anxiety are relieved as the hormones balance themselves.

ADVANTAGES OF HOMEOPATHIC TREATMENT OF MENOPAUSE & PMS:

1. Homeopathy is FDA approved and acknowledged as a recognised form of treatment by Health Canada.
2. The products are safe, gentle and have no side-effects.
3. No toxicity develops due to unregulated elevations of estrogen and progesterone added to the body.
4. No risk of breast/uterine cancer, blood clots, heart disease, weight gain etc.
5. No development of dependency as is the case with Synthetic or Bio-identical hormones.
6. In Complex Homeopathy, several remedies are used together to balance glands involved in total body hormone production to stimulate a synergistic broad spectrum effect. This boosts the taxed glands to heal and regulate hormone production.
7. Constitutional treatment added to the regime treats the body as a whole including all other conditions present at the time of menopause and therefore treats the general terrain of the body in total.

TREAT MENOPAUSE AS THE NATURAL TRANSITION THAT IT IS WITH SAFE AND GENTLE HOMEOPATHIC REMEDIES AND ENJOY THIS TIME OF YOUR LIFE WITH RENEWED ENERGY AND VITALITY.