

Menopause – Special Report #11

Menopause Naturally What Every Woman Needs To Know

***...What Your Doctor Doesn't
Tell You!***

The Institute Of Nutritional Science

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This Special Report does not intend to diagnose disease, nor to provide specific medical advice. Its intention is solely to inform and to educate. The author intends that readers will use the information presented in this report in cooperation with the advice of a qualified health professional trained in such field.

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Dr. K. Steven Whiting - Biography



Dr. K. Steven Whiting

Dr. Whiting is an Orthomolecular Nutritionist. His degrees include a Masters in Psychology as well as a Doctorate in Biochemistry earned at International Universities.

Three decades of personal, practical experience in the field of human nutrition have earned him an international reputation, not only in the understanding of the human body and the profound effect that nutrition plays in protecting and preserving the body, but also in the outstanding results that he has consistently achieved while working with clients and patients on a global scale.

His commitment and dedication within the nutrition field has led him to extensive research into such chronic conditions as Heart Disease, Arthritis, Diabetes, Osteoporosis and Prostrate problems to name but a few. The result of this research has been pivotal in the development of nutritional protocols for the prevention, management and reversal of these conditions.

Studies he has conducted have led to a totally new system of weight management, based on '*Body Typing*', wherein HOW a persons body handles food is evaluated BEFORE they are put on a weight management program that's customized for them.

More recently, he has focused his attention on the human immune system. His subsequent research into deep viral infections has led to the use of oxygen therapy as well as other potent, all-natural immune boosters for the management of immune-compromised conditions.

Further, his work with AIDS and cancer patients, using meditation, biofeedback and visualization has received worldwide attention.

Dr. Whiting has served both as Consultant and Staff member to many of the leading alternative and complimentary hospitals in Europe and Latin America, where he has had the opportunity of applying his concepts to those individuals who were in most need. This has resulted

in the development of nutritional support protocols for a variety of chronic health challenges.

Through his international affiliations, he remains current on the very latest progressive applications of nutrition for a wide variety of chronic degenerative disorders, for which orthodox medicine has offered little hope.

In 1991, Dr. Whiting founded *The Institute Of Nutritional Science*, an international organization, with offices in London, England, Den Haag, The Netherlands and San Diego, California. The purpose of The Institute is to gather information and conduct research on how natural supplements can prevent, manage or reverse disease conditions.

The Institute publishes *The Journal*, available by subscription, to disperse nutritional information, relevant to disease, in an easy to understand, user-friendly fashion.

As an author, Dr. Whiting has published a series of Self Help booklets and reports on nutrition and its role in preventing, managing and reversing disease. A text- book, entitled *Gaining and Maintaining Total Health*, and *Self Health –Your Complete Guide To Optimal Wellness*, which rapidly became a best seller after its first publication in 1996. He also authored *You Can Be ...Well At Any Age : Your Definitive Guide To Vibrant Health and Longevity*, is the most comprehensive work of its kind, containing over 250 protocols for a wide spectrum of human health challenges. His most recent work, *Healthy Living Made Easy*, is designed for the busy, stressful lifestyles we all live and how to ensure we are still able to hedge our bet against chronic diseases.

Author, Lecturer, Teacher, Product Formulator and Consultant, Dr. Whiting is dedicated to helping others in helping themselves toward a more healthful existence, through a better understanding of the nutritional needs of the body. He is the exclusive formulator of all the nutritional products for Curves Fitness Centers, the largest business of its kind in the world.

He is committed to empowering individuals with the very latest nutritional information, safe in the knowledge that this will serve to enhance both the quality and the quantity of life for everyone in the years ahead.

Menopause Naturally: What Every Woman Needs to Know

....What Your Doctor Doesn't Tell You

*This Special Report is dedicated to **Judy**, who provided both the opportunity and the motivation!*

Introduction

The '*Change of life, Menopause*'; terms used to describe the transition in a woman's life from the period of reproductive function to a time offering the opportunities to vary her role and expand her horizon. The last half of a woman's life should never be looked upon, as many do, as '*the end*' or a '*loss of womanhood*'.

Usually, by the time Menopause has set in, a woman has raised children and is really ready to experience many of the other opportunities that life has yet ahead. Sadly, many women face this period with considerable worry and even fear. They have heard the horror stories of the complications both during and after passing through Menopause.

Unfortunately, many of these fears are often justified, since innumerable women do indeed suffer from both the physiological and psychological phenomena, which can make this period less than pleasant for some and down right miserable for others. If this were an inevitable process of aging and there was nothing that could be done about it, I suppose, like many issues over which we have little or no choice, we would somehow bear up under the load. But thankfully, this is not the case.

Since many women are able to pass through this period of their lives with little or no symptomology often typical in others, we must deduce that it is not an inevitable necessity.

Taking this viewpoint, this Special Report sets out to both explain the process of Menopause and offer solutions to those who need them, which are both safe and highly effective.

If you suffer from the ravages of Menopause, take heart. There is a great deal of hope. You are now in one of the greatest times of your life. The opportunities that life affords you now that many of your family obligations have been fulfilled, are only as limited as your own imagination.

In order to fulfil those goals, you must have the energy, stamina, and good health to really enjoy the journey. For those of you who wish to 'experience' every day of your life to the fullest, this Special Report is for you.

What Happens During Menopause

There are still many things we don't fully understand about the process of Menopause. What we do know however, is enough for most women to gain complete control of their physiological chemistry and hence live a normal fulfilling life.

The average age in which the Menopause process begins to occur is usually somewhere between forty and fifty years of age, the most common period being from 45 to 48. Interestingly, research has shown that there is some connection between the onset of puberty and the onset of Menopause. If you began to menstruate early, you will have a greater chance of entering the Menopause later in life than those who went through puberty at a later age.

Further, there appears to be a connection with late Menopause and women who have had multiple children. At some point, as the body nears the end of its reproductive period, the ovaries are supposed to gradually become inactive. If the woman is healthy, this process should be slow and virtually undetectable, providing she is on a good diet and is taking Full Spectrum dietary supplementation on a regular basis. Even women whose ovaries cease producing hormones rapidly can still be relatively symptom free, providing their health has been maintained.

There are literally thousands of women who go through this process with little or no ill effects. Sadly, there are an equal number of women who do not.

For them, this period of glandular change produces distressing or overwhelming side effects. The most frequent symptom experienced during and post menopause is called the *'hot flash'*. This vasomotor event can occur many times during the day and night and most often involves the face, neck, and upper chest area. The skin becomes bright red and very hot, often producing profuse perspiration and a feeling of suffocation. If the attack is severe, the woman can experience feelings of anxiety and panic, having to *'get up and move around'*, or *'go out for a breath of fresh air'*.

As these hot flashes proceed, they not only become more intense, but the periods of sweating also become more profuse, often requiring a complete change of clothing. Women suffering from these uncomfortable episodes are forever trying to open windows and doors to get some air, while others are cool or uncomfortably cold.

Some of the other symptoms frequently associated with the menopause include dizziness, headache, and difficulty in breathing, shortness of breath and heart palpitations. In more severe cases, mental depression, mood swings, insomnia and erratic behaviour begin to develop.

This combination of both physiological and psychological side effects can act as a *'double whammy'*, taking their toll not only on the unfortunate female but her entire family and circle of friends. Sadly, many women go untreated for these devastating side effects either because their doctors do not fully understand the severity of the problem, or they genuinely do not understand how to address the condition.

Of all the possible problems associated with the Menopause, the psychological or mental side effects can be the most devastating. The depression, agitation, insecurities, anxiety, and inability to concentrate frequently result in the women entering a destructive downward spiral of loss of self-esteem.

This leads in turn, to her feeling that she is *"no longer a woman"* or that she has lost her appeal to the opposite sex. Many women become fixated upon the idea that they have lost their beauty and that it is just a matter of time before they will age, their skin will wrinkle, they will lose their sex drive, and they will become a saggy, flabby bag of flesh.

However, this does not have to be the case.

With a proper diet, the proper exercise program, with emphasis upon strength training, in addition to fitness training, and a Full Spectrum dietary supplement program, any woman can maintain her attractiveness and her physical attributes. There is no reason why a woman who makes the decision to properly take care of herself cannot enjoy an active sex life to a very advanced age. Frequently, healthy women remain sexually active longer than most men do.

These many myths about the 'end of life' for a woman after Menopause may stem from the fact that Estrogen is the chief hormone that gives the women her feminine attributes. When it no longer is being produced by the Ovaries, the assumption is that her femininity is over.

The human body is the most complicated and, yet, amazing chemical laboratory ever invented. It constantly performs checks and balances to ensure that the internal functioning remains effective. This case of Estrogen balance and replacement is no different.

The female body has an excellent backup system called the Adrenal Glands that are supposed to take over, producing a hormone similar to Estrogen after the Ovaries cease their work. This hormone provides enough chemical support to carry out all the previous functions of Estrogen, except making the body ready for conception.

Most of the difficulties typically seen in women with side effects, during and after Menopause, can be attributed to a failure of this adrenal backup system to take over and function properly.

What Does Estrogen Do?

In order to better understand both the importance of Estrogen and estrogen-like hormones in the body after Menopause, a brief discussion of its role in the body, other than fertility, may be helpful.

The word Estrogen is a blanket term for a group of hormones produced by the ovaries, which govern sexual development during and just after puberty. They are responsible for the sex characteristic, such as form and mammary development.

During adulthood, they are responsible for maintaining fertility and the proper functioning of the sex glands, including uterine changes during menstruation.

These powerful hormones carry out many other, often unnoticed, functions within the women's biochemistry as well.

In addition to the more obvious functions of the Estrogen hormone family, they serve to bring about many other effects involving such areas as body form, skin tone, integrity of mucous membranes, and structure of the skeleton, fluid balance, and many other metabolic functions.

Many of the most powerful functions of the Estrogen group involve their inter-reactions with other hormones and glands in the body. They frequently serve as balancing factors, either accelerating or holding back the amount of other hormones being produced.

It is in this area that much of the trouble begins for women after Menopause. When the ovaries cease producing Estrogens, these other hormones, some of them very powerful, are left unchecked and can act in considerable excess.

Now let's take a look at what causes this problem to occur and how we can, safely and effectively, intervene to help restore biochemical balance within the body.

The Cause of the Problem

As indicated before, the Adrenal Glands, two very important glands situated just above the Kidneys, play a major role in the transformation from ovarian Estrogens to maintenance provided by estrogen-like hormones. It is the Adrenal Glands that are responsible for taking over the job of producing these hormones to carry out all of your important biochemical activities, except the menstrual cycle.

The problem with this pretty picture is that many women suffer from moderate to severe adrenal hypo activity. This is because the adrenals have many responsibilities within the body chemistry, and they often become overworked and undernourished.

One of the biggest jobs of the Adrenal Glands is to engage the "*fight or flight*" state during periods of danger or perceived danger. We say perceived danger because most of the time when the adrenals are stimulated to secrete these powerful '*fight or flight*' hormones, it is a false alarm, with no real immediate danger in sight.

This over-stimulation of the Adrenal Glands, by perceived dangers, causes them to become exhausted. Repeated stimuli from our environment leads to further and further exhaustion, and subsequent greater inability for the Adrenal Glands to produce the vital estrogen-like hormones so needed after Menopause.

*(For further information on this stress-induced fight or flight syndrome, refer to Special Report # 10 entitled, **Stress CAN Kill You!**)*

If you suffer from moderate to severe symptoms of Menopause, your Adrenal Glands are not functioning properly, almost always because they are continually being over-stimulated by external stresses, which you are not able to mentally or emotionally cope with. Consider the following examples and how often these or other, similar, events occur during your day.

- Behaviour problems with children
- Worrying over money problems
- Negative stimuli from TV, radio, or newspaper article
- Marital differences
- Time management
- Not enough time in the day
- Retirement
- Fear of the threat of old age and disease
- Behaviour of other people you do not approve of
- Job security or job change
- Illness of a family member
- Death of a family member or friend
- Worry over appearance
- Fear of the future
- And... Peer pressure, to name just a few.

The constant stress stimulation produced by these circumstances keep the Adrenal Glands in an overworked state more or less continually.

During these perceived threatening situations, the Adrenal Glands prepare the body to either fight for survival or run for its life. Yet, virtually all of these situations are emotional or psychological stresses, requiring no '*fight or flight*' response.

When we do not physically act upon these stimuli, the powerful hormones produced by the Adrenal Glands circulate in the bloodstream and are never consumed.

These hormones can cause severe damage to several systems within the body, the most susceptible being the nervous system. Constant over-stimulation of the nervous system, by these adrenal hormones, causes them to over-react and with time, lose the ability to properly assess the degree of seriousness of a situation.

Once this stage is reached, such symptoms and anxiety, depression and nervousness can occur. Perhaps, you can now begin to see how the Adrenal Glands are at the heart of virtually all the annoying symptoms of Menopause.

These '*false alarms*', which trigger a constant Adrenal response, keep the body in a state of emotional tension leading to many of the psychological side effects of menopause. There are, however, some physical chemical situations that can further exhaust the Adrenal Glands.

The Curse of the SAD Diet

Over the past few decades, the American diet has deteriorated into one of mostly sugar, the wrong type of fats, and little protein. This eating pattern has come to be known as the Standard American Diet (SAD). Abbreviated SAD, this eating regime is truly worthy of its namesake.

Evidence of the detrimental effects of this diet may be seen in the rapid, almost epidemic increase of chronic degenerative diseases in our society, all of which are linked to the dietary habits of the sufferers. Further, as this SAD diet has spread to other countries, namely in Europe, the quality of their overall health has begun to decline as well.

So far, only the poorer, so-called Third World countries have escaped the wrath of our terrible eating habits, mostly because they cannot afford it. I hope for their sake, they never can. For when they do, they too, will suffer the detrimental effects from an increase in chronic degenerative disease. Now, 'what?'. you say, does this have to do with Menopause? Plenty, I assure you.

The Standard American Diet consists mostly of highly refined carbohydrates and sugars, all of, which raise the blood glucose levels in the body, causing insulin to be secreted from the Pancreas.

This process, in and of itself, does not adversely affect the Adrenal Glands, but what follows does.

Over time, the mechanisms involved in regulating blood sugar such as the Pancreas and the insulin receptor sites upon which Insulin acts, become exhausted, causing fluctuations in blood sugar. As this becomes worse, the individual develops what is known as Hypoglycemia or clinical low blood sugar.

Every time the body's blood sugar dips below normal, the Adrenal Glands are called upon to produce a hormone, which will convert the storage of sugar by the body, called Glycogen, back into active glucose, useable for energy. This constant demand upon the Adrenals further overworks them, reducing their ability to meet Estrogen hormone needs.

At the time when the ovaries cease to produce Estrogens and the Adrenal Glands must take over, the stresses and the diet of many women prevent these all-important glands from doing their much-needed job.

If the adrenals are so overworked that they can produce only a fraction of the estrogen-like hormones needed, symptoms of Menopause are the result. What are the symptoms of over-exhausted Adrenals?

- Dry mouth
- Circulatory stimulation "hot flashes" and/or chills
- Elevated blood pressure
- Lower blood pressure
- Hypoglycemia - low blood sugar
- Excessive perspiration
- Nervousness and shakiness
- Anxiety
- Mood Swings
- Depression

If you take a close look at these typical symptoms of Adrenal Exhaustion, you will see that they are, virtually, the same as those of Menopause!

Most of these symptoms are the result of an overactive sympathetic Nervous System.

Estrogen and later on in life, the estrogen-like hormones from the Adrenal Glands, are responsible for modulating the sympathetic nervous system. If these are deficient or missing, the problem can accelerate out of control. One example of this sympathetic nervous system response is to force the blood, normally pooled in the interior of the body, to the surface, causing the common hot flashes.

There is, virtually, no way to control the symptoms of Menopause without addressing the needs of the Adrenal Glands.

If you are under an excessive amount of stress or if you are a highly-strung type of personality, it will be impossible for you to manage your Menopausal symptoms and regulate your body without first addressing these issues.

Fortunately, there are many nutrients and foods, which when taken properly, can help to nourish the Adrenal Glands and the sympathetic nervous system, thereby helping to bring the body back into a normal chemical balance.

In the following section, we will discuss some of the ways you can help rebalance your body and begin to live the kind of life you want and deserve.

Helping the Body to Transform Gracefully

Since the Adrenals are at the heart of the Menopause problem and stress is at the heart of the Adrenal problem, we must begin with a discussion of stress management for optimal results.

Learning to relax is something we all talk about but very few actually practice. Our society, for some strange and perverse reason, almost worships stress. We honor and reward those who can seem to withstand high doses of stress and survive. If we really understood the detrimental effects of stress upon the body, we would reward and recognize those who have learned to manage the stress in their lives rather than those who have not.

All stress is cyclic in nature. Once stress is produced, it alters the body chemistry, causing more physical stress, which in turn causes more emotional stress. Menopause is no different. It is a stress which weakens the Adrenals, causing the symptoms of Menopause, which causes more stress, which further weakens the Adrenals which. . . .

You can hopefully see the picture. In order to break this cycle, we must approach the problem from two separate angles. Firstly, emotional stress management through relaxation techniques and time management and secondly, through physical stress management by the addition of specific nutrients, which have been shown to calm the sympathetic nervous system and nourish the Adrenal Glands.

Managing Emotional Stress

If we sit down a few minutes and take stock of our lifestyle, we can all find ways in which, through a little forward planning, we could reduce the amount of daily stress in our lives.

So often, people try and cram 90 minutes into every hour of the day. Then they cannot understand why they are constantly under pressure and always behind schedule by the end of everyday. Time management is a very important skill to develop.

Another enormous source of internal emotional stress comes from the formation and stubborn attachment to opinions. These opinions are usually about things we see or hear and our reactions to them. In most cases the opinions we form serve little purpose except to excite our emotional nerve centers, putting more and more stress on our Adrenal Glands.

If you sit back a moment and analyze just how the many opinions you form and desperately cling to, affect life, you will have to admit that they do not really serve much purpose. Opinions have never changed anything for the better. Only positive actions have. Incidentally, positive activity rarely produces stress because it sets up a free flow of human energy, which can actually energize and rejuvenate the body.

Another major area of stress in our lives comes from a lack of proper forward planning. Many of us worry excessively about money problems as an example. Most money problems come from over-extending ourselves and not planning properly for the potential financial ups and downs of life.

We often get in over our heads and, subsequently, have to endure tremendous pressure in trying to meet all of our obligations.

By having a forward plan for your life, much as a business man would have a business plan for success, you can often save yourself untold amounts of stress by looking forward.

All of this comes down to discipline. Looking forward, managing time, and controlling opinions, most of which are worthless in the grand scheme of things, can go a long way in reducing the overall total stress load upon the body. Once this has begun, the Adrenals can once again get on with the real job of producing and regulating your complex chemical hormonal laboratory.

Diet and Nutrition to the Rescue

Any nutritional program that seeks to address and improve the symptoms of Menopause must place strong emphasis upon the nutrients involved in stress. Since the Adrenal Glands are the stress glands, they can be effectively used to provide adrenal support.

When we think of the stress nutrients, the B-complex must come to mind first. While all the B-complex nutrients are not directly involved in the stress cycle, those that are will be consumed in great volume in accordance with the level of stress involved.

Pantothenic Acid, a B-complex nutrient is the chief stress nutrient. In the absence of Pantothenic Acid, the Adrenal Glands begin to shrivel up and become filled with dead, inactive cells. Under this condition the adrenals cannot produce Cortisone or the estrogen-like hormones.

So important is Pantothenic Acid that even a slight deficiency reduces adrenal function. The more stress you find yourself under, the greater the consumption of Pantothenic Acid will take place. It is not uncommon, under periods of severe stress, for the body to consume as much as 2,000 mg of Pantothenic Acid, or more per 24 hour period!

The twin stress nutrient to Pantothenic Acid is Vitamin B12. This essential nutrient is also consumed in much higher amounts during stress. By taking extra Vitamin B12, it not only replaces this deficiency, but also feeds the nervous system and helps to prevent the sympathetic nervous response so common in uncontrolled Menopause.

While Adrenal hormones are produced without the aid of Vitamin C, the need for this Antioxidant nutrient rises during the Menopause.

When the Adrenal Glands are over-worked, they are subject to internal hemorrhage. Vitamin C prevents this breakdown of the integrity of the cardiovascular system. One obvious sign of a Vitamin C deficiency is the breaking of the small capillaries in the legs and on the face.

We must also consider Vitamin B6 in any approach to Menopause. Vitamin B6 is the universal carrier nutrient, helping all other nutrients in its presence to be better absorbed where specifically needed.

Herbology, the science of plants for health and healing, has made some powerful contributions to the management of Menopause.

There are many herbs and herbal extracts, which have been used for hundreds of years and remain today, some of the best sources for re-balancing the body chemistry of the Menopausal woman.

Black Cohosh is the first herb that deserves our attention. Used widely by Native Americans, and indigenous peoples of Central America, Black Cohosh has long been a favorite in the relief of menstrual cramps and symptoms of Menopause. Studies show that the use of Black Cohosh, as part of a total program, can increase the estrogenic effect of other herbs.

The next herb of mention is Dong Quai. In Asia, Dong Quai is regarded as the "female" tonic of choice. Clinical studies conducted on this herb support the efficacy of Dong Quai in reducing and eliminating hot flashes, so often occurring during the menopausal years.

Licorice Root is an ancient herb used for its positive effect upon the Adrenal Glands. Since the adrenals are at the heart of the solution, Licorice Root should always be included in the management program.

One of the most annoying complaints from women of menopausal years is the drying out of vaginal tract. This uncomfortable condition frequently leads to a decreased libido and all the self-esteem issues connected with that problem. Red Raspberry, the leaves of which are important, has been used by the ancients to encourage easy labor.

You may wonder why this is important during Menopause? Raspberry exercises a relaxing, lubricating effect on the longitudinal muscles of the uterus, helping the body to reduce the symptoms of vaginal irritations.

Mexican Wild Yam is probably the best known herb for managing Menopause. Creams made from this herb have been shown to increase Progesterone, an important hormone group, in post-menopausal women. Many excellent preparations are available.

Another important nutrient, while not a vitamin, is Lecithin. This fatty substance, along with Fatty Acids, are essential in providing the raw building blocks, called Sterols, that the Adrenals will need in making hormones.

Many who suffer from Menopause have trouble sleeping at night. This lack of satisfying rest further contributes to the central nervous system irritation and subsequent symptomology. If sleeping is a problem, it can be addressed in several ways through the use of specific herbs.

Firstly, natural calming herbs such as Kava Kava, are highly recommended if you find yourself high strung and anxious. Secondly, if you take some Valerian Root an hour or so before bed, along with some Calcium, it will naturally help you fall off to sleep.

Finally, I would add the herbs Damiana, Suma and Schizandra for their long-standing female properties, which include vaginal support and increased libido.

Another factor often greatly affecting the Menopause is a lack of protein. All hormones in the body are constituents of protein and a lack of this body building substance can result in overall hormone deficiencies. Everyone needs a minimum of 60 grams of high quality protein every day, and more if you are active.

Enter the Phytoestrogens

Another group of nutrients that are absolutely essential to the hormone regulation during Menopause are called the Phytoestrogens. These substances, which come from plants, are capable of exerting mild estrogenic effects. When combined from a variety of sources, this effect is greatly intensified. By providing these estrogen effects, symptoms of Menopause can be greatly reduced.

Dietary Phytoestrogens and other phytoestrogen containing herbs, some of which we have already discussed, offer other significant advantages as well.

What About Estrogen Therapy?

I am sure most women have heard about the potential health problems associated with the use of either synthetic or even natural Estrogen replacement. The significant health risks associated with this therapy include an increase in cancer, gallbladder disease and the thrombo-embolic diseases, such as strokes and heart attacks. If your physician determines your need for (HRT) Hormone Replacement Therapy, seek another opinion. If you discover that you must have this treatment, always insist upon receiving both Estrogen AND Progesterone. This will greatly reduce the risks of treatment.

The good news is that the Phytoestrogens we talked about from plants do not carry any of these increased health risks and therefore, should be used as the first treatment of choice.

Remember that, like most nutrients and supplements, these Phytoestrogens work the best when a combination of these substances are used as opposed to a single source. Currently, we are using Phytoestrogens from flavones, flavonols, flavanones, isoflavones, saponins, and ligans.

Studies continue to come forth in the scientific literature, showing the connection between Estrogen therapy and the increase of diseases. Today, there is a better way for most women, and very effective as well. The protocol outlined at the end of this Special Report has proven to be very effective in the safe management of Menopausal symptoms for thousands of women.

A Word About Hysterectomy

The Hysterectomy can bring about all the same symptoms of Menopause with additional problems and nutritional needs. There are several different types of Hysterectomy procedures. If you have had a full or complete Hysterectomy involving the removal of the ovaries, you have just entered instant Menopause. This means that your body has not had the chance to gradually adjust to the hormone and glandular changes.

We can further help the body under this circumstance by increasing some of the potencies of our previously outlined program, as well as add other nutrients to help mitigate some of the short-term side effects of the surgery.

One of the big problems after a complete hysterectomy is fluid retention and electrolyte balance. Potassium can be very helpful in this situation since it will help accelerate the sodium/potassium pump and ride the body not only of excess fluid but built-up toxins as well.

By using a supplement that provides not only Potassium but Calcium and Magnesium as well, all the major electrolytes are addressed and any deficiencies can be eliminated.

Multi-glandular therapy is frequently of benefit since many glands and organs are affected during instant Menopause.

Desiccated Nucleoproteins, from a broad spectrum of glands and organs, can provide the much-needed boost these ladies need. Women who undergo total Hysterectomy, and hence enter instant Menopause, can be very sensitive to glucose metabolism.

When blood sugar becomes erratic and rises and falls, the typical mood swings, loss of energy and anxiety can result. This being the case, special attention should be given to the amount of sugar and sugar-forming foods in the diet. A diet consisting of high amounts of these foods should be eliminated. If you have further problems with normalizing blood sugar, the minerals Chromium and Vanadium, along with Aspartic Acid and Bilberry Extract, have been shown to be extremely helpful in this situation.

Osteoporosis

Another serious condition affecting many women that has been connected to Menopause is Osteoporosis. This is a condition in which the bones become thin due to a loss of Calcium, which is not being adequately replaced.

There are several myths connected with Osteoporosis. Firstly, we are always told it is a *womans* disease. It is not. Men also get Osteoporosis; it is just more common in women. Secondly, we are told it is a hormone problem.

It is not, ..exactly. While severe hormone imbalances can accelerate Osteoporosis and should be addressed by the methods outlined in this Report, if you do not have these symptoms, you do not need Hormone Replacement Therapy or anything else to prevent Osteoporosis. This disease usually begins at a much younger age and by the time you are middle age, the stage for this debilitating disease is already in place.

There are two major causes for the development of Osteoporosis. First and foremost, it is a Calcium deficiency! Calcium is the most difficult mineral for the body to absorb and hence many people, especially women, can be more or less constantly in a deficient state. The most common form of Calcium sold as a dietary supplement, is Calcium Carbonate. This is offered under a variety of names, including Egg Shell and Dolomite Calcium. This form of Calcium is very inexpensive and, hence, popular. The problem is that it is also very alkaline and very poorly absorbed.

In order for Calcium to be absorbed into the body tissues, including returning to the bone, it must be acidic, pH of 6.0 or lower is ideal. Calcium Carbonate has a pH around 11, making it very alkaline. The only way the body can absorb and utilize this Calcium is by acidifying it down to a much lower level. Natural Hydrochloric Acid, produced in a healthy stomach, serves this purpose nicely.

The problem is that most people, after the age of 40, do not produce adequate Hydrochloric Acid any longer. This is due to the over consumption of dead, lifeless foods that have been cooked, canned, or otherwise adulterated from the original.

This dietary abuse, for years or decades, leaves the body deficient in Hydrochloric Acid and Enzymes. If you suffer from indigestion, heartburn, gas, bloating or belching after meals, you can rest assured that you are not absorbing Calcium either.

This brings us to the second major factor in Osteoporosis, the lack of natural stomach acids. If you take Calcium Carbonate, for example, and you have a Hydrochloric Acid deficiency, your absorption of this form of Calcium will be only about 10 percent. This means that if you are taking a 1000mg tablet of Calcium, you are actually getting only about 100 mg of useable Calcium not enough to prevent Osteoporosis.

Therefore, in addressing Osteoporosis nutritionally we first use a form of Calcium that has been pre-acidified. The combination of Calcium we use at The Institute is a 50/50 blend of Calcium Citrate and Calcium

Malate. This is the only combination, which has been shown in double blind, placebo-controlled studies, to not only prevent further bone loss, but to actually increase bone density in older post-menopausal women!

To this combination, we add the six co-factor nutrients necessary to carry the Calcium back to the bone and increase absorption. They include Vitamin D, Magnesium, Boron, Manganese, Copper and Zinc. Since these nutrients must be present at the same time as the Calcium, we have combined them into one single capsule to ensure absorption.

If we suspect a pH imbalance in the body, it would be impossible to achieve adequate Calcium uptake. For those individuals, we conduct a pH test to determine acid and alkaline ratios.

If the individual is indeed too alkaline, we use a preparation consisting of Betaine Hydrochloride (Natural Hydrochloric Acid), and a variety of precursor substances used by the body to build enzymes.

Lastly, we use a synthetic version of a plant compound called Ipriflavone. This nutrient has demonstrated an enormous role in preventing and treating Osteoporosis, especially in women. Ipriflavone prevents bone breakdown, while enhancing the bonebuilding process.

Over 150 studies have examined the effects of Ipriflavone and most all were very positive. In one study, 79 post-menopausal women were given either Ipriflavone or a placebo. After the one year period, the results showed that Ipriflavone was just as effective as Estrogen!

The great thing about Ipriflavone is that it doesn't have any Estrogen effects, so will not contribute to the side effects often seen with that therapy.

The Menopause Protocol

In summary of the many factors, which can positively improve symptoms of the Menopause, we offer the following protocol. We start with the basic, or foundation program and offer suggestions as to where to proceed if adequate control is not achieved.

Step 1: The Foundation

Before beginning any dietary supplement program aimed at mega-dose amounts of specific nutrients, the foundation of the internal biochemistry must be addressed. We do this through a concept developed at The Institute called Full Spectrum Nutrition.

Every day of your life, you need at least 120 nutrients in order to maintain bio-chemical activities within your body. These nutrients include Amino Acids, Fatty Acids, Vitamins, Major Minerals, Trace Minerals, Phytonutrient chemicals from plants and extra strength, heavy hitting Antioxidants to protect the body from Free Radical damage from toxins in the environment.

Regardless of who you are, you need these baseline nutrients at any age. Once this has been achieved, we then add the following nutrients for specific menopausal support.

Vitamin B6	25 - 50 mg
Pantothenic Acid	250-1000 mg
Lecithin	100 mg
Ipriflavones	300-600 mg
Red Raspberry	50 mg
Black Cohosh Root	30 mg
Damiana Leaf	25 mg
Don Quai Root (4.1)	75 mg
Licorice Root	25 mg
Mexican Yam Root	200 mg
Suma Root	25 mg
Schizandra Berries	25 mg
White Peony Root	100 mg
Hesperidin	50 mg
Licorice	25 mg
Kava Kava (root)	50 - 100 mg

Phytoestrogen Compounds including:

Flavones (Bioflavonoids)

Saponins (Sarsaparilla, Muira Puama and Wild Yam)

Phytosterols

Isoflavons

Ligans

The above formula has been used with great success by hundreds of women.

Stage 2: Adjunct nutrients for specific support.

If there is considerable stress, mood swings and anxiety, we add another high potency stress formula, providing more B-complex with a continued emphasis upon Vitamin B12 and Pantothenic Acid. If there are blood sugar problems, we add a combination of Chromium, Vanadium, Bilberry Extract, and Aspartic acid. This helps to regulate blood sugar and reduce cravings for concentrated sugar foods.

C o n c l u s i o n

The 'Golden Years' are supposed to be the best years of life. They should be filled with time to expand your horizons and take on projects and fulfill interests that had to be ignored earlier in life due to other commitments. In order for you to be able to really 'Live' these years to the fullest, they cannot be filled with the annoying and often debilitating symptoms and side effects of the Menopause.

Through the guidelines set forth in this Special Report, every woman can look forward to enjoying the postmenopausal years and the rewards that you deserve for a lifetime of hard work.

In closing, I must remind you that the protocols contained in this Special Report are only as good as how faithfully you follow them. Since they are based upon natural nutrients and nutrient co-factors, they will not, suddenly and instantly, transform your body chemistry overnight. They also will not put your body at risk like many other forms of therapy.

You can truly have the quality and joy of life that you have waited for. Take responsibility for your health by caring for the only real house you will ever have- the body in which you live.

Each of the formulas and protocols detailed in this Special Report are available exclusively from Phoenix Nutritionals.

Contact www.PhoenixNutritionals.com or by telephone at 1-800- 440-2390 or email Questions@PhoenixNutritionals.com

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