

Voice of the Cape.....18th August 2014

Programme prepared by Allison le Roux from To Your health

Good day listeners, I hope everyone is well? Today I would like to open the programme with a quote from the late Robin Williams, a quote which ties in with our Womens health focus....

"If women ran the world we would not have wars we would just have intense negotiations every 28days" ... Robbin Williams

So moving on lets start with Premenstrual Syndrome –also known as PMS

1.Lets explore why do we get PMS?

PMS, or premenstrual syndrome, occurs because your body is sensitive to hormonal changes, a good detox always helps- I make up the Detox formula which is a 3-4 day detox formula you can take or you can take liver cleansers, I also make up a Liver formula

"In the week before period comes, hormone levels -- progesterone and oestrogen – are changing rapidly, and this can cause symptoms such as bloating, mood swings, headache, breast tenderness, and fatigue in some women

As many as 90% of women experience some symptoms before their period, according to a study in the Archives of Internal Medicine, but many fewer -- 20% or less -- have symptoms severe enough to interfere with normal activities and relationships and be termed PMS.

Whether you have just a few mild symptoms or full-blown PMS, Make your body as healthy as possible:

- Try to get exercise every day, especially on the day you get PMS.
- Drink lots of water so you are not dehydrated.
- Eat every couple of hours- keeps blood sugar more stable and has a direct effect on hormones.
- Stay away from caffeine.
- Take a good multivitamin and essential oils
- Have a blood analysis- see what nutrients you may be lacking, if you need a detox etc

This helps many of the symptoms but more specifically, if moodiness is a problem, you may need calcium supplements. Breast tenderness- Evening primrose oil caps

Period problems: Heavy periods, no periods, painful period

Lets look at: Missing/absent periods which is called amenorrhoea

A "regular" cycle, is classed as one that is between 25 and 35 days -- counting from the first day of bleeding to the start of your next period, and the average period lasts for three to five days, but there can be huge menstrual cycle variations from woman to woman.

For a woman in her 20s or 30s who is sexually active, pregnancy is always a possibility and a cause of absent periods

On the other hand, women in their 40s or 50s could be in perimenopause -- the period surrounding menopause. As your ovaries slow their oestrogen production, periods become less frequent. Periods also can get shorter or lighter during perimenopause. Once your periods stop for a full 12 months in a row, you're in menopause. The average age for menopause is 51. Naturally when menopause starts that signals the end of menstruation, its not uncommon for woman to skip for many months, have a period and skip or be finished all together.

For younger women, another possible cause of missed periods is excessive exercise. Anywhere from 5% to 25% of female athletes work out so hard that they stop getting their periods. Called exercise-induced amenorrhea, this phenomenon is particularly common among ballet dancers and runners. Intense exercise affects the production and regulation of reproductive hormones involved in the menstrual cycle.

For similar reasons, women who have eating disorders such as anorexia nervosa can also stop getting their period. Severely restricting the amount of calories you eat suppresses the release of hormones your body needs for ovulation.

Other possible causes of missed periods include:

Thyroid or pituitary gland disorders

Disorder of the hypothalamus (brain area that assists with reproductive hormone regulation)

Breastfeeding

Obesity

Oral contraceptives (although birth control pills will usually just make the periods lighter, rather than stopping them entirely)

Stress

Ovarian failure (the loss of normal ovarian function before age 40)

Disease of the uterus (womb)

Polycystic ovarian syndrome and other hormone imbalances- this is the most common cause.

PCOS- results in cysts that develop on the ovaries cause less frequent and absent menstruation, but a few woman can also experience a longer bleed. Weight gain can be associated as well as Insulin resistance.

Insulin is a hormone that is produced by the beta cells of the pancreas. These cells are scattered throughout the pancreas in small clusters known as the islets of Langerhans. The insulin produced is released into the blood stream and travels throughout the body. Insulin is an essential hormone that has many actions within the body. Most actions of insulin are directed at metabolism (control) of carbohydrates (sugars and starches), lipids (fats), and proteins. Insulin also regulates the functions of the body's cells, including their growth. Insulin is critical for the body's use of glucose as energy.

Insulin resistance (IR) is a condition in which the body's cells become resistant to the effects of insulin. That is, the normal response to a given amount of insulin is reduced. As a result, higher levels of insulin are needed in order for insulin to have its proper effects. So, the pancreas compensates by trying to

produce more insulin. This resistance occurs in response to the body's own insulin (endogenous) or when insulin is administered by injection (exogenous).

With insulin resistance, the pancreas produces more and more insulin until the pancreas can no longer produce sufficient insulin for the body's demands, then blood sugar rises. Insulin resistance is a risk factor for development of diabetes and heart disease

Insulin resistance may be part of the metabolic syndrome, and it has been associated with higher risk of developing heart disease.

Insulin resistance precedes the development of type 2 diabetes (T2D).

Insulin resistance is associated with other medical conditions, including fatty liver, arteriosclerosis, acanthosis nigricans, skin tags, and reproductive abnormalities in women. Hyperandrogenism: With PCOS, the ovaries can produce high levels of the hormone testosterone. This high testosterone level can be seen with insulin resistance and may play a role in causing PCOS. Why this association occurs is unclear, but it appears that the insulin resistance somehow causes abnormal ovarian hormone production, women can also develop excessive facial hair when this happens

I usually recommend my Formula VAC- to address the cysts, along with a blood sugar regulator for insulin resistance and a Liver formula, Agnus castus herb can also be very beneficial.

Lets look at another period problem: Your Period Is Heavier Than Normal

Most women only shed about 2 or 3 tablespoons of blood each month. Those with heavy periods (menorrhagia) can lose 5 or more tablespoons of blood monthly.

When you bleed excessively, you lose iron. Your body needs iron to produce haemoglobin, the molecule that helps your red blood cells transport oxygen throughout your body. Without enough iron, your red blood cell count will drop, leading to anaemia. Signs of anaemia include shortness of breath, unusually pale skin, and fatigue. You may have or become anaemic, so you should have a blood test to assess

A number of medical conditions can increase your period flow, including:

Uterine fibroids or polyps (noncancerous growths in the uterine lining)

Miscarriage or ectopic pregnancy

Use of certain drugs (including blood thinners or steroids)

A change in your birth control pills

Clotting disorders, such as von Willebrand's disease

Cancer of the uterus

You can gauge how heavy your period is by how many tampons or pads you're using. Soaking through one or more sanitary pads or tampons every hour for a few hours in a row is a sign that you're bleeding abnormally heavily.

You can discuss various oral contraceptives and other hormonal options with your doctor to regulate the cycle. We are only focussing on the natural solutions so if the bleeding continues, I would suggest an ultrasound or other test to identify the source of the problem so that it can be treated.

I have various natural blends to assist with heaviness: **Ladies mantle /Mistletoe blend, Shepherds purse herb, Femina plus** to name a few.

Another menstrual problem: You're Bleeding In Between Periods

This is one period problem you shouldn't ignore. If you're bleeding between periods, it should be investigated.

Causes can range from something benign -- such as having an irritated sore in the vaginal area or forgetting to take your birth control pill -- to something as serious as an ectopic pregnancy or cancer. Visit your doctor for an exam.

If the above is ruled out, then you could have low hormone levels- **Femina Plus** formula to assist with hormonal levels and it gets the spotting or bleeding under control

Experiencing a Lot of Pain With Your Period

Your period generally isn't the most comfortable time of the month. Most women have cramps as the uterus contracts to shed its lining. Usually the discomfort is mild and it subsides in a day or two.

But for some women, the pain is so intense that they can't get out of bed.

Painful periods are called dysmenorrhea. They can be accompanied by other symptoms, including diarrhoea, nausea, vomiting, headache, or discomfort in the lower back.

Sometimes the pain is from the period itself, but it also can be caused by conditions like Endometriosis and fibroids. To find the source of the problem, your doctor can do a pelvic exam and Pap test, as well as other diagnostic tests such as an ultrasound or laparoscopy.

Nonsteroidal anti-inflammatory drugs (NSAIDs) can help because they not only relieve pain, they also prevent the body from making prostaglandins -- the chemicals that stimulate your uterus to contract during your period. Your doctor might recommend that you go on the pill or get an IUD, which can also reduce period pain. Fibroids and endometriosis are sometimes treated with surgery.

I treat this with high doses of Omega 3 oils and a blend that I make up called **Cramp bark blend**- you need to start taking it a week before menstruation and then increase on the day the cramps would start- I get very good results-

Infertility can be due to many of the above conditions: fibroids, cysts etc these can be treated naturally and you can have a **consultation** with myself to draw up a specific programme

If you do not have any above problems but are simply not falling pregnant and your hubby is fine too, then have a **blood analysis**- it's a wonderful way to help correct imbalances in the blood and by doing so you help your body as a whole, learn how to eat correctly, I recommend the supplements your body needs. (not diagnostic- so I cannot tell if you have a cyst or fibroid)

Question and answer session

That's all we have time for today, please remember I am not available for telephone consultations, you have to **make an appointment** to see me, I am only at the shop on **Tuesdays and Saturdays** but if you need advice please call the health shop Ashraf and his staff can assist.

All the formulas are available from **To Your Health 021 6712469** at **Kenilworth centre** upstairs next to game.

Hope you all have a good week!