

What are Women Concerned about Today?

Top 5 Health Concerns:

1. Heart disease
2. Cancer
3. Osteoporosis
4. Depression
5. Change of life issues
6. Autoimmune Diseases





“You’ve Come Down With a Bad Case of Menopause”

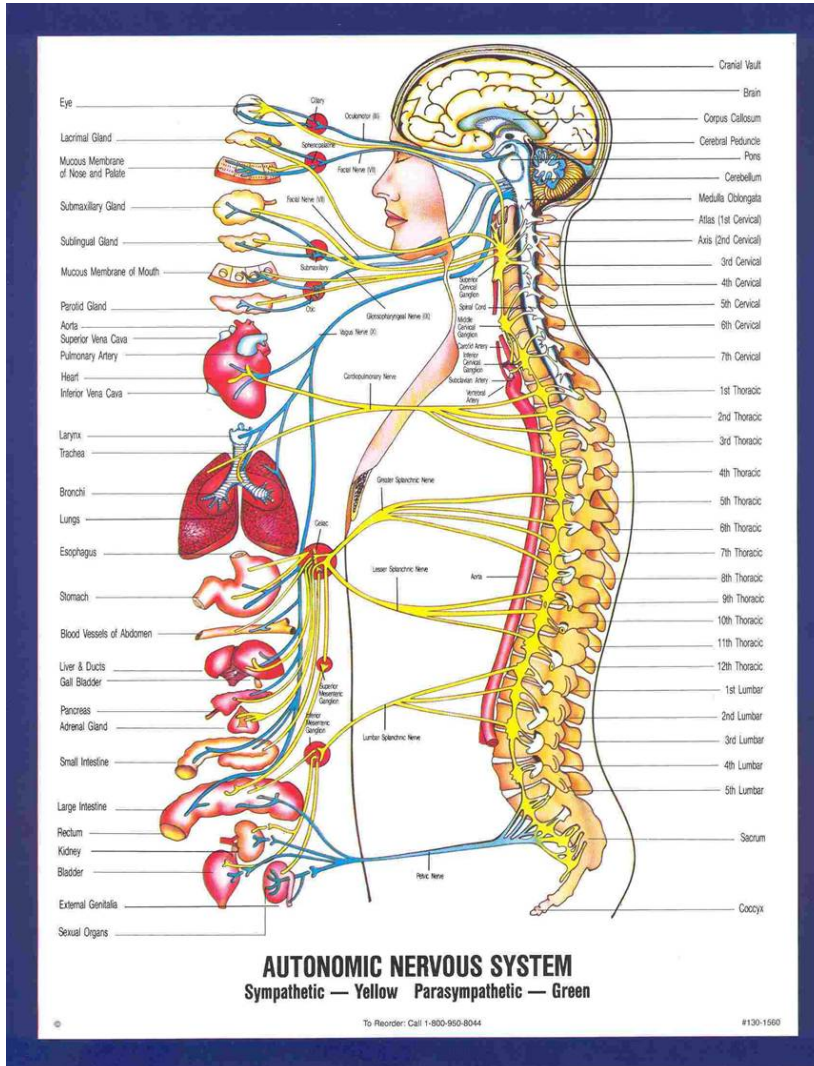
“It has only just dawned on us that menstruation, pregnancy, and childbirth are not diseases; now we need to realize that menopause is not a disease despite millions in advertising dollars spent by drug companies to convince us otherwise.”

Dr. John R. Lee M.D., Author of What Your Doctor May NOT Tell you about Menopause

“Menopause is not a disease that needs to be “fixed” or “cured” by physicians or drugs.

Dr. Christiane Northrup, M.D. From Our Bodies, Ourselves: Menopause

Nerves & Endocrine Glands

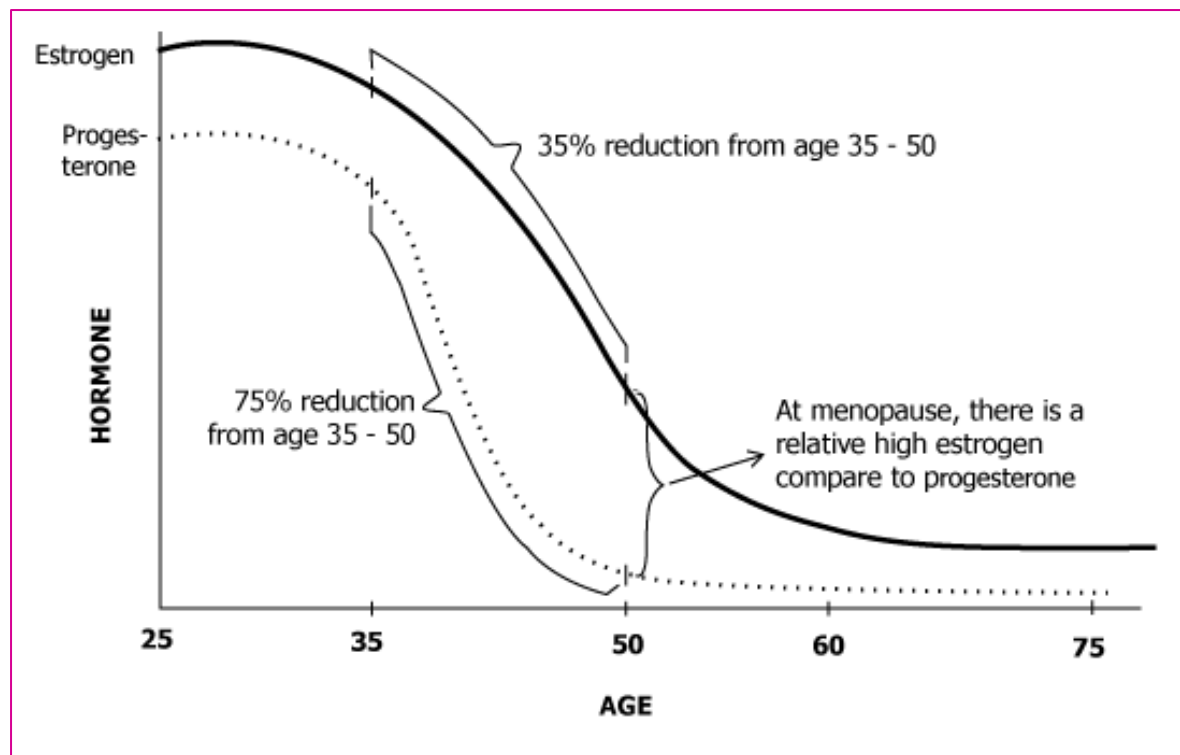


Your nervous system controls all of your organs and glands...

C1	Pituitary gland
C4, C7	Thyroid gland
C5, T6	Pancreas
T3	Breast
T9, T11	Adrenal glands
T10	Ovaries
L1	Uterus
L3	Thyroid, adrenal glands, sex organs, uterus
L5, S1	Sex organs

Estrogen-Progesterone Balance

Changing Hormone Balance with age...



The symptoms of “difficult menopause” are usually the result of an imbalance of estrogen to progesterone!

How It All Started...

- The story really begins in 1938 with the discovery of diethylstilbestrol (DES) by Charles Dobbs. DES was supposed to be the first “synthetic estrogen” – an oxymoron, as we shall see. Dobbs first thought DES would solve the problems of menopause, but the AMA immediately began to make extravagant predictions for “preventing miscarriages” and solving all problems of pregnancy as well.
- After many years, DES was being prescribed for a “safe pregnancy” and to “prevent miscarriages.”



Living in a Sea of Estrogen



Where is this “extra” estrogen coming from?

- Birth control pills
- Hormone replacement therapy (HRT)
- Unnecessary hysterectomies and HRT
- Xenoestrogens, chemicals that mimic estrogen: meats, dairy, antibiotics, pesticides, cosmetics, personal care products, heated plastics, industrial waste, and household cleaning products.

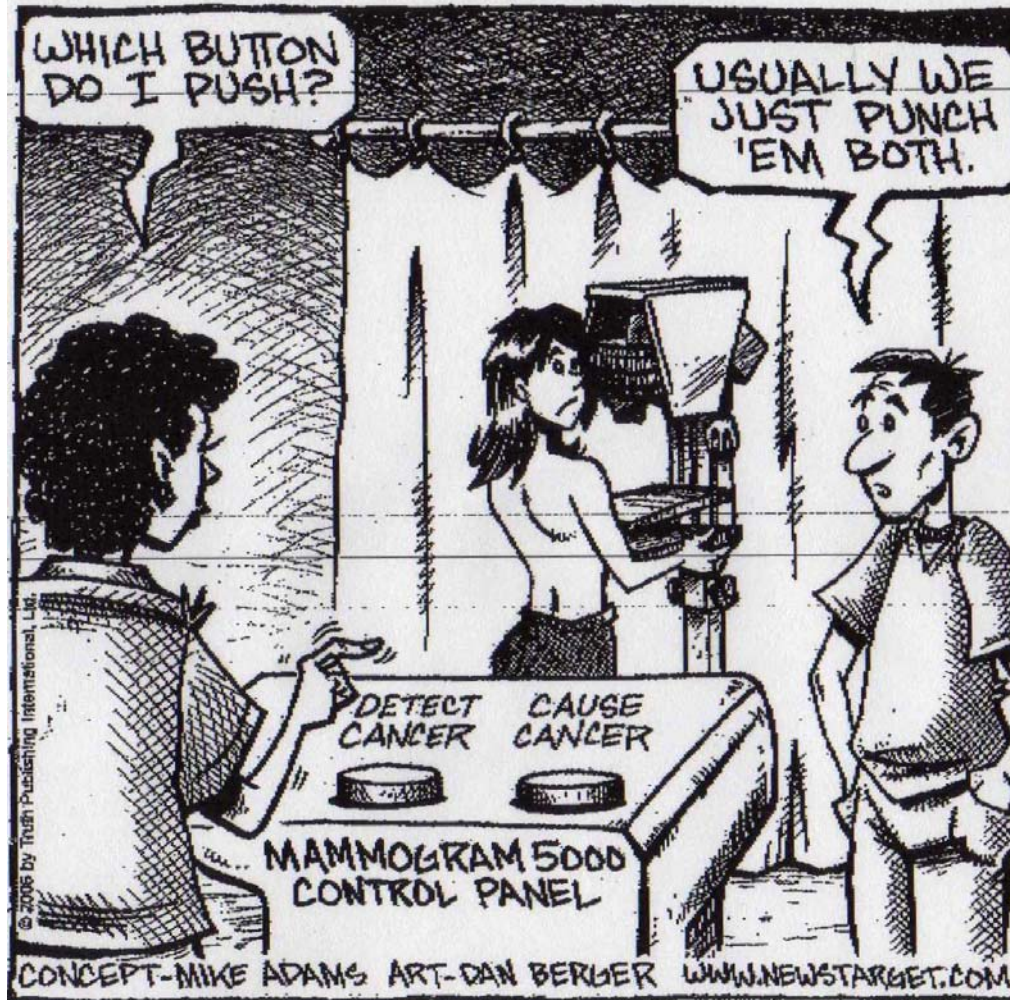
Effects of Xenoestrogens

- **Fish:** reproductive system malformations, birth defects
- **Frogs:** reproductive system malformations, birth defects
- **Young girls:** early onset of menarche
- **Adult women:** estrogen dominance, breast and ovarian cancer, difficult menopause, endometriosis, other hormone imbalances



Average menarche has gone from age 14 in 1900 to age 11 today.

The Truth isn't so funny!



Osteoporosis

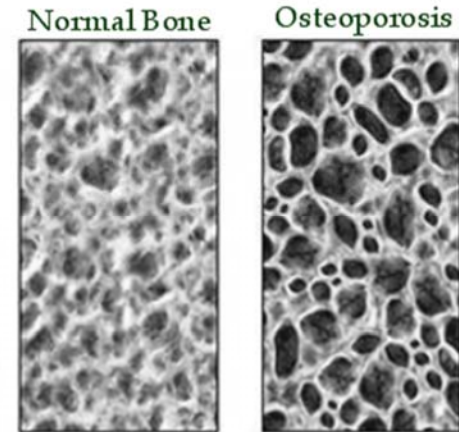
- We are the only animal on the planet that gets osteoporosis.
- Osteoporosis is not caused by a shortage of calcium or a deficiency of estrogen.
- Worldwide, an osteoporotic fracture is estimated to occur every 3 seconds, a vertebral fracture every 22 seconds.
- Osteoporosis is estimated to affect 200 million women worldwide and is increasing every year.



**1 in 3 women will
experience
osteoporotic fractures
without prevention!**

The 2 Causes of Osteoporosis

1. **Acidic diet:** An imbalance of acid producing foods or chronic infections create an acidic condition in the bloodstream. In order to neutralize the acidity and return the body to its normal slightly alkaline state it robs minerals from the bones and teeth.



2. **P/E Imbalance:** When the ratio of progesterone to estrogen is so low that the osteoblasts do not function normally then NO new bone is produced.

There has NOT been a single study that shows that HRT decreases osteoporosis

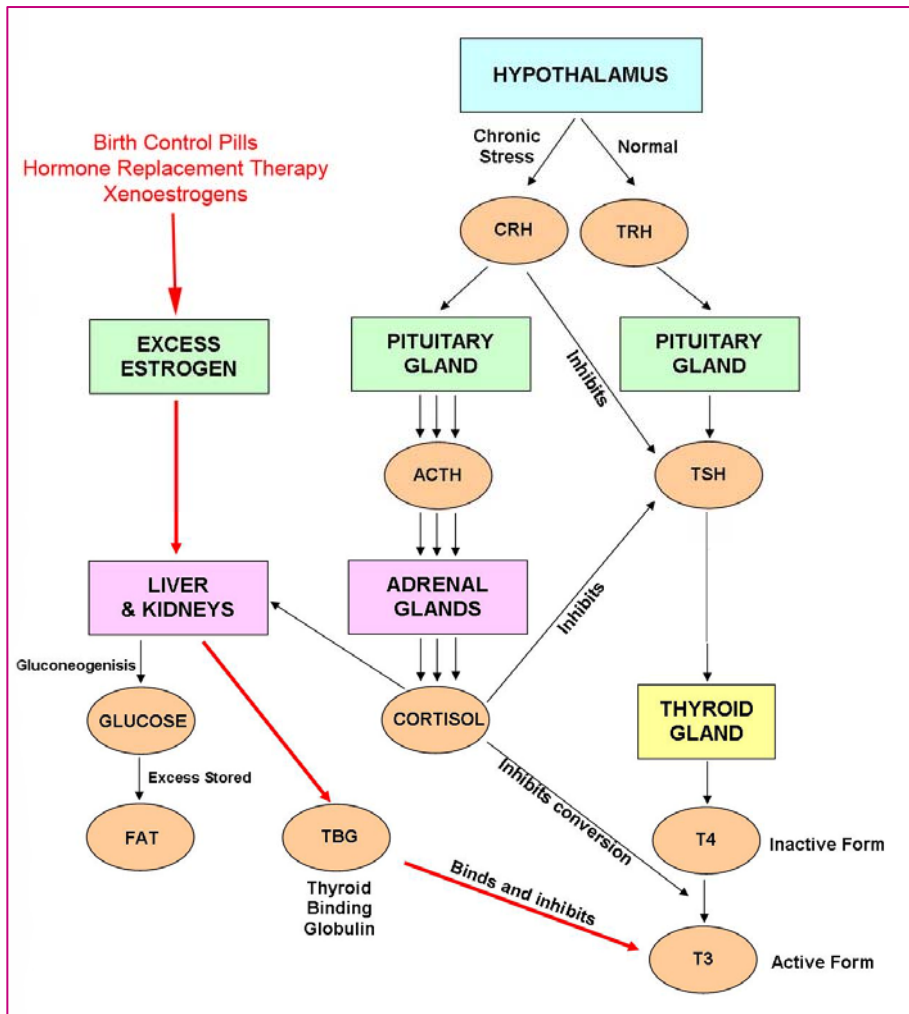
The Fosamax Fib

- Fosamax, Actonel and Boniva work by stopping the production of osteoclasts which are supposed to resorb old, infirm bone. (Osteoblasts build new bone, while osteoclasts reabsorb bone in a constant renewal process)
- The result is denser bones that become weak and brittle.
- Long-term study has found that Fosamax leads to atypical fractures of the thigh while doing nothing more vigorous than walking up the stairs

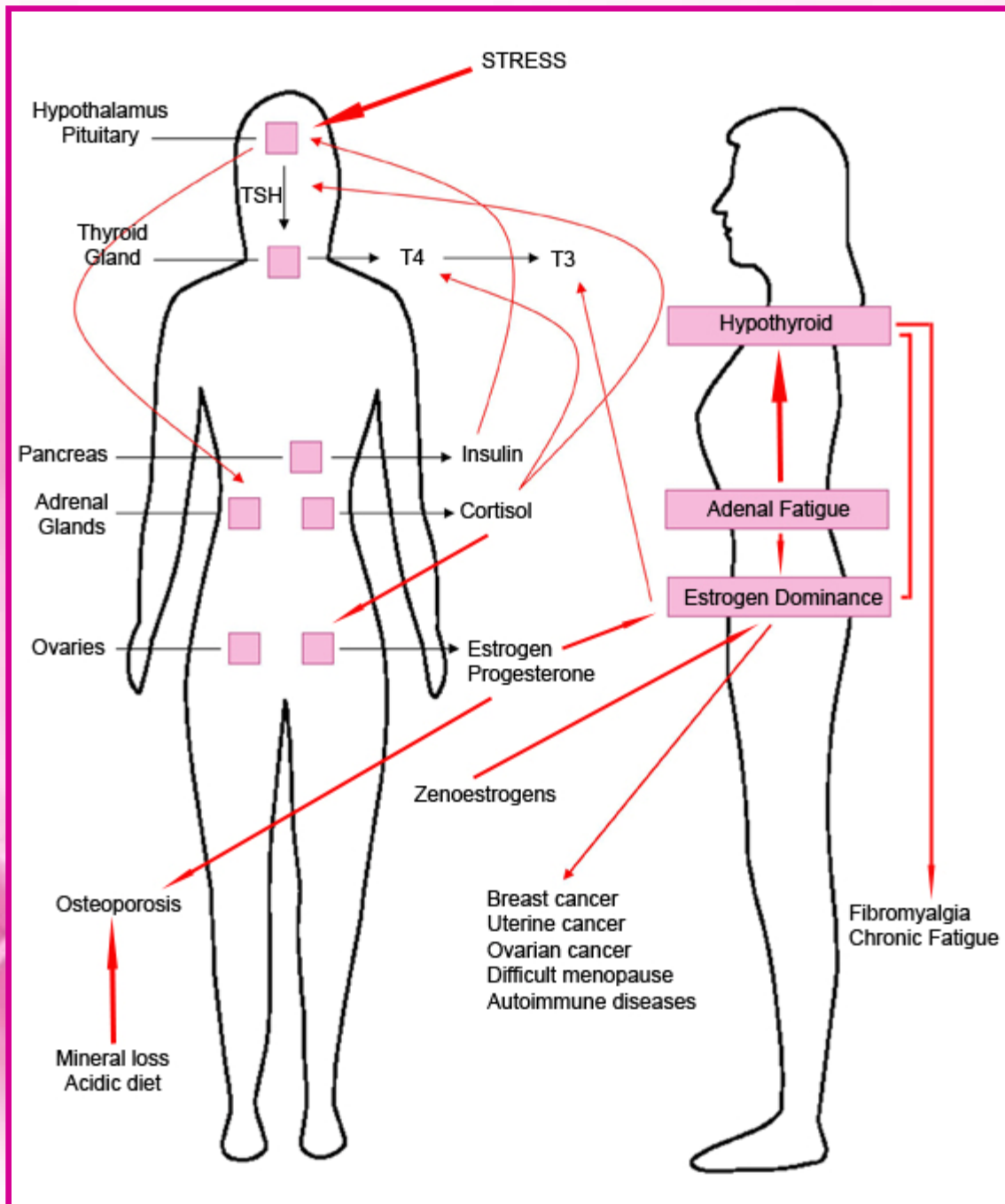


Estrogen and osteoporosis drugs do not solve the problem of osteoporosis

Why Thyroid Problems?



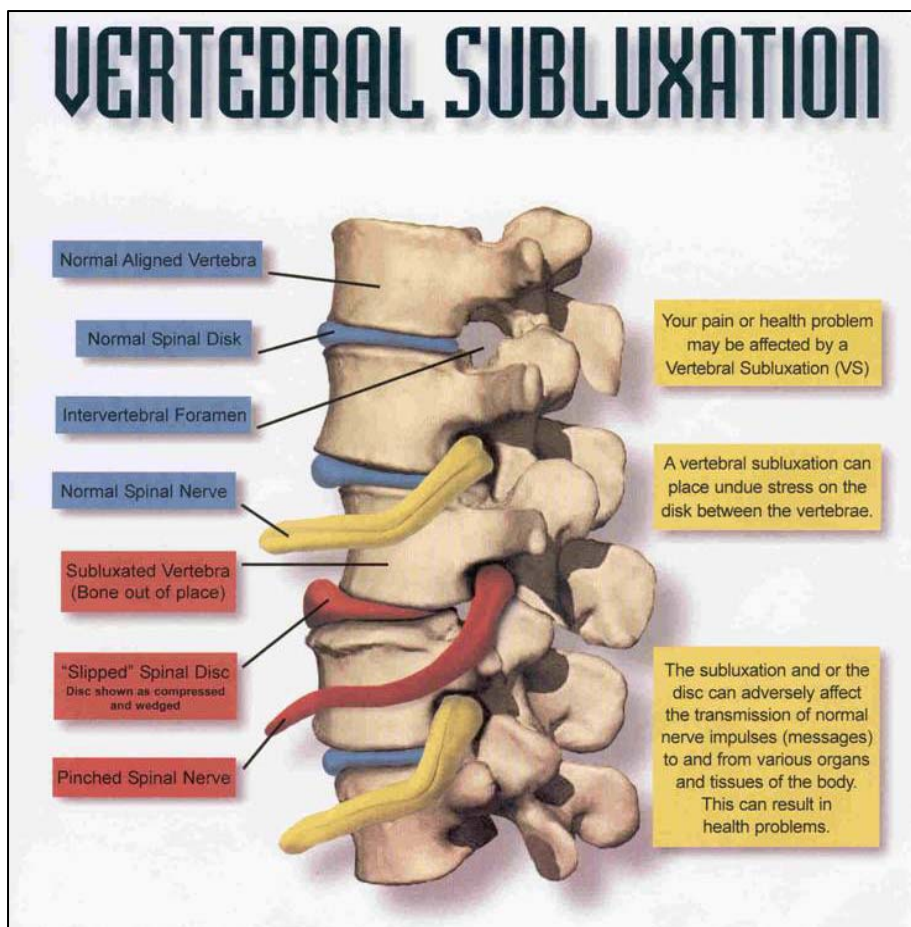
Dry, brittle hair & nails, weight gain, water retention, menstrual problems, osteoporosis, fatigue, heart irregularities. cold intolerance, depression.



How Is This All Connected?



Balanced Neurology Balanced Chemistry



Subluxations disrupt the communication system of the body, the nervous system, resulting in an imbalance in your neurology and your body chemistry!