Women's Natural Health

with Dr. Joel E. Margolies, DC

Family Chiropractic Center
4910 Lavista Road
Tucker, Georgia 30084
www.familychirocenter.net

http://www.shirleys-wellness-cafe.com/women.htm

www.ourbodiesourselves.org

http://www.blackwomenshealth.org

Contact the Center for Consumer Health Information
216.444.3771

Disclaimer

Dr. Joel E. Margolies is not a Gynecologist nor a Medical Physician

The Following Class is an Overview of Female Health Issues and Possible Alternative Answers with Resources

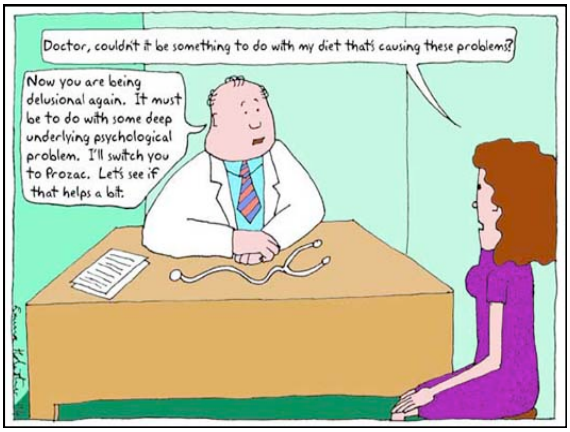
If You Have These Health Issues or Concerns Seek The Advice of Your Gynecologist or Your Family Physician

Three Pillars of Health:

First, make sure that your nervous system has no interference

Second you must have a normally functioning digestive system

Third is good nutrition



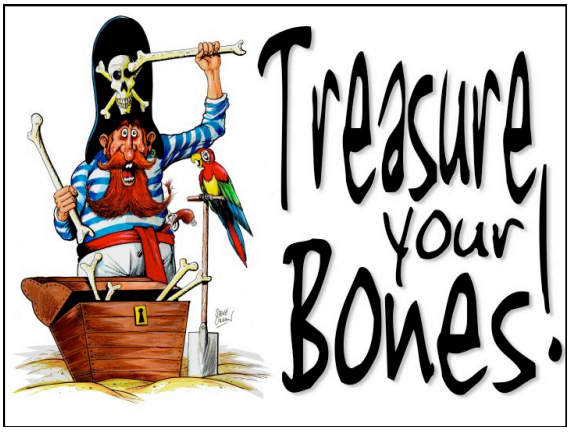
Four Major Health Stressors

Food Sensitivity:
Grains .. Dairy .. Eggs .. Sugar

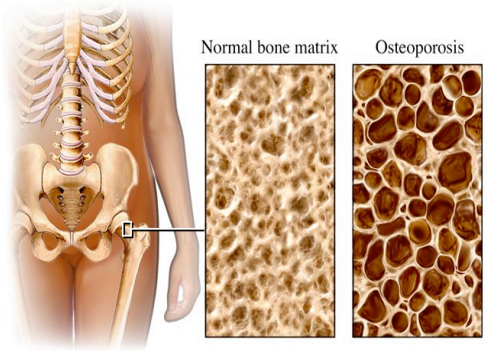
Heavy Metals:
Aluminum .. Mercury .. Silver .. Iron .. Lead

Immune Challenges:
Bacterial .. Viral .. Yeast/Fungal .. Parasites

Chemicals:
Acetone .. Chlorine .. Medications .. Preservatives Pesticides .. Food Colors .. Fragrances .. Dry Cleaning



Osteoporosis



Osteoporosis Statistics

Osteoporosis Is A Major Public Health Threat For 44 Million Americans

68 Percent Of Whom Are Women

10 Million Individuals Already Have
34 Million More Have Low Bone Mass

One Out Of Every Two Women And One In Four Men Over 50
Will Have An Osteoporosis-related Fracture In Their Lifetime

Osteoporosis Can Strike At Any Age

Osteoporosis Is Responsible For More Than 1.5 Million Fractures Annually, Including 300,000 Hip Fractures, Approximately 700,000 Vertebral Fractures, 250,000 Wrist Fractures, And More Than 300,000 Fractures At Other Sites

Based On Figures From Hospitals And Nursing Homes, The Estimated National Direct Expenditures For Osteoporosis And Related Fractures Total $14 Billion Each Year

Osteoporosis Risk Factor Quiz

Osteoporosis Can Be Devastating, But Fortunately It's Largely Preventable

Answer The Questions Below To Find Out If You Are At Risk

1.) Do You Have a Small, Thin Frame?
2.) Have You or a Member of Immediate Family Broken a Bone as An Adult?
3.) Are You A Postmenopausal Woman?
4.) Have You Had an Early or Surgically Induced Menopause?
5.) Have You Taken High Doses Of Thyroid Medication or Glucocorticoids (Prednisone) For More Than 3 Months?
6.) Have You Taken or Are You Currently Taking Immunosuppressive Medications or Chemotherapy to Treat Cancer?
7.) Is Your Diet Low In Dairy Products and Other Sources Of Calcium?
8.) Are You Physically Inactive?
9.) Do You Smoke Cigarettes or Drink Alcohol In Excess?

The More Times You Answer "Yes," The Greater Your Risk For Developing Osteoporosis

Visit Www.Nof.Org For More Information

Risk Factors of Osteoporosis

Gender

Women have less bone tissue and lose bone faster than men because of the changes that happen with menopause

Age

The older you are, the greater your risk of osteoporosis. Your bones become thinner and weaker as you age

Body size

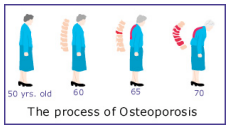
Small, thin-boned women are at greater risk

Ethnicity

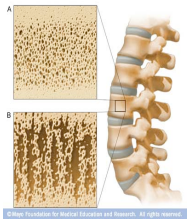
Caucasian and Asian women are at highest risk. African American and Hispanic women have a lower but significant risk

Family History

People whose parents have a history of fractures seem to have reduced bone mass and may be at risk for fractures



The process of Osteoporosis

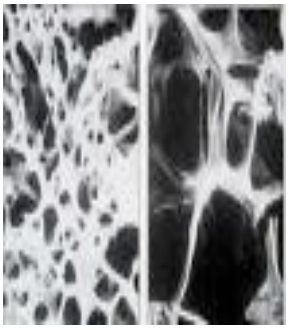


Osteoporosis

Standard Process Nutritional Support

Calcium Lactate
Calcifood
Biost
Cataplex D
Cataplex C
Cruciferous Complete

Exercising
with
Slow Burn is Essential



Healthy Pregnancy

Preconception Care

www.medicinenet.com/fetal-development-pictures-slideshow/article.htm

Don't smoke. Smoking raises your risk for miscarriage, premature birth, low birth weight and many other problems

Don't use drugs. Cocaine, heroin, marijuana and other drugs increase your risk of miscarriage, premature birth and birth defects. Your baby could also be born addicted to the drug you've been abusing, which can cause serious health problems

Don't drink alcohol. Drinking alcohol during pregnancy is the major cause of preventible birth defects, including fetal alcohol syndrome

Don't clean your cat's litter box or eat raw or undercooked red meat. You could get toxoplasmosis, a disease that can cause birth defect

.

Don't sit in a sauna or hot tub. The high heat raises your risk of miscarriage and birth defects

Healthy Pregnancy

www.4woman.gov/Pregnancy
http://kidshealth.org/parent/pregnancy_newborn/pregnancy/preg_health.html
www.mayoclinic.com/health/pregnancy-nutrition/PR00109

Foods to avoid:

Seafood can be a great source of protein and iron, and the omega-3 fatty acids in many fish can help promote your baby's brain development.

Skimping on seafood during pregnancy may contribute to poor verbal skills, behavioral problems and other developmental issues during childhood.

Some fish and shellfish contain potentially dangerous levels of mercury. Too much mercury may damage your baby's developing nervous system.

The bigger and older the fish, the more mercury it may contain.
The Food and Drug Administration encourages pregnant women to avoid:
Swordfish
Shark
King mackerel
Tilefish

Avoid ingesting harmful bacteria or viruses, avoid raw fish and shellfish
Most fish should be cooked to an internal temperature of 145 F
Eat Canned Tuna Sparingly