

ESTROGEN THERAPY FINALLY PUT TO REST

“Estrogen really doesn’t help your heart at all, even though doctors have been saying this for 30 years! [And it} causes cancer – both in the breast and uterus. Then there are life threatening blood clots, uterine bleeding, breast disease, blinding headaches, nausea and bowel problems, and on and on.”

One of the largest and best-designed U.S. government studies of hormone replacement therapy with estrogen and artificial progesterone (progestin) **was halted** because of a significant risk of breast cancer, heart attack, stroke, and blood clots.

The most popular estrogen drug, Premarin, was introduced in 1942. It was **the most prescribed** drug in America from 1992 to 1999, and may be the most prescribed drug ever! Back in 1975 the *New England Journal of Medicine* showed that unopposed estrogen was a powerful cause of cancer of the uterus. Indeed it is the only known cause of endometrial (uterine) cancer. To work around this finding, the drug companies recommended prescribing estrogen with synthetic progesterone (progestin).

This in effect kept women in a constant and artificial reproductive phase for all of their life, actually circumventing menopause altogether and relegating women to monthly periods forever. Naturally the synthetic progestin did not really counterbalance all the problems with estrogen. It has taken more than **30 years** for the truth to finally hit home.

“After menopause, a woman’s odds of developing heart disease nearly equal that of a man.” This is how estrogen is peddled to women to protect their heart – through TV ads like this from Wyeth-Ayerst Pharmaceuticals, and through advice and prescriptions from physicians who get their information from the pharmaceutical companies. Yet in a rare demonstration of shock, the government has advised that **no women should take estrogen for the heart** since it actually causes heart disease. And **all women taking estrogen** should report to their doctor to consider quitting! This will not work too well since it is a rare physician indeed who has learned about and can offer any alternatives to estrogen therapy.

Alternatives to Estrogen.

There are good alternatives for almost all the problems for which estrogen is prescribed. When it comes to cardiac care, a good Mediterranean diet with plenty of fish, lots of exercise, and a couple key supplements is millions of times better than estrogen therapy. **Cardio-Plus** (3-6 daily), **Cataplex B** (same dose), **Organic Minerals** (same dose) and Flax Seed Oil daily are the mainstay power nutrients.

To maintain healthy bones and prevent osteoporosis, use the same diet and add weight lifting. The main rock-hard-bones” supplements are **Calsol, Calcium Lactate** or **Calm**. There are many other factors involved in osteoporosis and therefore we need a hair analysis to determine the primary contributing factors.

The hot flashes and dryness problems associated with menopause are the most difficult to solve using alternatives to estrogen. The same diet and exercise program should be followed. Fluorine and chlorine should be eliminated to help maintain proper thyroid function, a key to solving hot flashes. Pure water, and lots of it, is your best friend.

Additionally, the following supplements are essential – **Symplex F, Ovex P, Chaste Tree, and Progon B** (depending on individual symptoms). In all cases, liver health is critical, and if you have liver problems you may need to go through one or two three-week liver detoxification sessions.

Omega-3 fats (**Linum B-6, Cataplex F**) are essential during menopause and to help get over hot flashes. Organic Flax seed oil, in stabilized capsule form, is needed daily. Avoid all other vegetable oils, salad dressings fried foods, caffeine, fast foods and carbonated drinks. It can take from six to sixty months to completely phase through menopause naturally. Allow sufficient time, (don't rush yourself every day), get plenty of pure water and exercise, eat good whole foods, (at least 80% raw), and take proper nutritional supplementation. You will probably pass through this phase more easily and quickly, and you don't have to be subjected to the biggest pharmaceutical hoax of our time.

Literally **millions of women** have probably gotten cancer (often an invasive type) from this honestly well intentioned but sadly often-deadly 30-year scheme. It has made lots of money and kept stock prices high. It has relieved millions of cases of hot flashes, but at a severe cost. Unfortunately, there will be no restitution for those women who have lost everything. The good news comes in the form of effective alternatives available to all women.

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