

Top 5 Women's Health Issues



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To help you boost your health... as a woman you should learn about the top 5 health concerns so you can overcome any obstacles that get in your way.

So let's take a quick look at each: heart disease, breast cancer, osteoporosis, depression, and autoimmune disease.

HEART DISEASE: this is the leading killer of both men and women. In women, the condition is responsible for about 29% of deaths. But death is not the biggest problem when it comes to heart disease... you see... many women are ill with heart disease way before they die... it just "feels like" they're dying... being out of breath, fatigued all the time, having trouble keeping their stamina up... all because heart disease lowers their ability to get around. Most women who have had a heart attack don't even realize that is what happened to them! Symptoms for a woman are different than for a man. A woman might not experience the classic heavy chest pain... but might instead have jaw pain, shoulder aches, nausea, vomiting or shortness of breath. High blood pressure, smoking, physical inactivity, heavy stress, obesity and diabetes certainly all contribute to heart disease. Each of those can easily be handled naturally without drugs! But it takes a lifestyle change that sometimes a woman is not willing to do... or maybe she just doesn't understand WHY she should. It has been medically proven that exercise, good nutrition, specific supplements, removal of stress, can all dramatically lower a woman's risk for heart disease.

One noted doctor has stated that lack of vitamin C and amino acids (found in protein) are the leading causes of heart attacks in humans. High cholesterol by itself does not cause the amount of heart disease you would think if you listen to the normal media! There is no one cause of heart disease. For a woman it is vital to get educated and tested properly to help her change her lifestyle to ensure a very healthy heart.

BREAST CANCER: this is the most common cancer in women. Did you know that imbalanced hormones is one of the leading causes of breast cancer? That's right! Having too much estrogen compared to progesterone sets the stage for cancer growth in breast tissues. Lack of iodine is another

key factor in breast cancer along with low vitamin D3 levels. There are testing methods to help you balance your hormones (saliva testing being the preferred method), as well as additional tests for checking your iodine levels and vitamin D3 levels. This is VITAL for any woman concerned about breast health.

Getting a mammogram is in my opinion one of the worst things to do to monitor breast health. The more updated thermography method of scanning the breasts is much safer and pain free and can help you detect cancer cells much earlier and more accurately than a mammogram. I strongly urge women to find a good thermographer in their area to get that type of scan done at least twice a year.

OSTEOPOROSIS: This is one of the most mis-understood health issues for women! Having hunched backs, back pain, feeling frail and in pain... all do not have to happen... osteoporosis CAN BE PREVENTED! And if you find yourself on the verge of osteoporosis... you CAN REVERSE the loss of bone naturally... but you cannot do this with drugs from pharmaceutical companies! I'm sorry to have to tell you but the current drugs being pushed by the drug companies and maybe your doctor... can actually set you up later in life with more brittle bones, cracks and fractures than you can handle. I wrote about this extensively in my book DISCOVER HEALTH that I encourage each woman to read...

Getting hormones balanced with natural bio-identical hormones (not synthetic), eating correctly with sufficient protein, supplementing with correct supplements (believe it or not... most women do not need more calcium!), ensuring their vitamin D3 levels are sufficient, doing weight bearing exercises... are all VITAL.

DEPRESSION: This seems to affect more women than men... as a woman you have a lot to deal with... family, kids, bills, work, carpooling, groceries, traffic, neighbors, "friends", ageing parents, your own life, etc. You have your hands full... and sometimes life overloads you... 9 times out of 10 women who have "depression" also have:

1. friends or family members who are toxic, and
2. imbalanced hormones and poor nutritional habits

Getting your body balanced out so that you are healthy... learning how to remove those in your life that distract you from your purposes in life... are two important steps any woman can take to turn their emotions around. This will automatically lessen the stress you feel every day!

AUTOIMMUNE DISEASE: These are a group of disorders in which your immune system is attacking your body and destroying or altering tissues. Lupus, MS, Type 1 diabetes, rheumatoid arthritis, Hashimoto's disease of the thyroid are just a few common autoimmune problems that face women today. 75% of autoimmune disease affects women. Medical doctors admit that they don't understand these types of diseases well and have no cure.

Here's the deal... you probably weren't born with an autoimmune disease... it was something that was created along the way in your life... logically... if it was "created" it CAN BE "un-created" if you find the true cause! That's where working with a natural or holistic doctor will help you tremendously. It takes work.. but it CAN be reversed!