

SUGGESTIONS FOR GOOD HEALTH

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DIETARY FACTORS:

- a) Increase fiber by using only whole grains i.e. brown rice, whole grain bread, whole grain pasta, barley, oats, millet, quinoa, amaranth, and include legumes. Breads like Ezekial and Food for Life brands are good. Consider a trial of wheat-free or even gluten-free eating as many people are sensitive to wheat. Observe if you have more energy, less bloating, and better digestion.
- b) Eat organic fruits and vegetables including cruciferous vegetables like broccoli and cauliflower, and plenty of green leafy vegetables. Eat five to ten servings daily. If this is not realistic, consider a supplement such as True Greens from Life Force Intl.
- c) Minimize hormone laden animal products. Use organic/free range brands if possible.
- d) Include healthy omega 3 and 9 oils daily. Primarily cook with olive oil and have 1 T/day flax oil or 2T/day freshly ground golden flax seeds which you can put on cereal, toast or in salads. Avoid hydrogenated oils and trans fats found in most packaged foods and margarines. Smart balance, spectrum spread and are good alternatives to margarine.
- e) Minimize or avoid coffee, soda, and an excess of 2 alcoholic drinks daily. Drink plenty of filtered water, green or white tea, herbal tea, and smaller amounts of juice diluted at least 50% with water. Drink half your body weight in ounces of H₂O daily.
- f) Avoid white flour, white sugar and the highly processed foods that contain them.
- g) Consider including some protein at each meal especially with hypoglycemia and insulin resistance. Nuts like almonds, soy, and walnuts contain good oils and protein.
- h) Consider a dairy-free trial especially if you have digestive issues. Rice Dream brand rice milk and Almond milk are good alternatives.
- i) Strongly consider nutritional supplementation. Foods just don't contain the vitamins and minerals that they used to and we are exposed to many chemical and physical stressors which compromise our health. Liquid nutrition has up to 98% absorption, capsules up to 45%, and tablets are only 10-20% absorbed.

Common Supplement Suggestions:

- Body Balance – Usually 2 oz, or more if desired, upon arising. (1 oz if <100 lbs and 3 oz if >200 lbs). Wait 15 minutes before eating. Refrigerate and shake before using.
- OsteOmegaCare 1/2oz (1 Tablespoon) twice daily with food. Refrigerate and shake well before each use. Both available through Life Force – see next page.
- Flax Oil 1 T/day plain or on salads, veggies, or in a shake OR
- Flax seeds 2T freshly ground on hot or cold cereal, in yogurt, on salads etc
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EXERCISE:

Ideally practice daily for 20-60 minutes. Pick something you enjoy and can commit to. Weight bearing exercises like walking and biking are good for bone health. Weight lifting of even small weights like soup cans can improve muscle and bone health, increase strength, reduce risks of muscle strains, has anti-aging properties, and by increasing muscle mass can assist in weight loss. Exercise is also helpful in managing stress.

STRESS MANAGEMENT:

Spend 15-60 minutes a day as often as possible bringing yourself into the present moment. Deep breathing, meditation, yoga, prayer, visualization and exercise are all great modalities. Being in a place of gratitude can be a powerful component of stress management. Worrying or fear regarding past or future events can also be detrimental to good health. Taking several full deep breaths can be quite therapeutic during stressful moments – and this takes practice!! Do your very best to be patient, gentle and forgiving with yourself!! Try to go to sleep by 10 pm and lay down for a brief rest during the day.

RESOURCES:

Women's Bodies, Women's Wisdom – Christiane Northrup MD

The Wisdom of Menopause – Christiane Northrup MD

What Your Dr. May Not Tell You About Menopause – John Lee MD

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“ “ “ “ “ “ “ “ Breast Cancer – John Lee and David Zava

What your Dr. May not tell you about Hypothyroidism – Ken Blanchard MD

Thyroid Power

The Sexy Years and/or Ageless – Suzanne Somers

Adrenal Fatigue, The 21st Century Stress Syndrome – James Wilson

Are your Hormones Making You sick? – E. & A. Taylor

Natural Hormone Balance for Women – Uzzi Reiss

Energy Anatomy – Carolyn Myss

The Power of Now and/or A New Earth – Eckhart Tolle

The Edge Effect – Dr. Eric Braverman

The Ultra-Simple Diet – Dr. Mark Hyman

www.flylady.net – personal on line coach

www.yogaatyourdesk.com – CD rom

www.naturaljourneys.com – Liliás Folan videos on yoga

www.lifeforce.net/20402738 – (800) 531-4877 whole food supplements. If interested in ordering, give my name and #: Kathy Lanka #20402738

www.salivatest.com - saliva testing and bio-identical hormone information

www.kathleenlanka.com – Info on StemEnhance, a plant based stem cell enhancer

Fallon Wellness Pharmacy 1057 Try-Sch'dy Rd Latham, NY 12110 (518) 220-2005

BIO IDENTICAL HORMONES:

Most commonly available in capsules or cream. Cream is preferable because it goes directly from the skin to the blood stream without involving the liver so lower doses are needed. Apply the cream to thin skin twice daily and to rotate the sites. Optimal sites include inner arms, inner thighs, and low abdomen. If appropriate, progesterone cream 2% is available over the counter (i.e. Progest, Femgest, Happy PMS) with a dosing of 1/8 – ¼ tsp. applied twice daily for 2 – 3 weeks per month as prescribed. Follow-up testing and discussion with your practitioner is important for optimal dosing and safety! Happy healthy living!