

Terry Talks Nutrition

Compliments of Terry... Naturally

Key Words

Hot flashes and night sweats, Changes in the menstrual cycle, Dry mucous membranes, Dry vagina, Irritability and moodiness, Forgetfulness, Weight gain, Osteoporosis, Thinning hair, Fatigue

The study also showed that women were able to lose weight more easily, especially belly fat. The flavonoids released fatty acids from the cells which were then burned to provide energy and weight loss. Apple extract also had an effect on reducing hot flashes. Therefore, I like a combination of hop cone, black cohosh and apple extracts. This three-herbal-combination can reduce the major symptoms of menopause; reduce the risk of osteoporosis and aid in weight loss when combined with a nutritious diet and exercise program.

The formulation that I recommend is a great way to support the various changes a woman may go through during the period of menopause. However, there are a number of other nutrients, vitamins and minerals that can add additional support during this critical time. In order to support the mature and menopausal woman, I would recommend a calcium and magnesium formula with additional accessory factors that can improve bone health and reduce the risk of osteoporosis. I will not go into great detail regarding a formulation for osteoporosis in this article, but I refer you to the article that I wrote entitled *Preventing Osteoporosis and Restoring Bone Health*.

Terry recommends these formulas for your best health:

Strontium (citrate) 340 mgs

Silica from Horsetail (*Equisetum arvense*) extract 20 mgs

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LIVING A FULL AND HAPPY LIFE THROUGHOUT MENOPAUSE

This formulation will provide an appropriate level of calcium and magnesium, vitamin D, vitamin K, silicon and boron. While a formulation of this type will not necessarily change the symptoms associated with menopause, it can be of great benefit due to osteoporosis occurring in the same time period as menopause.

We can also provide additional support for the mature woman who may be experiencing bone loss and the risk of osteoporosis by supplementing the diet with strontium citrate. There have been many studies done in Europe that indicate that strontium can reverse osteoporosis and provide increased bone health. The level of strontium required daily is approximately 680 mgs of elemental strontium. Dr. Jonathan Wright, one of the finest holistic and alternative medicine doctors, prefers strontium citrate as a source of strontium. I highly suggest his recommendations, so I pass this information on to you to provide you with the best protocol for increased bone health.

Last but not least, for increased bone health, silica would be an extremely valuable choice to add to any nutritional regimen to reduce the risk of osteoporosis and improve bone density. Silica can be valuable for not only bone health but for better hair, nails and skin health. Silica is a very important trace element that is drastically reduced in the diet due to changes in soil composition. I prefer to use the silica from the horsetail plant. Its absorption is improved by trace minerals and marine oils.

In my experience I have found that the woman who cannot seem to get her symptoms of menopause under control has a significant iodine deficiency. When all else fails and nothing seems to work, and the woman believes she will have to

live with her symptoms of menopause, I suggest to add 12.5 mgs to 25 mgs of iodine daily. I don't believe I have ever seen iodine fail to produce outstanding benefits for the mature woman. Iodine also supports healthy breast, ovary, uterus and prostate tissues. Japanese women are known to be much healthier than women in the United States with fewer health issues addressing these sensitive and critical tissues. Due to their diet, the average daily intake of iodine for the Japanese woman is approximately 12.5 mgs of iodine.

Other articles that would be important for the support of the menopausal woman, you can find on www.TerryTalksNutrition.com

1. Sea Buckthorn Seed and Pulp Oils in the Treatment of Dry Skin, Mucous Membranes and Sjögrens Syndrome
2. Preventing Osteoporosis and Restoring Bone Health
3. Stress, the Ultimate Killer
4. IODINE: The Old/New Medicine
5. Apple the Fitness Fruit
6. Chronic Fatigue and Adrenal Function

END

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2625 Development Dr., Suite 40
Green Bay, WI 54311
Hwy 172 at GV • 920-965-1002
www.TerryNaturally.com