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presents

6 Health Secrets Every Woman Over 50 Should Know

Congratulations on taking the first step to a healthier, happier and more natural menopause.

I would like to thank you for your interest in this special report. I know that you will gain new and valuable information which will provide you with easy to use tips on nutrition, lifestyle and effective therapies so you can experience less menopausal symptoms...naturally!

By using the information in this report along with the guidance of a qualified healthcare practitioner, you will have the tools to:

- Minimize your hot flashes and night sweats
- Learn new and safe ways to protect yourself against cardiovascular disease, breast cancer and osteoporosis
- Get better quality sleep and feel more energized
- Reduce your mood swings
- Increase your brain power
- And much more!

****For an easy reference, at the end of each topic, look for the “Menopausal Health Summary”***

Drew Nesbitt BA, TCMP, Ac., ROHP is a Practitioner of Traditional Chinese Medicine and Acupuncture as well as a Registered Orthomolecular Health Practitioner with a specialty in gynecology. Drew is making it his mission to educate all women on the subject of “Natural Menopause” by separating the “good” information from the “bad” and by exploring evidence based therapies and interventions. As a constant researcher on the subject of menopause, Drew does all the sleuthing so you don’t have to.

For more information on Drew and his Toronto clinic location, go to www.drewnesbitt.ca. Enjoy the report!

Sincerely,



Drew Nesbitt BA, TCMP, Ac., ROHP

6 Health Secrets Every Woman Over 50 Should Know!

By: Drew Nesbitt BA, TCMP, Ac., ROHP
www.DrewNesbitt.ca

The Topics

1. **Vitamin D: Are you getting enough?**
2. **Isoflavones: Are plant estrogens safe?**
3. **CoQ10: Helping your heart**
4. **Omega 3 fatty acids: The ultimate brain food**
5. **Magnesium: The forgotten mineral**
6. **Exercise: How much should you do?**

1. Vitamin D: Are You Getting Enough?

Also known as the “sun vitamin”, vitamin D is actually more like a hormone than a vitamin. For the purpose of this report, I will simply refer to it as vitamin D. We provide our bodies with vitamin D in one of two ways; through our diet or from the sun through a conversion process with the help of cholesterol in the skin.

Foods that contain vitamin D include:

- Egg yolks
- Organ meats (i.e. liver)
- Nuts/seeds
- Cod liver oil
- Cheese
- Some mushrooms

Drew's Tip...

Vitamin D is fat-soluble...be sure to take it with a fatty food for better absorption!

One might think that the nourishing rays of the sun would be enough to supply us with all the vitamin D we need; but I think we really need to take into account how much actual sun *exposure* you really get. For instance, most of us are indoors 90% of the time (homes, cars, workplaces, transit etc.) and in the summer when we are outdoors, we are using sunscreen *(research has indicated that sunscreen may be blocking our ability to produce vitamin D). For the lucky people living in northern climates, we get even less sun exposure due to the mitts and parkas we wear. It is interesting to note that some disease rates (i.e. multiple sclerosis) increase dramatically as we get farther and farther from the equator. So, do you think you are getting enough vitamin D? Probably not.

“Most inhabitants of northern climates do not get enough sun exposure to bio-convert vitamin D2 to D3. This bioconversion occurs only in the skin after at least 15 minutes of daily, non-sunscreen-protected exposure.”

-Nanette F. Santoro MD, Editor, Menopausal Medicine: The American Society for Reproductive Medicine

But what does vitamin D have to do with menopause?

I know what you are thinking, “Vitamin D helps with your bones”...absolutely correct. Vitamin D is paramount in the synthesis of healthy bones and is just as important as the almighty calcium (which seems to get all the attention). However, what is even more impressive is that research is indicating that optimal levels of vitamin D can actually influence breast cancer. The problem with this is that the overwhelming majority of women (and men for that matter) are deficient in vitamin D. In a 2009 study in the Journal of Clinical Oncology, it was discovered that close to 75% of the postmenopausal women preparing for chemotherapy were deficient in vitamin D. After one year of supplementation with 400IU

of vitamin D, only a fraction of those women were able to raise their vitamin D levels. The study went on to conclude that the RDA (Recommended Daily Allowance) of 400IU's per day for vitamin D is too low a dose to raise vitamin D to optimal levels which provide a protective effect against breast cancer.

How do you know how much vitamin D your body needs?

You can be tested! A simple blood test by your doctor will tell you how much vitamin D you have in your body. Ask your family doctor to test your 25(hydroxy)D levels on your next blood test and get the number when the blood test is complete. Most people's blood levels are around 50 nmol/L (and this was from a study done on residents in Arizona!). Optimal levels are above 150 nmol/L and are very safe all the way to 250 nmol/L. The vitamin D will become toxic at blood levels of 750 nmol/L but you would have to take a lot to get to that point. If you are at 250 nmol/L, there is little reason to go above that.

Ask your health practitioner how much vitamin D is good for you. Be sure they take your family history into account, how much sunscreen-free sun you get, the climate you live in and any other supplements that you may be on which may include vitamin D.

Breast cancer update...vitamin D has been shown to decrease rates of breast cancer by ...it is hypothesized that if everyone took 2000Ius of D, rates of breast cancer would decrease by 73% Visit www.grassrootshealth.net for more information on this current scientific discovery.

Your Menopausal Health Summary - Vitamin D

- Cancer prevention (breast, uterine, colon)
 - Improves bone health
 - Ideal for immune health
- Everyone is deficient! Get tested!

2. Isoflavones: Relief with Natural Estrogens

Isoflavones are natural plant hormones referred to as “phytoestrogens”. Phytoestrogens possess estrogenic effects which is why they have been the topic of much debate surrounding menopause. However, more recent studies have indicated that isoflavones are indeed helpful for a number of menopausal symptoms including hot-flashes, osteoporosis, heart disease and certain types of cancer. Isoflavones are also rich in antioxidants making them a healthy food choice.

So where can you get isoflavones?

Soy foods are the most common source of isoflavones rich foods and are available in a variety of forms, such as:

- Soy nuts (roasted)
- Soy beverages
- Tempeh (fermented soy-grain product...it tastes better than it sounds)
- Miso (a fermented soy paste...see tempeh)
- Soy flours
- Tofu (both firm and soft)
- Soy isolates and supplements

Other sources of phytoestrogens which have been studied include red clover and flax seeds.

Why do they help?

Since these isoflavones have a structural similarity to human estrogen, they possess an estrogenic effect on the body. Although this effect is much weaker than actual human estrogen, isoflavones provide women with valuable “phyto” estrogen during a time of estrogen depletion (i.e. during menopause), passing along all the benefits that estrogen has to offer.

Research has been studying the effects of isoflavones on a number of different menopausal symptoms such as:

- Hot flashes
- Cardiovascular disease
- Risk of cancer
- Osteoporosis

Do they really work?

The majority of studies have indicated that isoflavones do in fact play a role in relieving menopausal symptoms but the results won't be dramatic. For example, consuming soy isoflavones on a regular basis may reduce the intensity and frequency of your hot flashes but it will not take them away completely.

Drew's Tip...

Get your isoflavones from food sources rather than supplements. More studies are needed to determine their safety for those going through menopause.

That being said, if you suffer from six intense, hot flashes a day and after consuming an appropriate amount of soy (which is a natural, healthy food, rich in antioxidants anyway) and could go down to 4 moderate hot flashes a day, that seems very much worth the effort. However, some studies are indicating that for isoflavones to truly be beneficial, they should be consumed earlier in life.

Some people are concerned about soy being “estrogenic” and are worried about increasing ones chances of estrogen-sensitive cancers like breast and uterine cancer, particularly for those women who are at high-risk (family history of breast cancer). This has been an area of much debate. Recently, however, researchers are finding that isoflavones do not provide an increased risk to those who are sensitive to estrogen and that moderate levels of isoflavones are beneficial. It is interesting to note that most studies indicating a risk have been performed on rodents only.

“The plant hormones (isoflavones) found in soy food, dang gui, chasteberry and black cohosh have never been associated with the promotion of breast cancer in any study. In fact, many studies have shown they are protective...”

-Christiane Northrup, M.D., Author of The Wisdom of Menopause

In the end, most researches are indicating the need for more investigating as we still do not know the specifics of the relationship between isoflavones and estrogen-sensitive cancer. Talk to your healthcare provider before consuming high levels of isoflavones if you have a family history of breast or uterine cancer.

Your Menopausal Health Summary - Isoflavones

- Reduces hot flashes
- Lowers risk of cardiovascular disease
 - Lowers risk of cancer
 - Improves bone health

3. CoQ10: The Next Super Supplement?

Co-enzyme Q 10, aka CoQ10, although seems new to the supplement world, research on this powerful antioxidant has been steady over the last 60 years. The ingredient which makes CoQ10 so great is “ubiquinone” or “ubiquinol” (see below), which is a derivative of the word “ubiquitous” meaning “everywhere” and CoQ10 is just that... located everywhere (in the cells of plants and animals anyway!). One of the more concentrated locations of CoQ10 is in the heart (which is where it was discovered) and one can only imagine if there is a place in the body which requires an abundance of energy, it's the human heart. This may also explain why this supplement is so important to cardiovascular health. CoQ10 is formulated with the help of an amino acid called tyrosine and the vitamin B6 but can also be found in some foods such as meats (especially organ meats), sesame oil, soybeans (another reason for soy!), nuts and beans. However, after we hit our mid 20's, our level of CoQ10 starts its inevitable decline.

With respects to females going through menopause, this supplement is truly a winner. Not only is CoQ10 helpful for cardiovascular health (which declines after menopause), it is also showing promise for its role in preventing breast cancer. In Japan, CoQ10 is one of the leading selling pharmacological agents and is being used for cardiac health in many hospitals. Also, CoQ10 is the body's energy producer as it plays a large role in mitochondrial health and ATP production.

Certain medications further reduce the levels of CoQ10 in our bodies; namely statin use. Statins are drugs which reduce cholesterol and are prescribed often. However, more and more physicians are recommending supplementation with CoQ10 with patients who are on statin drugs. I had a client whose brother is a heart surgeon in Europe and when he recently came over for a visit, he brought her CoQ10! If you are currently on a statin, ask your doctor about supplementing with CoQ10. The best part is that being on this supplement may further reduce your LDL (the bad) cholesterol levels and lower your blood pressure.

“I see no reason why an otherwise healthy man, or woman, should not take CoQ10 preventively. I take a daily CoQ10 supplement myself.”

**-Dr. Andrew Weil MD and author of Eating Well
for Optimum Health**

Ubiquinone vs. Ubiquinol

Until recently, CoQ10 was only available in one form; that of ubiquinone (check your labels). Once ingested, the body breaks ubiquinone down into its more active component called ubiquinol. However, nutritional scientists have finally devised a method to create a bio-available form of ubiquinol. The benefits? Ubiquinol has a much stronger effect than ubiquinone and given that we are unable to convert the ubiquinone to ubiquinol very effectively as we get older, ubiquinol is seen as the top choice for those over 50. Does this make ubiquinone obsolete? Not at all. Both forms still play a role in the

body and ubiquinone is still ideal for those in their 30's and 40's as their ability to convert is still strong. Talk to your healthcare provider to see if ubiquinone or ubiquinol (or a combination of both) is best for your needs.

Safety/Precautions

CoQ10 can have a blood pressure lowering effect (hypotensive effect) which may reduce blood pressure in those who have low blood pressure or in those who take blood pressure medications. Be sure to monitor your pressure if you take CoQ10. CoQ10 may also improve glycemic control in those with type II diabetes. Therefore, you must monitor your blood sugar levels to ensure they do not go too low (there is no current evidence that it affects type I diabetics). One report indicated CoQ10 decreased the effectiveness of warfarin – a common blood thinner. Inform your physician if you decide to go on CoQ10 while on blood thinners.

Why CoQ10 is a Menopausal Must-Have

- Lowers cardiovascular risk
- Lowers breast cancer risk
 - Lowers blood pressure
 - Improves cholesterol
- We absorb less as we age!

4. Omega 3 Fatty Acids

Most people have heard of omega 3 fatty acids but let me give you a quick primer. Omega 3's are an essential fatty acid (EFA) which means that we must obtain this from our diet (our bodies do not make this fat on its own).

Common sources of omega 3 include:

- Cold water fish (i.e. mackerel, salmon, herring, sardines, anchovies)
- Flax (oil)
- Walnuts
- Chia Seeds

The most popular way to get omega 3 fatty acids in our diet is through supplementation. Other than eating fish twice per week, it is suggested that supplementing with fish oils daily the best way to obtain this fatty acid as it provides the highest and most available amounts of DHA and EPA. These two compounds are largely what makes up our brain tissue...easy to see why they may be important!

What can omega 3 fatty acids do for those going through menopause?

Here is what the research is saying about omega 3's:

- Improves cardiovascular health
- Lowers risk of breast cancer
- Can reduce the severity of depression
- Decreases inflammation in the body and reduces joint pain
- Improves sensory motor skills
- Relieves dry, itchy skin; brittle hair and nails
- Plays a role in mood and forgetfulness
- Helps with fatigue and weight gain
- Decreases dementia (including Alzheimer's disease)

Drew's Tip...

Be sure to get at least 1000mg per day of DHA when purchasing your fish oil supplement.

Twice as many women get Alzheimer's than men. This stat is partially due to the fact that women live longer than men but it is still quite alarming. Alzheimer's and other forms of dementia are on the rise and after talking to many of my clients whose parents had Alzheimer's (my grandfather went through it), they are looking for safe natural ways to prevent it from happening to them.

A recent article in the *Journal of Neurology* in 2007 titled Dietary Patterns and Risk of Dementia: The Three City cohort study, indicated that the risk of all-cause dementia was decreased by daily consumption of fruits and vegetables (always a good idea) and regular use of omega 3 fatty acids. This should help convince you that consuming omega 3's either through your diet or with supplements is worth it.

The following quote is from the “The Human Brain” from The Franklin Institute which talks about how changing the basic structure of our food has impacted our health.

“By modifying natural fats (i.e. trans fats), we have altered the basic building blocks of the human brain – weakening the cerebral architecture. And, like unstable buildings that come apart in an earthquake or storm, poorly structured human brains are failing to cope with the mounting stress of modern life.”

-The Human Brain – The Franklin Institute

By giving our body the foods which nature intended us to have (whole, natural foods; not processed), we will be giving our bodies the nutrients it requires to keep us healthy. This is why I always recommend omega 3 fatty acids for all of my clients.

Note: Fish oils can thin the blood and may be contraindicated for those on blood thinners like Warfarin or Coumadin. Be sure to contact your physician before taking fish oils if you are on these medications. Also, omega 3’s are not a replacement for your anti-depressants.

Your Menopausal Health Summary – Omega 3’s

- Improves cardiovascular health
 - Lowers risk of breast cancer
- Improves mood, memory and can reduce the severity of depression
 - Decreases inflammation in the body and reduces joint pain
 - Improves sensory motor skills
 - Helps with fatigue and weight gain
 - Decreases dementia (including Alzheimer’s disease)

5. Magnesium: The Forgotten Mineral

Most people have heard of this important mineral but usually because it is combined with your calcium supplement and therefore must be important for bone health. Obviously, it is important for bone health (around 50% of our body's magnesium is located in or on our bones!) but there are other areas related to menopause where this forgotten mineral can contribute to better overall health during menopause.

Cardiovascular Health

There is increased interest in magnesium's role with respects to heart health. After menopause, it is well known that rates of cardiovascular disease increase. Issues such as high blood pressure, heart arrhythmia's and diabetes can be exacerbated by a magnesium deficiency.

Blood sugar regulation

A diet rich in magnesium can also play a role in the regulation of blood sugar. A number of studies have concluded that there is an association between type II diabetes and low magnesium levels. Magnesium appears to be an important part of the activity of insulin and therefore, blood sugar regulation. Irregular blood sugar levels can lead to heart disease, weight gain and other diabetes related complications.

Improved Sleep

Magnesium also plays a role in sleep regulation which is a common complaint among those going through menopause. Melatonin production (a hormone related to sleep) requires the presence of magnesium for it to be formed. Studies have also shown that magnesium supplementation can influence sleep EEG patterns.

Stress Relief and Anxiety

The effects of excess stress are well documented. Stress can raise blood sugar levels, increase blood pressure, reduce insulin sensitivity and can affect cholesterol levels all leading to obesity, type II diabetes and cardiovascular disease. Several nutrients are decreased dramatically during stress and magnesium is one of them. Therefore, supplementing with magnesium is advised. Moreover, if you are also experiencing chronic tension from stress (and who isn't?), magnesium can help relax your tight muscles providing some much needed relief.

Digestive Health

If you are suffering from any number of the issues outlined above as well as constipation, you may want to consider a magnesium supplement. Constipation is all too common for women going through

Drew's Tip...

When choosing a magnesium supplement, be sure that it is a chelated form like glycinate or taurate. Other forms of magnesium are either rapidly excreted or not readily absorbed.

menopause and is not taken seriously enough. Talk to your healthcare provider if you are not having at least one, well-formed bowel movement per day.

Bone Health

Of course, magnesium plays a large role in bone health. Problem is that for some reason, we are bombarded with information on calcium supplementation. Calcium and magnesium compete for absorption so if we are eating foods rich in calcium (most of us are) and we are supplementing with high doses of calcium (most women are on at least 1000mg of calcium per day), then we are creating an imbalance of magnesium. The way to combat this is to eat more magnesium rich foods or to include a supplement in your daily routine.

Further Reasons to Supplement

Experts believe that our soil is magnesium deficient, causing our food to also lack this important mineral. Medications like diuretics and heart burn medications result in the loss of magnesium, making supplementation necessary. Think about how many people you know who are taking these medications; you can see why most of us are deficient in magnesium! Optimizing magnesium is ideal not only for bone health, but it is also beneficial for other common menopausal symptoms such as palpitations, insomnia, mood, memory and cardiovascular health.

Be sure to talk to an experienced healthcare practitioner when taking high amounts of magnesium. Take too much and your bowels will become loose, leading to diarrhea and causing further magnesium wasting.

Drew's Tip...

Magnesium may be harmful for those with pre-existing kidney disorders...talk to your healthcare professional before taking magnesium if ...

Your Menopausal Health Summary – Magnesium

- Decreases cardiovascular risk
 - Improves sleep
- Regulates blood sugar – helps with weight gain
 - Reduces stress and anxiety
 - Improves bone health
 - Our soil is deficient!

6. Exercise: For More than Just for your Heart

When you think of exercise you are no doubt thinking about how it relates to bone health but the benefits of exercise reach much farther than just stronger bones and muscles.

Cardiovascular Health

If you are looking to reduce your risk of heart disease, high blood pressure and stroke, then you had better get ready to move. To experience cardiovascular benefits with exercise it is advised to do at least 30 minutes of activity 5 days per week. Walking is great but to truly benefit, weight lifting or interval training is encouraged. Your heart will pump more efficiently and your metabolic rate will burn high helping to keep your weight down.

Breast Cancer

Given breast cancer rates increase as women age (over 75% of breast cancers occur in postmenopausal women), it is great to see that something as basic as regular exercise can help prevent it. Regular exercise regulates blood sugar (and therefore insulin) and will keep excess body weight in check. Since excess body fat has an estrogenic effect on the body, keeping body fat low is very important. Studies have shown that women who exercise 4 times per week, one hour at a time decrease their breast cancer risk by 37%. As always, early detection is key; perform self exams and get regular check-ups with your doctor.

Dementia and Memory Loss

No one wants to lose their memory as they get older and I know that most of you will do anything you can to stave off dementia and Alzheimer's. Thankfully, this is another way that regular exercise can help.

In a study performed at the Aging Research Centre in Karolinska Institute in Sweden, researchers discovered that those who exercised twice per week reduced their risk of dementia by 50% and Alzheimer's by 60%. If this info doesn't get you off your seat, I don't know what will!

Depression

Depression and mood changes are common during menopause and exercise has been shown to help. Regular aerobic or anaerobic exercise is able to induce changes in brain chemistry related to feelings of wellbeing. In some studies, exercise was so effective that 50% of people were considered cured! The same studies indicate that 30 minutes 4-5 times per week is all that is necessary to experience the benefits.

Improved Sleep

Sleep is always an issue with my menopause clients; whether it's frequent waking throughout the night or that they just plain cannot fall asleep. Since sleep plays such an important role in everyday health, I like to make sure everyone's sleep is optimal. So in combination with acupuncture, herbal medicine and

"To ease the passage through menopause, maintain a healthy diet—with plenty of fruits, vegetables, and omega-3 fatty acids—along with regular physical activity and stress-reducing practices such as yoga or controlled breathing. Many women also benefit from traditional Chinese medicine."

-Dr. Andrew Weil

supplements, I always encourage exercise. Try to limit your exercise to the daytime as exercising closer to bedtime may keep you up longer.

Weight Loss

Exercise, in combination with a healthy nutritional diet, is by far the best thing you can do to keep off those unwanted pounds which often come after menopause. To encourage even more fat loss, be sure to `shock` your body by surprising it with different exercises which work different muscles groups of the body. For instance, if you walk all the time, you may want to walk for 10 minutes, jog for 5, do stairs for 3 minutes and then finish off with some walking again. This is commonly referred to as interval training. Resistance training is also encouraged but be sure to get the skills of a professional trainer to guide you.

Bone Health

New studies repeatedly demonstrate the vital role of exercise plays in maintaining bone health during menopause. The question is what type of exercise and how much exercise is necessary to reach full benefit? Resistance exercise has long been avoided by females, who fear that they will grow hulk-like physiques. But recent data suggest that resistance training is ideal for women going through menopause. Training with weights 2-3 times per week has been proven to help you maintain strong, healthy bones. Always talk to your doctor before starting an exercise program. Acquiring the expertise of a personal trainer is highly recommended because it will help you reach your goals safely and efficiency.

Your Menopausal Health Summary – Exercise

- Improves cardiovascular health
 - Reduces breast cancer risk
- Helps with dementia, memory loss and depression
 - Improves your sleep
 - Aides in weight loss
 - Improves bone health

Take the next step to optimal menopausal health!

Are you looking for expert advice on your menopausal concerns? Would you prefer to have an experienced practitioner guide you on how the above therapies could work for you?

Contact Drew and not only will you receive treatments which include the wisdom of Traditional Chinese Medicine and Acupuncture, but you will also benefit from sound nutritional advice and supplement suggestions from a registered orthomolecular health practitioner. Two practitioners all rolled into one!

Book Online today at
www.drewnesbitt.ca

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