

40 shades of Women's Health

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Health Series:



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**“Empowering people to help look
after themselves”**

Women are more health conscious than men!



Breast screening programmes

Cervical screening

Regular visits to the doctor

Interested in eating healthier food and lifestyle.



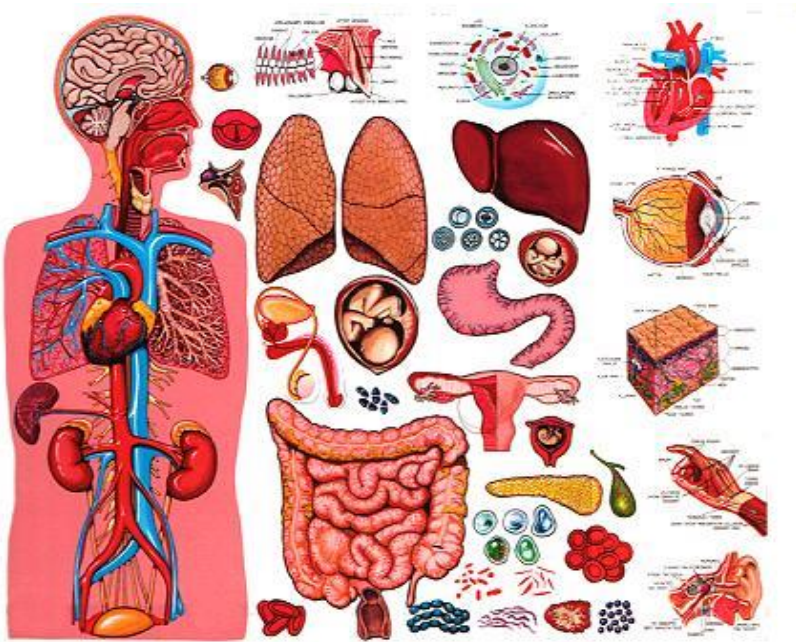
They tend to be the family carer

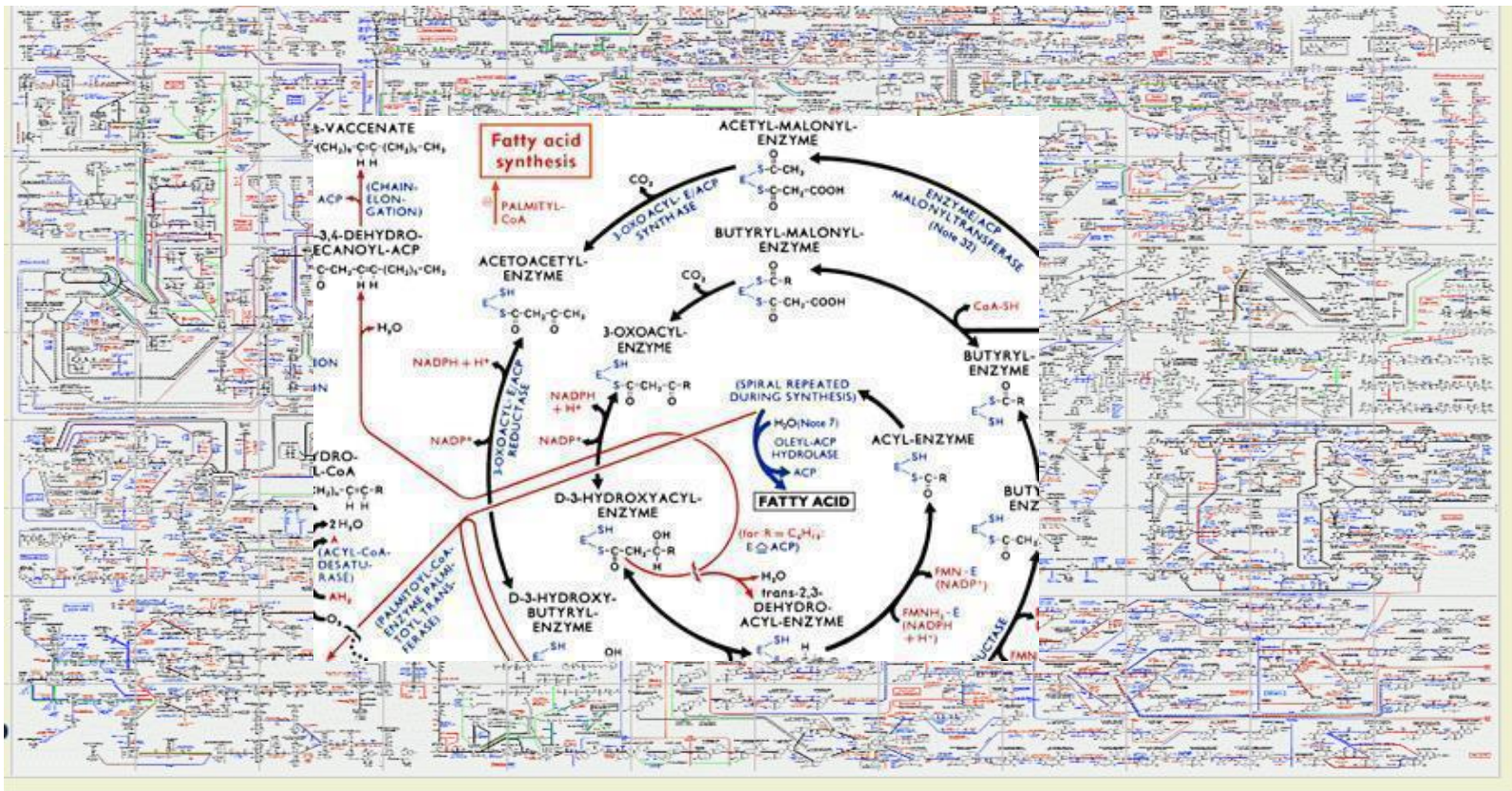


Women have more phases of development due to our hormones

When we think of our bodies we still think of organs...

- We need to look at the cell and its biochemistry





Our World has changed

- Many more toxins
- Many are hormone disruptors
- Much more stress
- Much modern food is over processed and nutrient deficient
- Poor food choices
- We have replaced fats (were considered bad) with sugars and trans fats
- Need to understand these hazards, correct and compensate

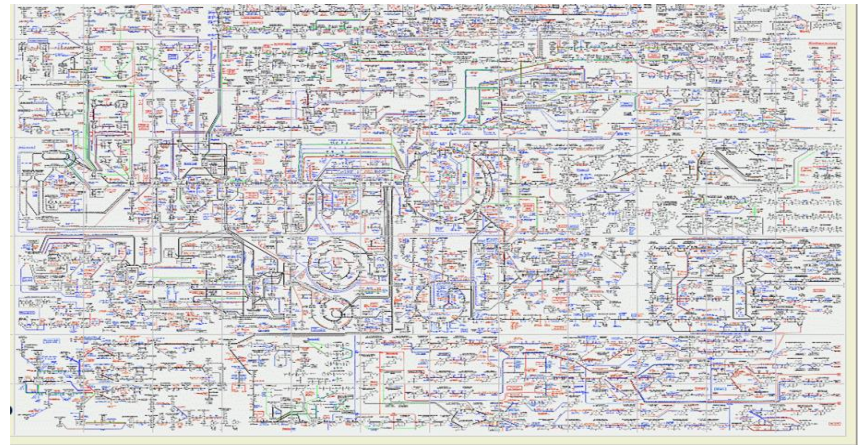
We need to look after our bodies

- Exercise and healthy lifestyle
- Eat as well as we can
- At ALL levels of life we need full nutrition to make sure the cells get all they need
 - Perfect organic complete diet
 - As good as we can plus supplements

Which supplements are ESSENTIAL?

1. A complete multivitamin (vital amine) and multimineral (we cannot make minerals)
2. Omega 3 fish oils – we cannot make these
3. Sometimes additional calcium and magnesium

The **1, 2 and 3** of supplements



Let's walk through the stages of life



At all ages look after our cells- **not just when old** – to grow, function, create new proteins, and then recreate!



Birth to 6 + months



Breast is best
Mother must be fully nutrientd
Bottle – consider A2 milk

For mum 1,2 and 3

Starting to eat real food



Good nutrition affects:

- Immune system and allergy
- Intelligence and behaviour
- Most baby foods have huge nutritional gaps

Add baby supplements – **1 and 2**

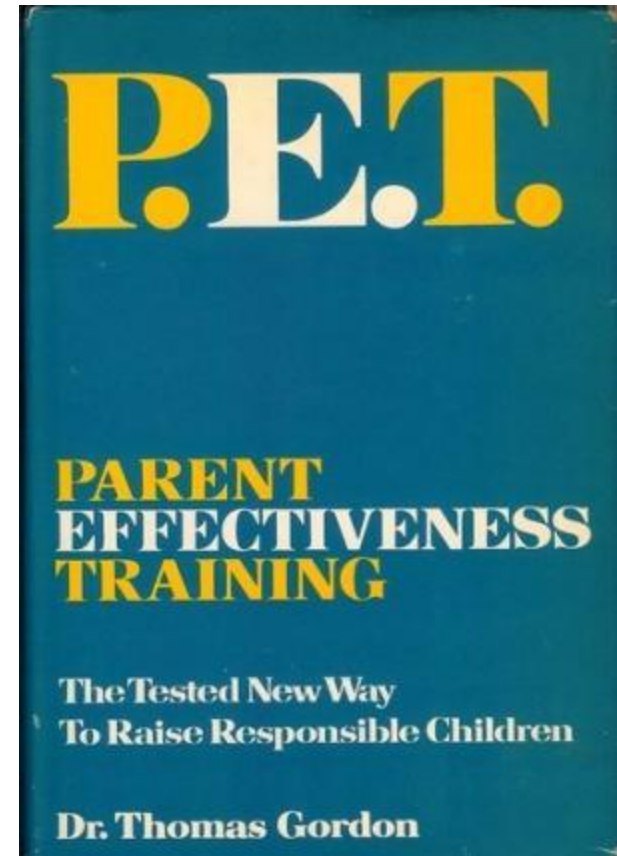
3 – 11 years



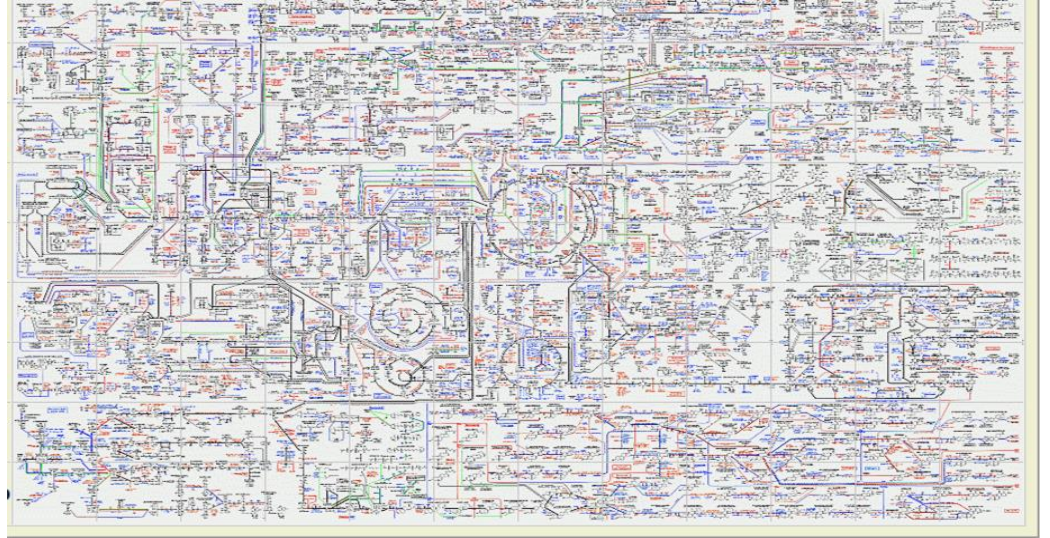
- Laying down Foundation for bones, brain cells, muscles and immune system

Add supplements 1 & 2

Learn how to talk to your children



Johnny



Teens 13-17

Rapid growth of long bones, hormonal changes, sexuality, stress, anxiety and depression



Late teens- 18yrs to young adults



- Seeking independence but often poor judgement
- Poor food choices,
- Can get led astray
- Drugs and alcohol

Add supplements 1, 2 & 3



Make supplements part of normal life



Hormonal problems

- Teens and adults
- PMT (crises)
- Endometriosis and Polycystic disease
- Period pains, irregular cycles
- Acne
- Thinning of the bones starts in teens



Hormonal factors

- Mineral deficiency - incomplete fertilisers
 - Role of Magnesium, calcium and vitamin D for bones
 - Magnesium's role
- Hormone disruptors
 - Plastics, makeup, OCP, farming practices
 - Dietary issues

Young Adults



Studying, careers, independence
Food eaten on the run **[Supps 1 and 2]**

Preparing for children

- Sperm
- Egg

BOTH affect the
child's development

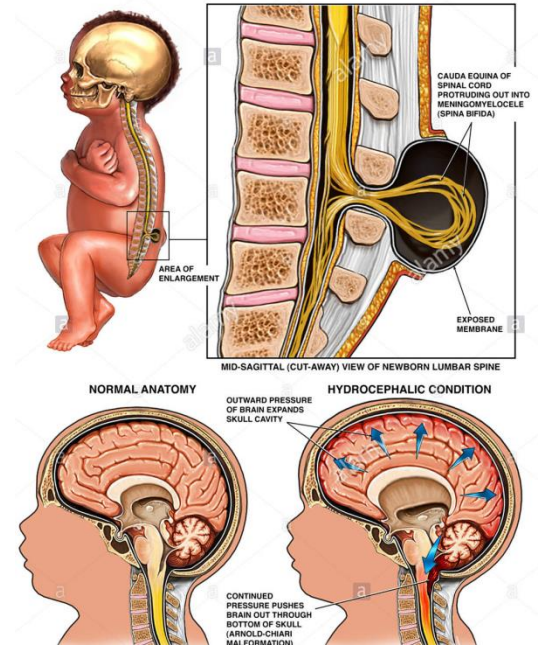
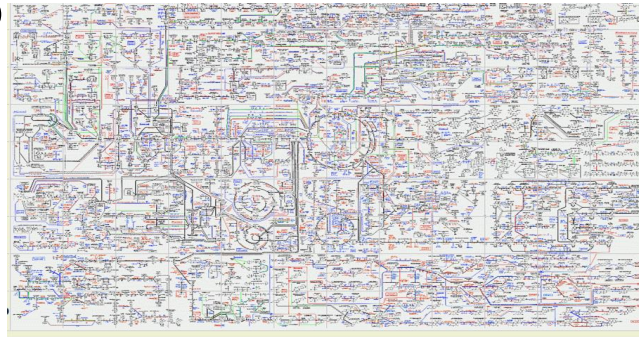


- Infertility
- Miscarriages



Pregnancy

- At present Folic Acid....
- What else?



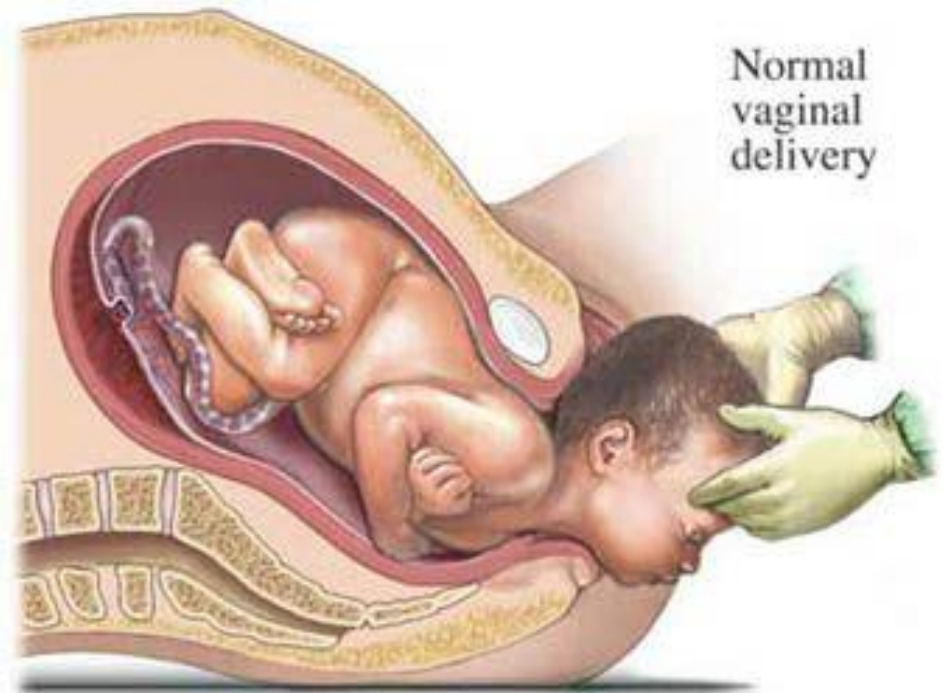
- Problems: cramp, sleep, alcohol, smoking



[Supps 1, 2 and 3]

Around Delivery

- Constipation and piles
- Elasticity of tissues



After baby

- Recovery
- Breast feeding
- Tiredness, too little sleep
- Post natal depression

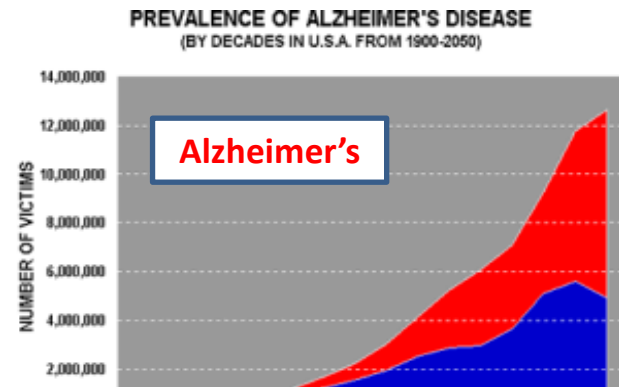
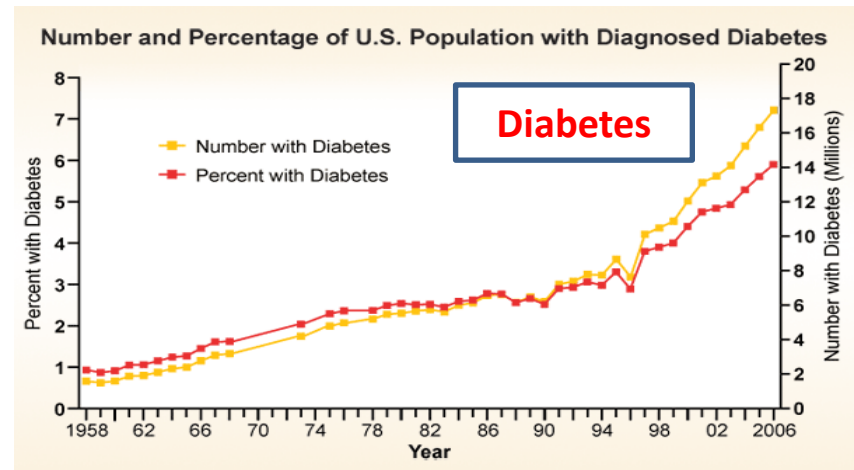
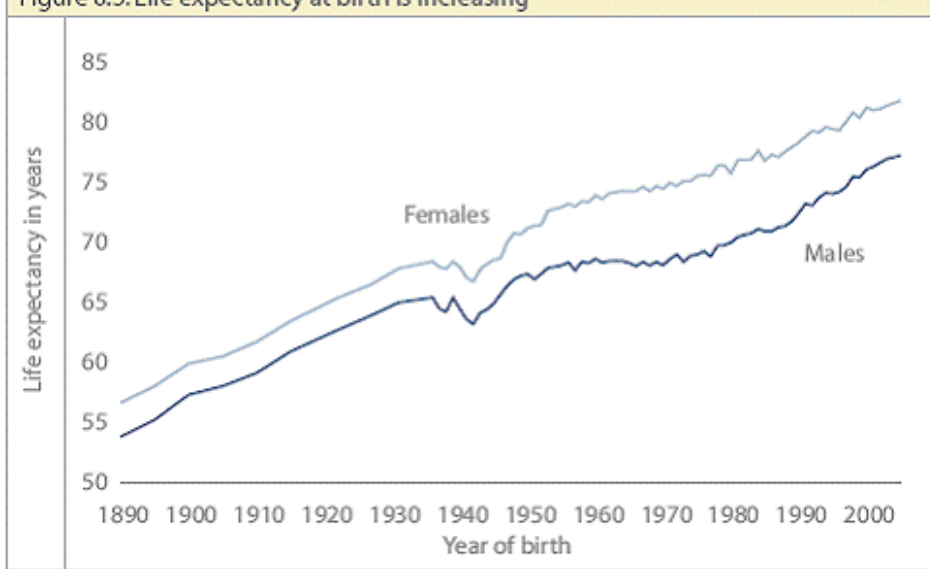


Senior adulthood

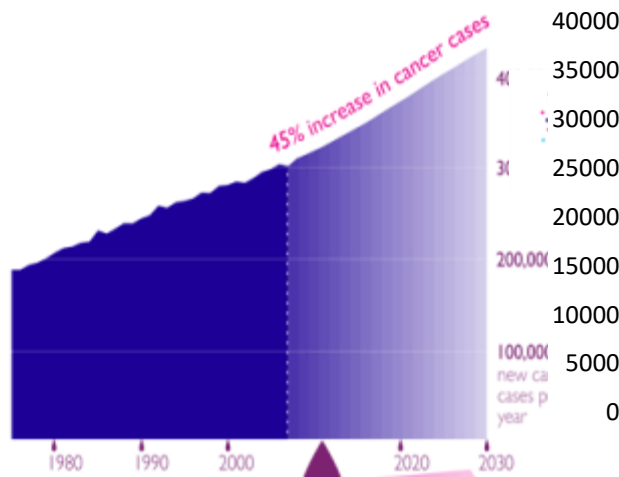


- Now more illnesses and ageing problems
- **Sadly –**
- Good Health is no longer our right
- We are living longer than ever before
- But the number of diseases is rising

Figure 8.3: Life expectancy at birth is increasing



Cancer cases



Angina patients

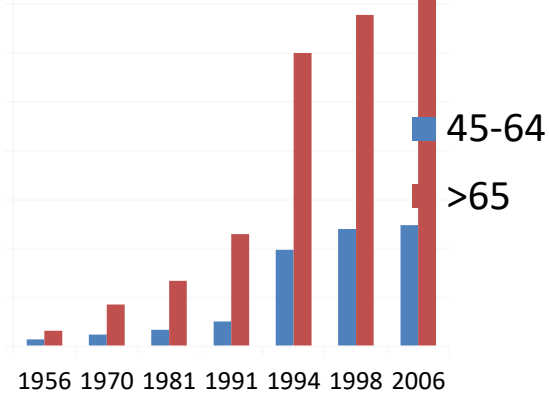
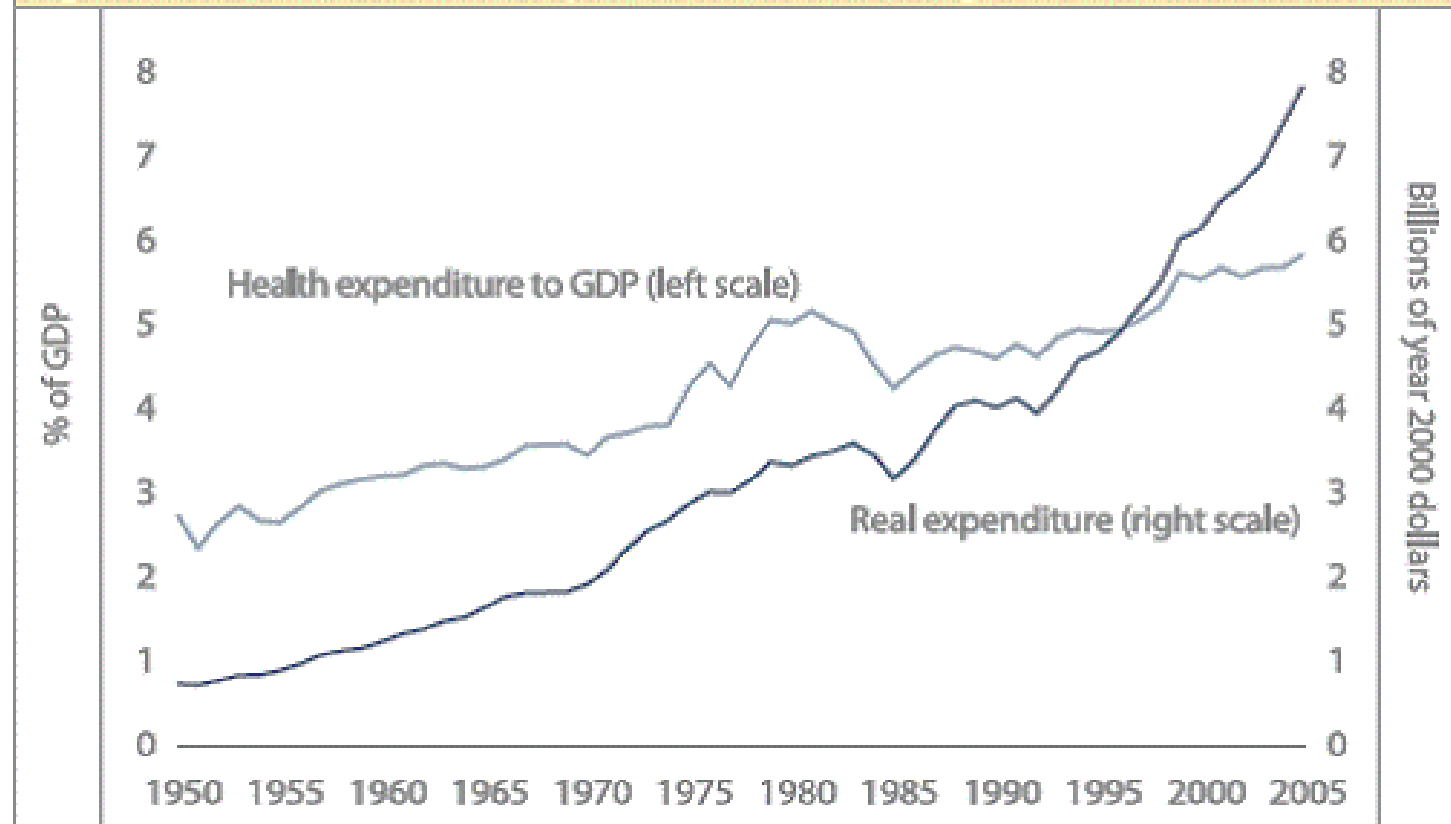


Figure 6.1: Government health expenditure has been rising since 1950



Too many people are “living too short – and dying too long”
Our countries cannot afford it!

Cancer

- No smoking, limit alcohol
- Regular exercise
- Avoid toxins and radiation
- Good diet (organic if possible)
- Supplements – 1, 2 and 3 PLUS
Selenium, vitamin D
Cucumin



Heart disease

Similar to cancer plus:

- No smoking, limit alcohol
- Regular exercise
- Avoid toxins and radiation
- Good diet (organic if possible)
- Supplements – 1, 2 and 3 PLUS Selenium, vitamin D
- Coenzyme Q10,

Diabetes

Ditto - Similar to cancer plus:

- No smoking, limit alcohol
- Regular exercise
- Avoid toxins and radiation
- Good diet (organic if possible)
- Supplements – 1, 2 and 3 PLUS Selenium, vitamin D
- Coenzyme Q10,

Immune Diseases & Inflammation

Ditto Similar to cancer plus:

- No smoking, limit alcohol
- Regular exercise
- Avoid toxins and radiation
- Good diet (organic if possible)
- Supplements – 1, 2 and 3 PLUS
Selenium, vitamin D
- Coenzyme Q10, Grapeseed extracts, probiotics

Digestive issues

Ditto Similar to cancer plus:

- No smoking, limit alcohol
- Regular exercise
- Avoid toxins and radiation
- Good diet (organic if possible)
- Supplements – 1, 2 and 3 PLUS
Selenium, vitamin D
- Coenzyme Q10, Grapeseed extracts, probiotics

Arthritis and osteoporosis

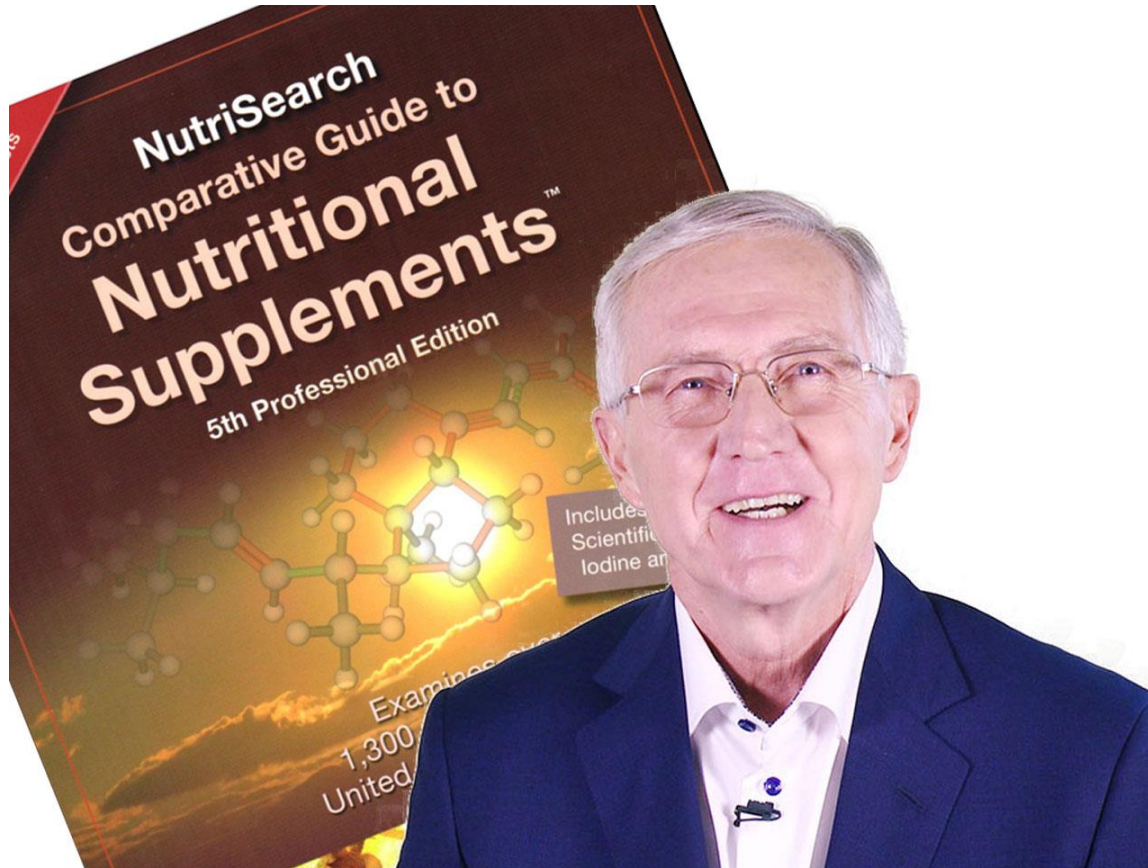
Ditto Similar to cancer plus:

- No smoking, limit alcohol
- Regular exercise
- Avoid toxins and radiation
- Good diet (organic if possible)
- Supplements – 1, 2 and 3 PLUS
Selenium, vitamin D
- Glucosamine and grapeseed extract

Old age ? necessary



Which supplements should you use?



Comparative Guide to Nutritional supplements

Completeness

Potency

Mineral forms

Vitamin E forms

Immune support

Antioxidant support

Bone Health

Heart Health

Liver- detox

Metabolic health

Ocular support

Methylation support

Lipotropic factors

Inflammation control

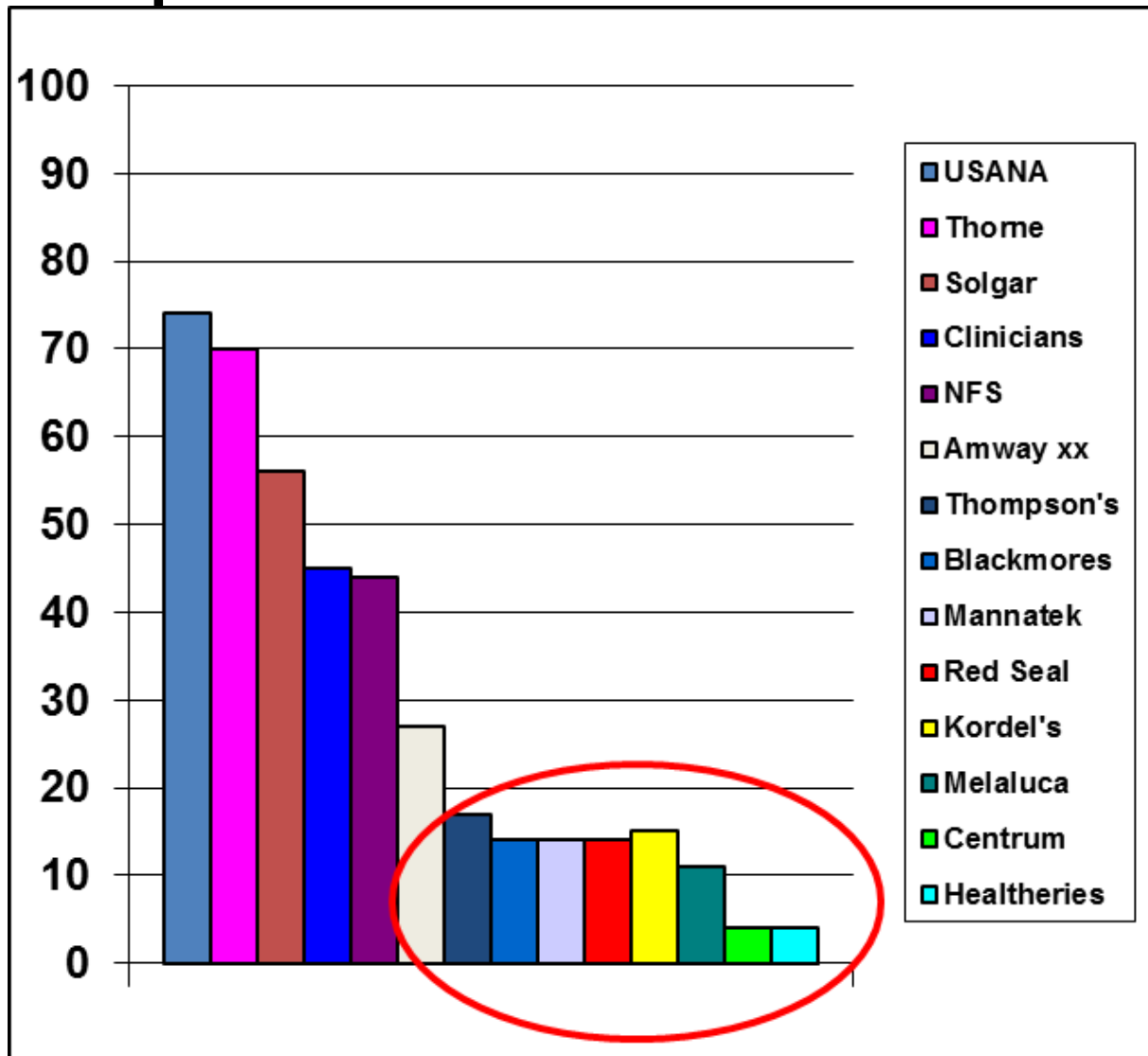
Glycation control

Bioflavanoid Profile

Phenolic Compounds

Potential toxicities

Graph from McWilliam's book



With balanced lifestyle, good food
and supplement correctly

we can improve our health,
our energy levels, sleep,
our mental and general wellbeing
into old age!



Often can reduce medications as the body improves

More energy helps improve other areas of life –
exercise, better eating, plan for less stress!

At every stage of life

- Good food
- Quality supplementation
- Exercise
- Less stress
- Fun and laughter
- Quality sleep
- No smoking and moderate alcohol

