
womens health center Endocrine Function and Magnesium

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Endocrine Function and Magnesium Menopause and Premenstrual Syndrome

[_http://www.thenhf.com/articles_315.htm_](http://www.thenhf.com/articles_315.htm) (http://www.thenhf.com/articles_315.htm) by Mark Sircus Ac., OMD Director International Medical Veritas Association [_www.MagnesiumForLife.com_](http://www.MagnesiumForLife.com) (<http://www.magnesiumforlife.com/>) Every day the same type of conversation takes place between women going through menopause and their doctors. Afterwards doctors usually write out prescriptions for estrogen pills or patches, saying they will replace the hormones that a woman's body ought to be making. The doctor promises these medicines will cure her hot flashes, slow her bone loss, and reduce her risk of a heart attack. Unfortunately we find out: The risk of having a blood clot was close to 30 percent more for a woman on estrogen vs. not on estrogen. Dr. J. David Curb Estrogen therapy appears to increase the risk of blood clots in the veins of postmenopausal women who have had their uterus removed. These latest results from the Women's Health Initiative (WHI) were unexpected, even to the study's lead author. It surprised us all how few benefits have come out of this and how many negatives, said Dr. J. David Curb, a professor of geriatric medicine at the University of Hawaii. The study appeared in the April 10, 2006 issue of the Archives of Internal Medicine. These same women ask if the pills cause cancer. The doctor acknowledges that there is an increased risk of uterine and breast cancer, but argues that the benefits to the heart and bones are worth taking the chance. Of course there is concern about other risks from these medications like strokes and water retention, among others. Like animals lured into a snare by a trail of crumbs, women have been cajoled with scientific studies, media advertising, patient hand books and drug samples to accept Hormone Replacement Therapy as a magic potion. Sherill Sellman Hormone Replacement Therapy (HRT) does not do justice to the finely tuned hormone system that operates throughout a woman's life. In reality, hormone levels may begin to change in the 30s, as a woman enters a period called perimenopause. In the decades leading up to menopause, small hormonal imbalances can exist, so by the time menopause sets in, a woman may have already experienced close to 20 years of hormonal imbalance. Hormone replacement actually can cause the body to slow down the production of its own natural hormones, including melatonin, DHEA, progesterone and human growth hormone. HRT does not treat the cause of any problem, it only addresses

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