

Hormone Balancing Call with Cheri Swanson CNC

Amounts suggested reflect amounts that other people have reported to be beneficial. It is not meant to be prescriptive in any way. All suggestions in this document should be approved by individual's physician.

What if symptoms that plague 40 to 60 year old women is estrogen excess? What if the real physiological problems are being misdiagnosed or misunderstood? What if PMS and Menopause are not disorders? What if menopause is a time when a lifetime of environmental toxicities, poor nutrition and stressful lifestyle finally take their toll

PMS and Menopause complications are not normal occurrences. They happen because the body is out of balance. In many 3rd world countries these symptoms of menopause and PMS are not known.

Rather than treat it as a problem that your body doesn't work right, we need to get to the core of the problem.

Why Women are So Often Estrogen Dominant?

1. **Soft plastic water bottles** contribute greatly to this. Leave plastic in a warm car, it tastes like plastic. These are exoestrogens. Like pouring kerosene on a fire in terms of putting a woman's hormones out of balance. Feels contributes greatly to breast cancer.

2. In the 1960's breast cancer was at a lower rate. Women took **birth control** up to age 35. There were no prescriptions given beyond that age. Now women are encouraged to take the pill to menopause. Cheri feels that exposing the breast to a lot of estrogen constantly isn't a good idea.

3. **Pesticide and HRT** are estrogen mimics as well. Need to look at what we clean our homes with.

Dr. Alfred Vann: It is not big business fouling our water, it is the washing machines in our homes. Standing in your home is more toxic than standing on the freeway. Laundry soaps that say biodegradable but at the bottom it says 85 are toxic.

Our vendor's [Cleaning and Laundry](#) products are free of these toxins, economical and actually clean well.

Role of Diet and Hormones

Non- Foods contribute greatly to hormone imbalances. People are confused about what to eat. Look at people's grocery carts and often will find no food at all. Do a food diary and become aware of how you eat. Looking for a carrot, an apple. Often find nothing fresh in the diet.

Splenda and nutrasweet are problems. To make these products they attached a chlorine molecule to it and that isn't good for you. Shrunken thymus. Go to www.mercola.com that tells you 10 symptoms of using this. Good data backed up on his site.

Difference between soy and whey. Is one better than other? Does soy cause breast cancer?

Cheri is very leary of 99% of soy protein because it is heated above 82 degrees. Turns into something else. On top of that most soys are washed with alcohol vs. water. This dehydrates the bean before it is heated. The soy should not be GMO or sprayed with pesticides.

A [healthy soy](#) like our vendor's brand, which is processed at low heat, water washed, non GMO and contains no pesticides will actually cut off the blood supply to tumors and this is now in print. This type of soy is then alkaline producing in the body. **Not being alkaline is a huge problem with Americans.** Meat, sugar, and dairy are acid producing. Most people are 90 percent acid and odd cells live best in an acid environment. Need to eat fruits and veggies which are alkaline producing.

Cheri's issue with whey is it is so processed. Whey used to be thrown away because clogged the drains on the farm. It is the liquid part of cottage cheese. Not sure how useful it actually is?

Belly Fat- is there a connection to hormones?

Cheri believes it sometimes is hormonal, sometimes stress related and sometimes both. Look at the stress part first. When we have stress constantly and the adrenals drip cortisol, it opens up the body to disorder and disease. Also gain weight! Try to address that first.

Exercising daily may be necessary for boosting metabolism.

What dietary things do we do that flog our adrenals and what choices can we make to relieve that.

1. Eliminate healthy protein bars for meals. No bar replaces real food. Feels it is a big contributor.
2. Skipping meals- fake it until 2:00 p.m. and then people eat until they go to bed to try and make up for it.
3. Six small meals would be ideal. Hard to do. But can eat at least 3 times a day and by the clock not by how I feel. Body knows that and keeps the metabolism from slowing down and less stress to the body.

Mood Swings and Depression

1. Get the blood sugar stable. Every 3 to 4 hours must have a good protein source with adequate fruits and veggies along with it. This is the cardinal law.

- Everything else falls into place. Eat by the clock not how you feel. By the time you feel hungry it is too late. If wait to eat until hungry you overeat.
2. Sprouted grains, quinoa, red potatoes never russet, brown rice
 3. Have some form of complex starch with dinner to satisfy cravings for sugar.
 4. [Soy Protein](#) once a day, [B Complex](#) and [Multi vitamin](#) can make a huge difference for people.

Constipation, gas and bloating. Do Hormones play a role.

Do not forget that enzyme deficiencies are often an issue. Remember half of digestion is in the intestinal tract. Address the enzymes first and then ascertain if have a lazy bowel. Can be hormonal but need to look at this first.

Need a simple [mild digestive enzyme](#). If too strong can cause problems for people and make them sick.

Headaches and hormones: Especially if before period or mid cycle.

Headaches are a Pandora's box. Can be different for each person. If hormonally induced migraines make sure not taking birth control or hormone replacement therapy.

Supplements to balance hormones and reduce symptoms of headaches, bloating, mood swings, mild depression, fatigue, hot flashes, etc.

Why Cheri Recommends Our Vendor

1. Half of Cheri's clients are cancer patients. Because of physician questions has to be sure products are double blind placebo tested. So know when swallow something can tell them 100 percent that that is what is going to happen.
2. Not an acid forming product. Very important for cancer patients
3. See the difference in people's actual blood work that things are changing and is assimilation into the blood stream.

**Basic Hormone Balancing Program in order of Priority
Busy Female Program; Simple and doable financially and physically**

[Shaklee Vitalizer](#)- Multiple, B, C and E.

[B Complex](#)- adding extra B and Calcium will **eliminate PMS symptoms** a week before the period.

[Instant Soy Mix or Energizing Soy](#)- raw protein.

[Cor Energy](#): it adds oxygen into the blood. Funny cells don't like oxygen.

Additional Products of Benefit

Omega 3 fatty acids are anti inflammatory and prevent blood from clotting in an abnormal way. Can **eliminate hormonal migraines**.

Omega 3 and GLA

Use GLA if can't afford both. GLA **gets rid of hot flashes**. People with M.S. use this and have no symptoms of M.S. **3 to 1 ratio of EPA to GLA**.

Stress Relief for **belly fat and stress**.

Menopause Balancing Complex for **people in their 30 and 40's** . Can be used different ways.

Chewable Vita Cal is great for **back spasms**. Need to drink enough water.

Trouble sleeping that is hormonal can be helped by the **Menopause Balancing Complex** and **Menopause Cooling Lotion**.

The **Gentle Sleep** and **Stress Relief Complex** help **sleep and night sweats**. The Gentle Sleep works on the autonomic system and stress relief works on the adrenal glands.

Osteomatrix can help with **twitching legs and cramping legs**.

Performance hydration beverage can help with **cramping**. Replaces lost electrolytes.