

Top Ten Tips for Women

At VitaCare, we are always looking to give our patients and community top tips for getting and staying healthy. At the beginning of January, we gave you our doctors' top five. Here are an additional ten to incorporate into your lives.

1. **Eat foods that contain phytoestrogens.** These are plant molecules that resemble the estrogen found in your body. These molecules can act as weak estrogens in the body, fitting in the estrogen receptor sites on cells. This can result in blocking the stronger foreign estrogens (from animal products, plastics, etc.) and the endogenous estrogens like estradiol and estrone. The stronger estrogens can increase the risk of fibroids, endometriosis, and breast cancer. Phytoestrogens can decrease the symptoms of PMS, menopause, and osteoporosis. In men phytoestrogens can decrease the risk of prostate cancer. Some foods that contain these substances include ground flax, pumpkin seeds, tofu and soy products, and sprouts (soybean, clover, yellow pea, green lentil, chickpea, mung bean, and adzuki).
2. **Eat foods from the brassica family.** These foods contain natural substances that decrease the likelihood of breast cancer and stimulate liver detoxification of estrogen and all kinds of toxins. Members of this family include: cabbage, Brussels sprouts, cauliflower, broccoli, Bok choy, kale, kohlrabi, turnips, radish, watercress, and collards.
3. **Work with your naturopathic physician to design a detoxification program that you can implement once or twice a year.** This can boost the immune system, decrease allergies, improve energy, improve mental clarity, and prevent different chronic degenerative diseases like cancer.
4. **Ask your naturopathic doctor [if BHRT is right for you](#).** If you are suffering from the symptoms of menopause in spite of eating foods high in phytoestrogens and utilizing herbal medicine, then consider bio-identical hormone replacement therapy. These natural estrogens and progesterone are compounded by special pharmacies, take care of menopausal symptoms, and are very safe.
5. **Supplement with vitamin D3.** This important vitamin regulates the mineral balance of calcium and phosphorus. Getting enough of this vitamin can prevent osteoporosis. D3 has been shown to be an important regulator of the immune system, strengthening a

weak immune system to prevent infections, and calming it down if it is hyperactive as in allergies and autoimmunity. Finally, D3 also regulates cell division, decreasing the risk of cancer and skin disorders like eczema and psoriasis.

6. **Do resistance exercises to maintain strength and muscle mass.** Keeping more muscle than fat on the body can keep the metabolic rate up (more fat burning), improve aerobic capacity, decreases blood glucose and insulin, and increases high-density lipoproteins (decrease the risk of cardiovascular disease).
7. **Increase your glutathione levels.** Glutathione is the most important antioxidant in the body. Glutathione decreases cellular inflammation (basis of many degenerative diseases), boosts the immune system (prevents cancer), and quenches free radicals and recycles other antioxidants in the body. A deficiency of glutathione has been implicated in over 70 different disorders and diseases. [Talk to your naturopathic physician to find out if it is appropriate for you.](#)
8. **Incorporate more laughter into your life.** Laughter confers more benefits than some of the strongest medicines. Some benefits include: lowers stress hormones, boosts the immunity, decreases pain, relaxes the muscles, prevents heart disease, decreases anxiety, improves moods, strengthens social bonds and relationships, increases happiness, and so much more. Unlike most drugs, laughter has no negative side effects.
9. **Take the Test!** We have created several questionnaires that pinpoint and inform our doctors about imbalances in your hormone levels. They are the first step in determining [if your symptoms are caused by thyroid issues](#), or adrenal or reproductive hormone imbalances. We have put two of these questionnaires on our website, take the test and [if you feel your hormones could be part of your health issues](#), give the clinic a call and book an appointment!
10. **Focus on Self Care:** No one else will do it for you and if you aren't in top form for work, family or friends, you won't be in top form for yourself. Need a little skin care help? Doing a cleanse? Want a body rebalance? Resolved to get your health and energy back? We have practitioners and physicians with the experience and therapies to help, from speciality skin care products, facial acupuncture and botox to colon hydrotherapy, IV therapy, injections and osteopathic therapy. [Our doctors are fully licensed to prescribe pharmaceuticals and have access to an array of informative tests.](#)