

Nutrition for Women's Health

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The Tree of Health:

Your health is like a tree with symptoms attached to different branches, symptoms like:

- Lack of energy
- Mood swings
- Headaches
- Weight gain
- Period problems
- Bloating
- Skin problems
- Etc.

Theoretically, all these different problems could be treated separately (as they are in conventional medicine). You could be given painkillers to treat the headaches, the Pill to regulate the cycles, antibiotics for you acne and so on. But this is only treating the symptoms; it is not treating the underlying cause of the problem. As soon as you stop any of the medication, the problem you took the drug for comes back.

But beneath the tree are the roots, which feed and nourish it. The nourishment it gets determines how well the leaves on the branches grow and blossom. If you change the underlying cause many symptoms drop away without even being dealt with specifically. And once the tree is healthy it only needs maintenance to keep it that way. Food supplements are a good way to help maintain the general health of your body. You may ask, "Why do I need these, don't I get everything from my diet?" Unfortunately, the answer nowadays is no.

What You Should Eat

Good nutrition is the foundation of your health and you are what you eat, so it is important that your food contains the right ingredients to keep you balanced and also to work on prevention.

The well-balanced diet unfortunately is a myth. You simply do not get all the nutrients you need from your food. This was confirmed from a National Food Survey

conducted in 1995 and found that the average person in Britain is grossly deficient in 6 out of the 8 vitamins and minerals surveyed. Less than 1 in 10 people receive the RDA (Recommended Daily Allowance) for zinc, which is the most important mineral for female hormone problems.

You need to supplement your diet because even with all the good intentions in the world it is hard nowadays to get all the nutrients needed just from the food you eat. For instance, our intake of selenium, 34mcg per day is now only half the amount it was in our daily diet 25 years ago. This amount is half the minimum 75mcg a day recommended for men and 60 mcg recommended for women.

You can also be deficient in certain nutrients if you have been dieting for a number of years, either restricting your food intake or trying different diet drinks and/or pills, you could well be deficient in a number of vitamins and minerals.

Summary:

Whatever your condition, whether you have specific symptoms now or you are just wanting to maintain and protect your health, following the advice below will help your health to improve and help you to live a healthy symptom-free life.

How to Stay Healthy

- 1. Eat plenty of fruit and vegetables**
- 2. Eat complex carbohydrates – whole grains like brown rice, oats and wholemeal bread**
- 3. Buy organic foods where possible**
- 4. Eat phytoestrogens, found in beans such as lentils, chickpeas and soya products**
- 5. Drink plenty of fluids especially spring or filtered water**
- 6. Eat oily foods including fish, nuts, seeds and oils**
- 7. Increase your intake of fibre**
- 8. Avoid additives, preservatives and chemicals like artificial sweeteners**
- 9. Reduce your intake of caffeine**
- 10. Reduce alcohol**
- 11. Reduce your intake of saturated fat from dairy products, etc.**
- 12. Avoid sugar on its own or hidden in foods**

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