

### CHEMICALS IN EVERYDAY PRODUCTS ARE DETRIMENTAL TO MALE REPRODUCTIVE HEALTH



By Dr. Bo M. Nielsen

Are you pregnant? If so, do you know that many of the products you use every day contain harmful chemicals that are detrimental to the reproductive health of boys?

#### Testicular Dysgenesis Syndrome on the increase

Testicular Dysgenesis Syndrome (TDS) is a group of male reproductive health disorders that scientists believe originate during development in the uterus. These disorder include:

- Undescended testicles (one or both testicles do not move down into the scrotum before birth).
- Malformations of the penis.
- Low sperm count.
- Testicular cancer.

Since World War II, TDS has doubled in many western countries and

researchers say it is exposure to chemical pollutants, which interfere with hormones that accounts for this increase. In other words, male reproductive development is disrupted in the mother's womb due to her exposure to chemicals that appear to interfere with the foetus's hormones, in particular testosterone. Testosterone plays a major role in reproductive development, such as the formation of the penis and ensuring the testicles descend into the scrotum.

#### Which chemicals endanger male reproductive health?

A recent scientific review by the Medical Research Council has found the following chemicals affect or disrupt sex hormones, such as testosterone.

#### Phthalates:

Can be found in plastics, vinyl flooring, personal care products, children's toys, shower curtains, detergents and food products.

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#### Parabens:

Found in personal care products such as shampoos, moisturisers, sunscreen lotions and toothpaste.

#### Triclosan:

Is an anti-bacterial and anti-fungal chemical found in deodorants, mouthwash, cleaning supplies, soaps and toothpaste.

#### Bisphenol A:

Used in babies' bottles and water bottles, medical and dental devices, dental fillings, sports equipment, tin can linings and household electronics.

#### Pesticides:

Many pesticides including pyrethroids, linuron, vinclozolin, clorpyrifos-methyl, prochloraz, procymidone and fenitrothion.

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Doctor's Natural Super Chlorella.



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## Minimise your exposure to chemicals

In this day and age it is virtually impossible to avoid all chemical pollutants but you can minimise your exposure significantly. Scientists say it is the number of chemicals you are exposed to and their accumulation over time that is detrimental to your health. So, the fewer chemicals you are exposed to, the less damage you are doing to yourself and if you are

pregnant, to your baby as well.

Simple things like using natural, fragrance-free cleaning products and personal care products, storing food in glass containers, eating organic non-processed foods and putting filters on taps can go a long way in protecting your health.

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## EASE MENOPAUSE SYMPTOMS NATURALLY WITH BLACK COHOSH

By Birgitte M. Nielsen, Nutrition Advisor

Are you fed up of hot flashes, night sweats, insomnia and depression? If hormone replacement therapy is not your thing and you want a natural and safe alternative to treat your menopause symptoms, black cohosh may be the answer.

Going through menopause can be daunting; hot flashes, mood swings, water retention, low sexual drive, fatigue, depression and insomnia (made worse by night sweats) is a lot to put up with. Menopause is an inevitable natural process but that doesn't mean you should suffer with the bothersome symptoms. What are your options?

### Phyto-oestrogens versus hormone replacement therapy

One alternative, which fortunately is losing popularity as women are seeking more information, is hormone replacement therapy (HRT). HRT consists of a group of pharmaceutical treatments intended to synthetically enhance hormone levels and counteract menopause symptoms. The problem is HRT has been shown in many studies to cause certain types of cancer, particularly breast cancer, as well as increase the risk of cerebral haemorrhage and stroke, not to mention a host of unpleasant side effects.

*Why would you even consider HRT when you could take phyto-oestrogens that are just as effective at easing menopause symptoms AND have no side effects. Phyto-oestrogens are natural plant-based substances that have oestrogen-like effects. The most researched phyto-oestrogens today are isoflavones, found in red clover (*trifolium pratense*) and black cohosh (*cimicifuga racemosa*). These phyto-oestrogens are contained in Doctor's Natural menopause supplement, Femivital.*



### BLACK COHOSH AND RED CLOVER EASE MENOPAUSE SYMPTOMS

#### Background information:

50 pre and postmenopausal women aged 44 to 65 years participated in a randomised, double-blind, placebo-controlled study. One group received various standardised extracts of phyto nutrients including black cohosh and red clover.

#### Results:

The women taking the phyto nutrients experienced a 73% reduction in hot flashes (in 47% of women hot flashes stopped completely), a 69% reduction in night sweats and a significant improvement in quality of sleep.

## MACA ENHANCES SEXUAL HEALTH

### What is maca?

*Lepidium peruvianum* or *Lepidium meyenii*, commonly referred to as maca, is a root vegetable that has been harvested as far back as the Inca civilisation in the high Andean plateaus of Peru and Bolivia. Many historians believe that maca's positive effects on sexual health were known centuries ago by the Inca. Today, scientific studies are discovering that the fabled strength and virility of the Inca may be much more than just a myth.

### Sexual health heightened with maca

Numerous studies have documented the beneficial effects of maca on sexual health for both women and men:

- **Maca improves well-being and sexual performance:** In a 2009 study, men with mild erectile dysfunction (impotence) who took maca supplements experienced a significant improvement in well-being and sexual performance. In another study, maca supplements

were associated with a significant improvement in libido.

- **Maca increases sperm count:** A study published in *Fertility Sterility* found that maca improved sperm production and motility.

- **Maca reduces enlarged prostate:** In mice, maca was able to reduce enlarged prostate by 1.59 times.

- **Maca eases sexual dysfunction in postmenopausal women:** A 2006 study found that maca reduces psychological symptoms associated with sexual dysfunction in postmenopausal women, such as anxiety and depression.

- **Maca may protect against osteoporosis:** A study done on rats revealed that maca can prevent bone loss due to a lack of oestrogen.

#### References:

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## LOW VITAMIN D LEVELS ARE ASSOCIATED WITH VAGINAL INFECTION

Here is another reason to up your vitamin D: low vitamin D levels are linked to bacterial vaginosis, a vaginal infection that if present during pregnancy could put your baby at risk.

### What is bacterial vaginosis?

The most common vaginal infection in childbearing-aged women, bacterial vaginosis (BV), is according to the Centers for Disease Control and Prevention (CDC), when the normal balance of vaginal bacteria is disrupted and replaced by the overgrowth of other bacteria.

BV is common in pregnant women and can cause health risks to the baby such as premature birth and low birth weight. Additionally, BV can increase the risk of pelvic inflammatory disease, which in turn can cause infertility or ectopic pregnancy - a life-threatening con-

dition in which the fertilised egg grows outside the uterus, generally in the fallopian tube.

### The link between vitamin D and BV

A new study published in the *Journal of Nutritional Epidemiology* has found a link between low levels of vitamin D and BV incidence. According to the researchers as many as 93% of the pregnant women with BV participating in the study had low levels of vitamin D. Also, as vitamin D blood levels increases, the prevalence of BV decreased suggesting a strong inverse link.

Although the mechanism behind

how vitamin D achieves this is not yet known, researchers believe that vitamin D may positively influence the immune system by regulating antimicrobial compounds.

#### References:

Bodnar, L.M. & all. "Maternal vitamin D deficiency is associated with bacterial vaginosis in the first trimester of pregnancy." *Journal of Nutritional Epidemiology*. June 2009.  
Centers for Disease Control and Prevention (CDC): [www.cdc.gov](http://www.cdc.gov)



# DRINKING TOO MUCH COLA WILL DAMAGE YOUR HEALTH

By Hala Sati, Editor

**Do you regularly catch yourself gulping down on one cola after another? If so, you could be seriously compromising your health. Cola drinks damage your muscles, teeth and bones and increase your risk of developing many illnesses**

According to a study published in the International Journal of Clinical Practice, 82.5 litres per person of soft drinks were consumed worldwide in 2007. By 2012 this number is expected to increase to 95 litres per person per year. What's worrying is that studies are revealing the gruesome truth about cola and most soda drinks: they can seriously damage your health.

## Cola causes muscle weakness and paralysis

Numerous studies have determined that excessive cola consumption (more than two litres per day) leads to muscle weakness and even paralysis. This happens because the high concentrations of glucose, fructose and caffeine contained in cola drinks causes potassium levels to plummet, a condition known as hypokalaemia. Potassium is vital for, among other things, regulating the activity of our muscles. Hypokalaemia can be very serious and increase the risk of heart attack and stroke in high-risk people such as those with heart failure or hypertension.

In one case, an Australian ostrich farmer developed sudden and severe muscle weakness accompanied by difficulty in breathing caused by lung paralysis. It was later discovered that he had been drinking four litres of cola per day for three years. When the man drastically reduced his cola intake, his potassium levels normalised, his

muscle weakness improved and he made a full recovery.

## Cola increases osteoporosis risk

A study published in the American Journal of Clinical Nutrition shows that women who regularly consume cola drinks have lower hip bone mineral density. Scientists suggest this may be so because phosphoric acid, a cola ingredient, may increase acidity levels in the blood. To compensate for this acidity, calcium is removed from the bones and placed in blood.

## Cola drinks are linked to many health conditions

If that's not bad enough, more and more studies are linking cola to a multitude of health conditions such as:

- Metabolic syndrome
- Obesity
- Type 2 diabetes
- Tooth decay
- Gout
- Gastroesophageal reflux disease
- Vitamin C deficiency
- Chronic kidney disease



- Secondary hyperparathyroidism
- Oesophageal perforation
- Tongue erosions
- Electrolyte imbalances
- Gastritis

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