



Our Patient's Testimonial: Menopausal Symptoms

I had suffered insomnia for approximately 6 years. During which time I slept 2-3 hours on a good night, while working 30-40 hours a week. I then developed menopausal symptoms that together with the insomnia became unbearable. I was on several different medication and was having to go from one specialist to the next, and eventually found that I was getting worse. In the 3 months that I have been taking homeopathy it has made a tremendous difference in my life. I no longer suffer from insomnia, or menopausal symptoms. In addition, I no longer feel the aches and pains of fibromyalgia that I was diagnosed with. -Sylvia.



Homeopathy Care, LLC

2001 W. Camelback Rd.
Suite #150 Phoenix, AZ 85015
480-626-8485

www.MyArizonaHomeopathy.com



Hormone Replacement Therapy

Hot flashes, night sweats, anxiety, and insomnia are a few of the symptoms of surgically menopausal, perimenopausal and postmenopausal women. HRT is a system of medical treatment prescribed by allopathic medical doctors to improve these symptoms. It is based on the assumption that it may prevent discomfort and health problems caused by diminished circulating estrogen and progesterone hormones. The treatment involves a series of drugs designed to artificially boost hormone levels. The main types of hormones involved are estrogens, progesterone or progestins, and sometimes testosterone.

In July 2002, the National Institutes of Health reported that hormone replacement therapy actually posed more health risks than benefits for women. Women with their uterus, taking the combination estrogen and progestin (Prempro), increased their risk of Heart disease, blood clots, stroke (by 31%), dementia, mammography abnormalities, and breast cancer (5% - 6% with each year of use. i.e. if you took HRT for three years, your risk of breast cancer would be 15% to 18% higher than before you took HRT). Women without their uterus, taking estrogen alone (Premarin) increased their risk of stroke, mammography abnormalities, and breast cancer (about 1% to 3% per each year of use). Similarly in 2003 the researchers estimate that more than 20,000 cases of breast cancer over the last decade are owing to HRT.

As the number of health hazards attributed to HRT grow, women are considering other alternatives, including Homeopathy.

The conventional view of the menopause is that it is a disease that needs to be treated. By replacing the 'lost' hormones, using HRT in the form of pills, patches or creams.

According to homeopathy menopause is a natural occurrence rather than a disease. Women may seek out natural ways to gently rebalance their systems rather than take strong prescription medications.

Homeopathy, as a holistic form of medicine, has been used for close to 200 years to treat women with hot flashes and other menopausal symptoms. Hormonal imbalances also respond very well to homeopathic treatment. The homeopathic approach takes into account a woman's totality of symptoms and each person is treated as an individual. This is the process by which we select and administer a woman's own constitutional remedy based on her physical, mental and emotional effects of the menopause. How you feel, your personality and how you respond to your environment, are important too. All these factors go into the melting pot allowing us to find the right remedy for you. This remedy, in turn would improve all the symptoms of hot flashes, palpitations, depression, potential bone loss, etc. while addressing the underlying hormone imbalances. Natural therapy like Homeopathy is the safest method of treatment available today. It strengthens the body's vital defenses and in the emotional aspect, it restores and enhances self-awareness and well being.

Another important thing to note is that, in Classical homeopathy, we avoid giving multiple remedies simultaneously. As well, a second dose is not used until the first has ceased to act. Once the body begins to heal, no more remedies are given or

should be taken.

For additional information regarding menopausal symptoms and women's health, Homeopathy Care will be hosting a seminar at Cholla Branch Library, Saturday Nov 17th at 2 p.m. for patients, their families and friends.

Homeopathy



Women's Health Seminar
Menopausal Symptoms • Insomnia
Depression • High Blood Pressure

R.S.V.P. : 480 • 626 • 8485

Sat., Nov. 17th • 2:00p.m.

Cholla Branch Library (off of I-17)

Presented by: Faculty Member of the **American Medical College of Homeopathy**

About the Author:

Ben Ta'ati H.M.A., M.S.A. is a faculty member of the American Medical College of Homeopathy and has given many lectures on Classical Homeopathy to various groups and organizations. With years of experience in this field he has helped many patients who have suffered from a variety of ailments such as: Depression, Anxiety, Insomnia, High Blood Pressure, Ear Infection, Colic, Digestive Problems, Glaucoma, Psoriasis, Urinary Tract Infection, Migraine Headaches, Allergies,... while using the latest technological and clinical advancements in the field of Classical Homeopathy. He is always available to answer any questions that you may have: Ben@MyArizonaHomeopathy.com

