

Nutrition: Complementary & Alternative Choices

Women's Health Recommendations

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Essential fatty acids have a wide variety of actions, and are indicated and included in all of the Protocols especially the ones for women that are discussed here:

- A Basic Protocol
 - Dysmenorrhea and PMS
 - Pregnant and lactating women (AKA "for Mothers")
 - Osteoporosis
 - Sports Performance and Injuries
 - Urinary Tract infections (UTI), Cystitis
- See also my article "Complications of Hormone Replacement Therapy"

Hormones

Hormones are involved in all phases of a woman's life - from birth through adolescence, to normal healthy aging. This includes general health, beauty, and reproductive health. Their excesses and imbalances are involved in most major problems that affect women.

There are lipid and phospholipid-derived hormones that derive from lipids such as linoleic acid, arachidonic acid and phospholipids. The main classes are the steroid hormones that come from cholesterol and the eicosanoids. Examples of steroid hormones are testosterone and cortisol. Sterol hormones such as calcitriol are a homologous system. The adrenal cortex and the gonads are primary sources of steroid hormones. Examples of eicosanoids are the widely studied prostaglandins.

Two major classes of these hormones are the steroids and the eicosanoids. The steroids are derived from cholesterol, which can either be present in the diet or can be made by the body. Cortisone and aldosterone are good examples of these hormones, which are primarily made in the adrenal glands. Another important family of these hormones includes testosterone, estrogen and progesterone. These are made primarily in the ovaries or testicles.

The eicosanoids are derived from essential fatty acids (EFAs), which must be consumed in the diet. They cannot be made in the body from other lipids. Examples are the prostaglandin ones and prostaglandin 2s, which are derived from the omega 6 family of EFAs. Prostaglandin 3s are derived from the omega 3 series of EFA (fish oil).

These vital hormones must be made by the body. This is why my basic protocol is so important. At the top of the list are the essential fatty acids (again, essential because the body cannot make them). **Opti-PUFA** (essential long chain PolyUnsaturated Fatty Acids) provides the preformed prostaglandin precursors of Gamma Linoleic Acid (GLA), Stearidonic Acid (SDA), Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA). **Opti-Vites** provides the vitamins and minerals that the body must have to convert these precursors to their active hormones. In addition, these precursors play a vital role in controlling the inflammatory process, which also is involved in many health problems that women have.

Other Important Prostaglandin Effects

Prostaglandins are required for pregnancy and onset of labor. They make up a large proportion of the fetal brain and a large portion of the functional components of the developing eye of the fetus.

Prostaglandins play an important role in the prevention of atherosclerosis. This action makes them extremely important in the prevention of heart disease. Many studies indicate that prostaglandins are important in the inhibition of many types of cancer.

The brain, which is largely made up of these EFAs, relies on these eicosanoids for all of its essential functions. Studies are leading some of us to believe that one essential fatty acid, EPA, delays the onset and/or improves senile dementia and Alzheimer's disease. EFAs improve all types of Inflammatory Bowel Disease. Hundreds of studies show their effectiveness in the treatment of arthritis and other musculoskeletal disease.

My philosophy about Supplements

- supplement **all** the necessary ones,
- in amounts in excess of the minimums,
- in amounts necessary to cover biochemical individuality,
- in a chemical form that is bioavailable to the body



Nutrition Pure and Simple

*These statements have not been evaluated by the FDA.
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