

The Dangers of Hormone Replacement Therapy

a

Gifts of Nature Publication

by

Zona Jackson

On July 9th, 2002 millions of American women using hormone replacement therapy (HRT) for the relief of menopausal and postmenopausal symptoms awoke to alarming news. The National Heart, Lung and Blood Institute, a division of the National Institutes of Health, announced it had stopped a major clinical trial of the drug Prempro because of significant health threats to study participants.

The clinical trial, part of the Women's Health Initiative, involved more than 16,000 women from across the U.S., aged 50 - 79, and was designed to last until 2045, assessing the risk and benefits of combined estrogen and progestin HRT.

Researchers were studying whether HRT prevented heart disease, and the potential risks of the therapy, before they abruptly decided to pull the study because data revealed significant increases in breast cancer, coronary heart diseases, stroke and pulmonary embolism in women taking combined HRT after just five years.

Specific study findings for the trial raised alarm when it was found that women in the study taking HRT compared to a placebo experienced a:

- ✓ 41 % increase in stroke
- ✓ 29% increase in heart attacks
- ✓ 100% increase in blood clots
- ✓ 22% increase in cardiovascular disease
- ✓ 26% increase in breast cancer

Equally as disturbing, results of a second HRT study, lasting 20 years and involving more than 44,000 women, showed that women using estrogen-only therapy are significantly more likely to develop ovarian cancer than postmenopausal women not using HRT. The National Cancer Institute study findings, as reported in the July 17, 2002 issue of the Journal of the American Medical Association (JAMA) found:

- ✓ That for every additional year of estrogen use, a woman's risk of ovarian cancer increased by 7%
- ✓ That those who took estrogen-only therapy for ten years or more were twice as likely to develop ovarian cancer than those who didn't take the hormone.
- ✓ Women who used the estrogen hormone for twenty years or more had a threefold risk of developing ovarian cancer as those who didn't take the hormone.

(Reference Material: Vita Journal – September/October 2002)

These studies are especially alarming to the medical community and women at large because an estimated 38% of postmenopausal women take HRT to alleviate the symptoms of menopause and post-menopause, such as hot flashes, night sweats, fatigue, depression, irritability, forgetfulness, and many others.

Naturally, as the HRT headlines have shocked the nation's women and left many searching for answers concerning their hormonal symptoms, many are turning to natural therapies to address these symptoms and lay a foundation for a vibrant, healthy life in their latter years.

Experts too, are advising that new therapies are needed as research indicated long-term HRT is not a solution to women's changing hormone levels. Some researchers are calling for new studies about the positive impact of natural herbs and other therapies. They are studying how eating healthful foods and getting regular exercise can help women reduce their symptoms of hormonal imbalances and avoid disease later in life.

Research has already proven that healthful eating, exercise and healthy lifestyle habits are highly effective in promoting health and feelings of well-being, while reducing the risk of disease.

We have had many of our distributors tell us how Classic 7™ works wonders for their hormones. Here are what a few have had to say:

"After having two babies in two years, my monthly periods were very long and erratic. After one month of taking Classic 7 and Aloe Min, they are back to normal and all PMS symptoms are gone." *AK Orem,Utah.*

- ◆ Exercise can reduce stress and calm the emotions, helping you sleep better, improve your mood and enhance a steady sense of well-being
- ◆ Weight-bearing activities, like walking, running and weight lifting help keep bones healthy and strong and protect against osteoporosis and fractures
- ◆ Eliminating unhealthy habits, like excessive drinking, smoking and eating processed goods will enhance health, feelings of well-being and help you maintain a positive mental outlook
- ◆ A nutritious diet of mostly whole foods, which are low in saturated fat and rich in nutrients, helps reduce the risk of cancer and heart disease

"I appreciate your Gifts of Nature products. I have felt so much better since beginning to use Classic 7 over one year ago. My energy has increased, and my negative menopause symptoms have decreased. Life is much better. Thank-you." *GA*