



Fertility Update:

Women with 30 day cycle more fertile:

In the first study of its kind, US epidemiologists have shown that women with a 30 day cycle and 5 days of bleeding have an easier time with fertility. Women with a shorter cycle are 40% less likely to conceive. Women with longer cycles have an increased incidence of miscarriage. (1)

Comment: This is good evidence for naturopathic fertility treatment, which works by normalising the menstrual cycle and the timing of ovulation. Ovulation at day 14 produces the most viable egg. A luteal phase must be at least 11 days long to hold an early pregnancy.

New test for ovarian reserve:

Is your fertility clock ticking? This simple blood test can tell you how much time you might have. Three hormones are measured: inhibin B, anti-mullerian hormone and FSH, and can predict a decline in fertility up to 2 years in advance. The test is scheduled to become over-the-counter in the UK. It is available now from your doctor or from Sensible-Alternative clinic.

Appointments at Sensible-Alternative Naturopathic Clinic are available weekdays 8am to 6pm. 12 Ridge St., North Sydney. Call: 02 9922 4009

web: www.sensible-alternative.com.au
email: lara@sensible-alternative.com.au

INSIDE THIS ISSUE

- 1** Women with 30 day cycle more fertile
- 1** New test for ovarian reserve.
- 1** Treatment for precancerous cells may cause pregnancy problems.
- 1** Work Stress causes insulin resistance
- 2** Question: How long to use DHEA?
- 2** Major study finds low-fat diet no help

Fertility Update:

Treatment for cervical precancerous cells may cause premature delivery or low birth weight:

Excision treatments are routinely done to remove precancerous cells from the cervix. The evidence is now strong (2) that this may cause problems with pregnancy. In some studies, women who had the procedure were 2-3 times more likely to have a premature delivery. Doctors are urged to consider more conservative treatments for younger women.

Comment: When the new cervical cancer vaccine becomes available, the next generation of women will not have to jeopardize their health with treatments like these (see [Sensible News 35](#)). Prevent cervical cancer in other ways: stop smoking, stop the birth control pill, and get enough folic acid.

Work stress makes you unhealthy and fat:

People who experience work stress are more likely to develop insulin resistance or metabolic syndrome. A study of 10,000 British civil service workers over 15 years found that stressed men are 2x more likely to develop the syndrome which causes weight gain, diabetes and heart disease. Stressed women are 4x more likely to develop it (compared with less-stressed women). The culprit is the stress hormone cortisol which interferes with insulin's activity in the body. (3) (See [Sensible News 17](#) for more info on insulin resistance)

Comment: If you are going to undertake a weight loss program, and you are insulin resistant, it is vital that you look to other areas in your life. Make sure that you are getting enough sleep. Develop coping strategies for work and family stress.

Do the [Sensible-Alternative weight loss quiz](#) to determine if cortisol is sabotaging your weight loss. Go to: www.sensible-alternative.com.au and click "Self-Assessment Quizzes"

Meet with one of our Naturopaths to determine if you are insulin resistant.



Your Questions answered:

Question from Jeni in Sydney:

"How long should I use DHEA capsules?"

Answer: DHEA is an adrenal hormone, and declines with stress, illness and age. It is the precursor to testosterone and oestrogen, but it also enhances immune function and improves energy. In my clinical practice, I have recommended DHEA supplements for severe fatigue, chemical sensitivity, and auto-immune conditions such as thyroid. It may also counterbalance cortisol when cortisol is excessive, and can help weight loss. 7-Keto DHEA, a safer metabolite of DHEA is also used for weight loss, because it increases thermogenic enzymes in the liver.

DHEA is available by prescription in Australia. It can have side effects when used inappropriately, causing depression in both sexes, and male characteristics in women. This will not happen if the dose used is just enough to correct a deficiency (determined by blood or saliva tests). Dose is 5-25mg for women and 20-50mg for men.

If used at the appropriate dose, DHEA is safe for long-term use. The body's requirement for the supplement, however, will decrease over time, because the bio-identical hormone supports the body's own adrenal function. This means that you will need less, or none over time. You should follow up with saliva hormone tests every 3-6 months to adjust the dose, if necessary. Using adrenal support such as ginseng and vitamin B5 will decrease your requirement for DHEA.

Lara will answer a question every month. To submit a question, please email lara@sensible-alternative.com.au. Your first name and state will be published unless you request to remain anonymous.

Major study finds that a low-fat diet does not prevent breast cancer or heart disease:

A massive study of nearly 49,000 women over 8 years has found that a low-fat diet:

- Does not reduce breast cancer
- Does not reduce heart disease
- Does not cause weight loss

Comment: I do not understand why this study is not getting more press. It is by the Women's Health Initiative, the same publicly funded research group that criticised HRT in 2002. The issue seems to be that the study set out to prove that the low-fat diet does prevent breast cancer. The actual results are apparently not enough to question the low-fat paradigm. Instead, the results are largely dismissed as being inconclusive.

See [Sensible News 13](#) for more information why low-fat is NOT the answer.

If you cannot get to our clinic:

We may still be able to help you. Sensible-Alternative is now offering a **Naturopath consultant service**.

This can happen one of two ways:

- If you can get to Sydney for an initial consult, we can then follow up with you by phone.
- If you cannot get to our clinic, your local Naturopath is invited to consult by phone with us about you. She can then pass on treatment to you. Cost is \$50 per 30 minutes or portion of cost for time used. Have your Naturopath call 02 9922 4009 to set up a booking.



References:

- (1) Small, CM et al. Menstrual cycle characteristics: associations with fertility and spontaneous abortion. *Epidemiology*. 2006; 17(1):52-60
- (2) Kyrgiuo M et al. Obstetric outcomes after conservative treatment for intraepithelial or early invasive cervical lesions: systematic review and meta-analysis. *Lancet* 2006; 367: 489-98
- (3) Chandola T et al. Chronic stress at work and the metabolic syndrome: prospective study. *British Medical Journal Online First* 2006.
- (4) Howard et al Low-Fat Dietary Pattern and Weight Change Over 7 Years: The Women's Health Initiative Dietary Modification Trial. *JAMA*.2006; 295: 39-49

All articles written by Lara Grinevitch BSc, ND

Obtain back issues, or subscribe to the latest issue of
Sensible News straight to your email.

Visit our website: www.sensible-alternative.com.au