



Sensible Philosophy

Sensible News aims to provide important health information that may not be readily available from conventional sources. Articles are factual. Any references not listed are available on request.

Chemicals in Sunscreen suppress thyroid:

Research presented at the European Congress of Endocrinology last month found that the chemical 4-methyl-benzylidene camphor, found in many sunscreens, causes symptoms of underactive thyroid (1). Other sunscreen chemicals were found to have a similar effect, and these are the same chemicals that are acknowledged by the TGA to be oestrogenic (2). (See [Sensible News 11](#).)

Comment: Why wait until there is definitive evidence or not? Non-chemical sunscreens with an SPF of 15 or 30 are available now from your chemist or health food store. Look for an active ingredient of zinc or titanium ONLY, and no chemical UV absorbers.

Sensible-Alternative Naturopathic Clinic
Suite 1, Berry Rd Medical Centre
1A Berry Rd, St Leonards NSW 2065

Call: 02 9438 3448

web: www.sensible-alternative.com.au
email: lara@sensible-alternative.com.au
Appointments available weekdays 8am to 8pm.

INSIDE THIS ISSUE

- 1 Chemicals in sunscreen suppress thyroid
- 1 Osteoporosis drugs cause bone jaw death
- 1 DHEA improves IVF outcome and natural fertility
- 1 Anti-depressants may cause foetal death
- 2 Menopause comes later with alcohol.
- 2 Question: Best hormone for weight loss?

Osteoporosis drugs cause jaw-bone death:

We already knew about the side effects of throat ulcers and eye inflammation. Now, there is a new side effect from this class of drugs. Doctors around the world, including Australia (2), have observed that bisphosphonate drugs cause death of the jaw bone, which is a painful and disfiguring condition. Doctors from the University of Adelaide advise that the drugs should be used only when the benefits clearly outweigh the risks. Furthermore, patients should have their oral health fully assessed before they begin the drug, and should be monitored carefully.

Comment: Fortunately, these drugs are usually not necessary for osteoporosis. Please read [Sensible News 29](#) for more information about osteoporosis. One of the most important things that you can do for your bones is stop eating wheat. Undiagnosed or sub-clinical coeliac disease has been strongly linked with osteoporosis.

Tests for wheat sensitivity and bone loss are available at Sensible-Alternative Clinic.

Fertility Update:

DHEA may improve IVF success and natural fertility:

An American IVF clinic specialising in older women, has reported that the natural hormone DHEA dramatically improves egg production (3). It was shown to improve IVF outcomes, but also resulted in spontaneous pregnancies while women waited for IVF.

Comment: I had many enquiries about the ovarian reserve blood test reported in last month's newsletter. I am happy to have something for those of you showing poor ovarian reserve. There are case studies, but there has yet not been a double-blind trial for DHEA and fertility in older women. I believe that it is more likely to work if DHEA has been determined to be deficient. Tests for DHEA and ovarian reserve are available at Sensible-Alternative Clinic.

Popular anti-depressants may cause still-births:

Foetal death, or still birth, may be twice as likely for pregnant women who take SSRI's such as Prozac and Zoloft compared to those who do not. The Canadian research published in the American Journal of Obstetrics and Gynecology, also linked SSRI's with premature birth and underweight babies (4).

Comment: Do not stop your anti-depressant without talking to your doctor. Fortunately, there are other safe and effective ways to treat depression.

Menopause comes later with alcohol; earlier with smoking:

Women who drink alcohol more than 5 days per week have a later menopause by 2 years or more. Alcohol does this because it slows oestrogen clearance through the liver. Smoking, which decreases oestrogen, will cause menopause 3 years earlier (5).

How much alcohol should you have?

*Comment: Alcohol is **not** the best way to delay menopause, because it is actually not desirable to have poor oestrogen clearance. Excessive oestrogen may make menopause later, but it will be a more difficult time leading up to menopause, with fibroids, heavy bleeding, and an increased risk for breast cancer.*

*A better way to have a timely and **healthy** menopause is to have healthy adrenal glands, which work together with the ovaries to produce steroid hormones. Adrenal glands take over when the ovaries drop production by 30% at menopause.*

Women's livers are small, and should not be forced to deal with more than 4-5 standard drinks per week.

We have moved!

Sensible-Alternative Clinic is now at:

Suite 1, Berry Rd Medical Centre
1A Berry Rd, St Leonards NSW 2065

It is 1 block from the St Leonards train station, and just across Pacific Highway from North Shore Private Hospital. There is metre parking and some free parking on Holdsworth St.

New phone: 9438 3448 (The old number is automatically forwarded, so we are easy to reach.)



Your Questions answered:

Question from Anonymous in Coffs Harbour NSW: "What is the best hormone for weight loss?"

Answer: For women, the answer is usually natural progesterone. Progesterone counter-balances oestrogen and this is necessary because oestrogen's job is to put the body into fat-storing mode for pregnancy. Oestrogen increases fat deposition, increases appetite, and slows the thyroid, thereby slowing metabolic rate. Progesterone, on the other hand, stimulates metabolic rate. This is why body temperature rises in the second half of the menstrual cycle, when progesterone is present. Progesterone supports thyroid function, reduces sugar cravings, and competes with the fat-storing hormone cortisol. Progesterone is particularly helpful for hip and bum weight (oestrogen weight).

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.

Naturopath Phone Consultancy Service.

Remember, if you cannot get to our Sydney clinic, we may still be able to help you. Please check the website for details.

References:

- (1) Köhrle, J et al. 4-methylbenzylidene-camphor (4MBC) causes pituitary effects comparable to hypothyroidism. Paper presented at the European Congress of Endocrinology. April 2, 2006
- (2) Carter, G et al. Bisphosphonates and avascular necrosis of the jaw: a possible association. Medical Journ Aust. 2005. 182 (8): 413-415
- (3) Barad D et al. Increased oocyte production after treatment with dehydroepiandrosterone. Fertil Steril. 2005. 84(3):756.
- (4) Wen SW et al. Selective serotonin reuptake inhibitors and adverse pregnancy outcomes American Journal of Obstetrics and Gynecology 2006. 194: 961-6
- (5) Kinney, A et al. Alcohol, caffeine and smoking in relation to age at menopause. Maturitas. 2005. 54:27-38.

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