



## 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.

### **The Pill's effect on sex drive may be irreversible**

The birth control pill lowers women's sex drive and enjoyment, and the effect may continue for years after coming off it. This happens because the Pill changes the way that hormones are stored in the body, and may permanently block the beneficial effect of testosterone. (1)

*Comment: The pill affects libido in other ways interferes with pheromone communication between sexual partners. When she takes the Pill, a woman cannot smell male pheromones, and, sadly, he can probably not smell her. A woman on the Pill does not produce copulin, which is a female pheromone that induces sexual interest in the male partner (2,3)*

*Even without all of the other health risks from the Pill, this is reason enough to come off!*

### **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](http://www.sensible-alternative.com.au)

**email:** [lara@sensible-alternative.com.au](mailto:lara@sensible-alternative.com.au)

Appointments available weekdays 8am to 8pm.

## **INSIDE THIS ISSUE**

- 1** Pill dulls libido forever
- 1** Migraines linked with heart attack and stroke
- 1** Natural treatment for migraines
- 1** Ibuprofen may increase stroke risk.
- 2** Seaweed prevents cervical cancer.
- 2** Mammogram increases risk for breast cancer

Weight loss tips

### **Migraines linked with heart attack and stroke:**

Women over 45 who have migraines with auras may be more likely to die from stroke or heart attack. (4) There is some controversy over the finding because the researchers are connected with a company marketing heart drugs. (An aura is a distortion of vision or sensation that occurs before the headache.)

In the last few years, we have changed our understanding of migraine headaches. They used to be viewed as a vascular problem. Experts now believe that the pain originates from the sympathetic nervous system. This may be why **magnet therapy** is effective for migraines. It has been shown to interrupt the nerve signaling that leads to migraines.

Migraines can be prevented by avoiding any rapid change to the nervous system. This means keeping hormones stable, and avoiding stress and food sensitivities.

### **Natural treatments for migraines:**

- Magnesium – calms the nervous system
- Natural progesterone cream – most effective if the migraines occur premenstrually or during peri-menopause
- Vitamin B2 (riboflavin) – prevents migraines because it improves energy production in the nervous system
- Avoid wheat products – this common food sensitivity actually changes brain chemistry affecting mood and headaches (see [Sensible News 22](#))
- Avoid stress. Get regular sleep.
- Acupuncture
- Bowen treatment (This gentle muscle treatment is available at Sensible-Alternative Clinic)

### **Over the counter painkiller (ibuprofen) increase stroke and heart attack risk**

Brand name drugs Nurofen and Voltaren may increase stroke risk by 30% if they are used long-term. The TGA is reviewing their over-the-counter status.

Short term use for occasional pain does not have the same risk.

*Comment:: Paracetamol has its own risk for the liver and kidneys. Ideally, it is best to find a natural method to prevent pain, and reserve pain killers for occasional use.*

**Seaweed prevents cervical cancer**

A compound from red algae has been shown to prevent the HPV virus from entering the cell. (5) (HPV is the virus that is targeted by the new cervical cancer vaccine.) Researchers hope to develop a topical gel to prevent the spread of HPV. It may also be helpful to eat red algae, such as dulse.

**Chest X-rays (and mammograms) increase the risk for breast cancer**

A new British study has found that women who are genetically susceptible may be more likely to develop breast cancer if they had frequent chest X-rays. The risk was strongest for X-rays on young women, but the same finding may apply to mammograms. (6)

Comment: There is no compelling evidence that mammograms save lives. Here is another piece of evidence that the cost may outweigh the benefit. Fortunately, there are alternatives. (see [Sensible News 12](#)).

**Naturopath Consultancy Service**

If you cannot get to our clinic, let us come to you. We can order blood tests and send you a list of intake questions. We can then pass on treatment through your local Naturopath or GP.

**Weight Loss Tips****1) Chili improves insulin response:**

Herbalists have always said that chili increases metabolism and helps with weight loss. There is now scientific evidence to back that up. New research in the American Journal of Clinical Nutrition has found that chili-containing meals prevent the release of excessive insulin after meals (7).

**What to do:** Add cayenne to your meals. Enjoy hot curries with coconut milk (another weight loss agent.)

**2) Good bacteria turn on metabolism genes:**

The bacteria in your intestine affect your weight. They do this because they share your nutrients, and they regulate the amount and type of sugar and fat that you, their host, absorb. Certain species of bacteria are more likely than other species to trigger your body to store fat (8).

Every person has about 500-1000 species of bacteria in their gut, but the proportion of one species to another differs according to many factors. Dietary fibre improves healthy bacteria. Processed foods, antibiotics, and the birth control pill permit the growth of undesirable bacteria.

**What to do:** Avoid antibiotics and the pill. Eat plenty of fibre, and ingest probiotics (good bacteria) either as a supplement, or as fermented food. (Traditionally, sour foods such as sauerkraut, pickles and olives were made by fermentation, and they contained billions of friendly bacteria. Most modern store-bought varieties are marinated in vinegar, not fermented, and this does not provide the same health benefits. Stay tuned to Sensible News for more info on fermentation.)

**References:**

- (1) Panzer et al, "Impact of Oral Contraceptives on Sex Hormone-Binding Globulin and Androgen Levels: A Retrospective Study in Women with Sexual Dysfunction", The Journal of Sexual Medicine. 2006. 3:p.104-113
- (2) Caruso, S et al. A prospective study evidencing rhinomanometric and olfactometric outcomes in women taking oral contraceptives. Human Reproduction 16(11): 2288-2294
- (3) 5 Michael, Richard P. et al. "Volatile Fatty Acids, 'Copulins', in Human Vaginal Secretions", Psychoneuroendocrinology, 1: 153-163
- (4) Kurth, T. et al "Migraine and Risk of Cardiovascular Disease in Women," JAMA 2006; 296, No. 3: 283-291
- (5) Buck, CB, et al. (July 2006). "Carrageenan Is a Potent Inhibitor of Papillomavirus Infection.". PLoS Pathogens 2 (7). Retrieved on 13 July 2006.
- (6) Andrieu, N et al. Effect of Chest X-Rays on the Risk of Breast Cancer Among BRCA1/2 Mutation Carriers in the International BRCA1/2 Carrier Cohort Study. Journal of Clinical Oncology, 10.1200/JCO.2005.03.3126
- (7) Kiran DK et al. Effects of chili consumption on postprandial glucose, insulin, and energy metabolism. Am Clin Nutr 2006;84:63-69.
- (8) Bäckhed, F et al. The gut microbiota as an environmental factor that regulates fat storage. Proceedings National

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](http://www.sensible-alternative.com.au)