



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.

Under active thyroid increases risk for heart disease:

According to a large review study, an untreated thyroid condition may increase your risk for heart disease. In one of the reviewed studies, the risk was found to be 2.6 times greater for women, and 3.7 times greater for men. (1)

Comment: Thyroid hormone is essential for every cell in the body. It is literally the key that turns on cellular metabolism. It is no wonder, then, that an under active thyroid affects many aspects of our health, including mood, digestion, female hormones, and cardiovascular health. Thyroid hormone deficiency will elevate your cholesterol and blood pressure. You should make sure that your thyroid is working before you take cholesterol-lowering drugs.

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PCOS Update:

PCOS may begin before birth:

New research suggests that the hormonal problems that become apparent at puberty may actually have begun as a foetus, when the ovaries originally formed. (2, 3) Women who have PCOS are more likely to have been a lower weight baby, and to have mothers who experienced blood sugar problems during pregnancy. Hormone disrupting chemicals, such as bisphenol A from plastics, have also been correlated with PCOS (4).

Comment: In my view, foetal exposure to hormone-disrupting chemicals is a likely explanation for the epidemic of PCOS in this generation. This includes plastics, pesticides, but also possibly soy.

*The good news is that even in these cases, it is still possible for women to correct their symptoms with diet and lifestyle. It is a struggle that no one would have to face, if we would **reduce the number of chemicals and pollutants in our food supply.***

Finger length test: Not everyone with PCOS is affected since birth. Some women acquire PCOS later because of the Pill or a bad lifestyle. There is a simple test to determine whether you have had the problem since birth: Compare the length of your index finger and ring finger. In women, the index finger should be the same length or longer than the ring finger. If it is not, it suggests and abnormal amount of testosterone as a child.

Trans-fat worst food for PCOS

According to a new study presented at the American Diabetes Association, a diet containing trans-fat causes 30% more abdominal fat than other diets, even when grams of fat and calories are low. (5)

Trans-fat is found in deep-fried foods and anything prepared with cheap vegetable oil, such as chips, commercial biscuits and Nutella. Read the label. "Vegetable oil" or "Cholesterol-free" are virtually code words for trans-fat.

Comment: After hormone-disrupting chemicals, trans-fat may be the next most likely culprit for causing PCOS. Trans-fat interferes with the way that insulin works in the body, and will directly cause insulin resistance and ovarian dysfunction.

Leptin treatment can stimulate menstrual periods and fertility:

A series of experiments at Harvard University have shown that injections with the hormone leptin can promote the return of periods in women with hypothalamic amenorrhea. (6) (Hypothalamic amenorrhea means that the ovaries are normal, but they are not receiving the proper signal from the brain because of inadequate nutrition or other stressors.)

Leptin is a hormone that is normally produced by fat tissue (see [Sensible News 40](#) for more information on leptin.). The leptin injections caused other hormones to increase, such as oestrogen, progesterone and thyroid hormone, but did not cause weight gain. (It can cause weight loss.)

Comment: Consult Sensible-Alternative Hormone clinic for a leptin blood test. Injections are not available in Australia, but we can use homeopathic leptin with good results.

Aging fathers increase risk for autism and miscarriage

Children born to men over 40 are six times more likely to have autism than children born to men under 30, regardless of the mother's age (7). Men over 40 are also more likely to father pregnancies that end in miscarriage (8).

Comment: Sperm is very susceptible to genetic damage. For the three months before pregnancy, prospective fathers should minimise any exposure to environmental toxins, and should supplement anti-oxidants.

Anti-depressants cause weight gain

All anti-depressants cause weight gain, but modern SSRI's were believed to be better than old prescriptions. The new drugs are better, and may even initially cause some weight loss. Research shows, however, that they cause significant weight gain after six months, especially in women. We do not entirely understand the mechanism, but believe that it is due to a disturbance of leptin and insulin. (9)

Comment: Do not stop anti-depressants too quickly, because serious symptoms can develop if you do. Consult your doctor.

Sensible-Alternative Clinic has a new receptionist.

Lara and Suzie are very happy to welcome Renée to our team. Renée is the friendly and helpful voice that you will hear on the phone. She's here Monday-Thursday 10am-3pm.

Notice of fee increase.

Effective October 1, the cost of a consultation at Sensible-Alternative will increase. Please contact the clinic for more details.

Lara will be away Sept 9-30. .



Lara will be away from the clinic for a few weeks, but you will be in good hands. Suzie will be here to treat you, and to handle any of your questions about treatment.

References:

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- (5) Kavanagh, K. 66th Scientific Sessions of the American Diabetes Association, June 9-13, 2006, Washington; abstract 328-OR. News release, Wake Forest University Baptist Medical Center
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- (8) Reichenberg, A et al. Advancing Paternal Age and Autism. Arch Gen Psychiatry. 2006;63:1026-1032
- (9) Fava M. Weight gain and antidepressants. J Clin Psychiatry. 2000;61 Suppl 11:37-41.

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