

10 Key Action Items Every Woman Should Know & Do to Achieve Optimum Wellness

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Being a woman can be very stressful in today's world. We're asked to do more and more at the office and at home, as wives, mothers, and daughters. We also put additional pressure on ourselves to be perfect and get it all done, plus have a relaxing and wonderful social life. To avoid the stress these expectations can create, it's important to find a balance in all facets of your life. It's also important to pay attention to what your body's telling you. If you don't feel well, it's a sign that your body is out of balance and you need to focus on achieving wellness. You can do this through eating natural whole foods, detoxifying, exercising, and finding time for yourself. As a woman, it may also mean supplementing with foods like chlorella to balance your hormones. Following are 10 key action items that every woman should do to achieve optimum wellness.

1. Build an open relationship with your doctor. One of the first steps toward health and wellness is finding a doctor with whom you are comfortable. My philosophy of medicine is looking at the whole person. I have a lengthy patient intake form, on which I ask all sorts of questions of my patients: What do you dream about? What do your dreams mean to you? What spiritual beliefs do you have? What would you do if you won the lottery? Are you satisfied with your sex life? Do you have any questions about your sex life? I think it's very important that people feel open and comfortable coming to me with questions and problems. Find a doctor who views you as a whole person as opposed to a patient with an isolated issue where the root cause may never be determined.

2. Balance your emotional health and the stress in your life. As women, we have a lot of stressors in our society. We're supposed to be career women and be mothers and wives. We're also supposed to go to the gym and look like Christy Turlington. Eventually, these stressors can take their toll, both physically and emotionally. When you start to feel yourself getting out of balance, focus on practical ways to simplify your life. For example, when you're making your weekly schedule, take out half the things on your calendar. You probably don't need to do half those things anyway. Remember, the world is not going to crumble if your floor is messy or you don't pick up the dry cleaning.

3. Take the right female supplements...especially chlorella. As far as my favorite supplements for women go, chlorella is on the top of my list. Not only is chlorella a whole food that helps rid your body of toxins, but it's also a great source of fiber, which improves and purifies the functioning of your bowels. Fiber found in food or in a whole food supplement like Sun Chlorella is also great for a woman's general health. For women of childbearing age, fiber helps balance the hormones through the gut. Plus, it can help with PMS and menstrual regularity. For peri-menopausal and post-menopausal women, fiber can be beneficial by helping to keep cholesterol levels down.

In addition to chlorella, I also recommend that my female patients take the following daily supplements:

B-complex vitamins to help ease stress; naturally anti-inflammatory fish oil supplements (be sure to get fish oil from your health care practitioner in order to get a pharmaceutical grade oil that won't be contaminated with mercury); and folic acid, which is important for any woman (take at least 400 mcg/day). For pregnant women, folic acid helps to prevent neural tube defects and for women with the possibility of developing heart disease, folic acid can help prevent heart disease. Finally, calcium and magnesium starting at age 35 is crucial for helping to prevent osteoporosis. These minerals can also help with PMS, muscle tension, and help you to sleep better naturally.

4. Exercise to reduce stress and release toxins. Exercise is **vitaly important** for women of all ages because your body releases toxins through your sweat. A combination of cardio exercises (such as running, working out on the treadmill, or taking an aerobics class) to burn calories and weight-bearing exercises (using free weights or machines) to build muscle and strong bones is best. Stretching through yoga or Pilates rounds out the mix. Can't find the time to do yoga? I tell my patients to pay for eight weeks of yoga class. After all, if you pay for it, you'll probably go. Make sure to etch some time in for yourself no matter what.

5. Remember heart disease isn't just a man's problem. Heart disease and stroke risk are not as closely monitored in women as they should be – regardless of the fact that heart disease is the number-one killer of females. A lot of doctors will check cholesterol levels, but the newest research shows that there are a few other more significant markers that should be looked at. These include checking for C-reactive protein (CRP), which may be one of the most predictive indicators for menopausal women who are at an increased risk for heart attack and stroke. The size of the LDL (or “bad” cholesterol) particle is also now known to be important. Big, buoyant puffy particles that flow easily through your arteries are desired, while small, dense particles that can clog your arteries are considered a risk factor. If you're at a high-risk for heart disease because of genetics or lifestyle, ask your doctor to get these checked.

6. Choose hormone-free products, if you eat meat and dairy. This is a huge decision that women can make to improve and protect their health. The more I read about different options and I look at our environment, which is filled with estrogen mimickers, the more I see how important this is. When you eat a lot of meat or dairy from animals that are fed an abundance of growth hormones, your body is receiving all of these weird estrogen-like hormones that are going to mess up your own balance and signaling method. So we're really encouraging women to follow a more pure diet that includes more grains, natural foods, and especially foods that aren't injected with hormones if they are going to eat meat and dairy. Two alternative protein sources are soy and Sun Chlorella, which is packed with protein, making it a great option.

7. Consider genetic testing. I want to know if my 40 and 50-year-old female patients are predisposed or at an increased risk for certain conditions or disease. This is why I offer gene testing to my patients. Genetic testing can pinpoint different areas where a person could have a potential weakness. If a genetic predisposition to a particular disease is found, I work with that person to find different nutraceuticals and pharmaceuticals, plus diet and exercise changes that can help prevent or reduce the disease. I also talk to my patients to see what natural foods they can eat to improve these conditions.

8. Be smart about preventing osteoporosis. Osteoporosis is another huge topic for women. In many ways, we're still figuring it out and trying to determine the best ways to prevent it. It's important to get plenty of calcium in your diet through whole foods and supplements, but your gut has to be healthy in order to absorb all those minerals. If you have toxic metals in your system, these beneficial minerals compete with the toxic minerals. That's another important reason to detoxify your system with chlorella. It's also crucial that women are doing weight-bearing exercises, such as weight lifting, in order to strengthen their bones. And the good news is,

it's never too late to start and improve the health of your bones.

9. Use natural therapies for peri-menopausal and menopausal symptoms. The best and quickest relief for a woman who is in the acute throes of menopause is sublingual natural hormones, which won't have the side effects of gallstones or blood clots that are common with synthetic hormones that are taken orally. When I replace or suggest replacement of hormones, I use what I call the "bio-identical" or natural hormones, which are the same chemical or molecular structure that the woman's body makes. Sublingual drops that go under the tongue and go right into the bloodstream are my favorite recommendation right now. Because they're drops, they empower people to decide how much they need. If they need three drops, they take three drops. But we're always re-evaluating. When you don't need the drops anymore, we can switch or maybe we balance with kudzu root, vitamin E, and soy isoflavones. I don't recommend that people stay on something forever, as I re-evaluate every few months and every year.

10. Detoxify your system. More and more, women are learning about the importance of detoxifying their systems. Chlorella is a great adjunct to a detoxification diet and can significantly aid in cleaning out your digestive track. In particular, Sun Chlorella will bind to heavy metals, such as mercury and arsenic, and help to eliminate these toxins from your body. In my practice, I measure the mercury and lead content in people's systems. This accumulation of heavy metals can be from diet, mercury in your teeth, occupational exposure, smoking, or other environmental factors. Chlorella can help in the elimination of this hazardous buildup in your body. One study of people who were exposed to arsenic poisoning from their well water showed how effective chlorella was in binding to the arsenic and removing it from their bodies.

As women, we can feel empowered by taking the necessary steps to take care of our bodies, with the inclusion of daily chlorella intake. What makes Sun Chlorella so unique and effective is the DYNO[®]-Mill process. The tough outer cell wall of the chlorella cell must be broken down in order for the body to absorb chlorella's essential nutrients. Sun Chlorella's patented process utilizing the DYNO[®]-Mill method is very effective in pulverizing the cell wall. This exclusive process uses no chemicals or additives and does not damage any constituents of the plant. Through the exclusive DYNO[®]-Mill process the complete nutritional values of the chlorella organism can be fully digested by humans, allowing for optimal digestion of all these crucial nutrients.

FREE OFFER

You can find chlorella in tablet, granule, or liquid form in most natural health food stores. PLUS, you can try Sun Chlorella absolutely **FREE** by calling **1-800-829-2828, ext. 2604** or go online at **www.sunchlorellausa.com**.