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## 108 – Alarming Trends in Women’s Health

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Interview with Dr. Marita Schauch

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Steve Lankford:

Hello and welcome back to Health Quest. I'm your host, Steve Lankford. Thanks for joining me. I'm glad you're here. I have what I know is going to be another interesting interview for you. I'm going to be talking to Dr. Marita Schauch. popularly known as Dr. Marita. She's the author of a recent book called *Making Sense of Women's Health*. It's a very interesting book because it covers so many of the issues that women face with their health.

I don't think anybody would deny that women's health is perhaps more complicated than a man's health. I do know what my wife goes through. It's in that capacity I'm interested in talking to Dr. Marita. She also has a very specific focus that we're going to bring to you today. It's the alarming trends in women's health. There are things perhaps that are not the best—things that could go better.

How can women address the myriad issues that they face? That's a little bit of what we hope to cover and a lot of what she covers in her book. So it's in that capacity I'm pleased to introduce to you, Dr. Marita. Dr. Marita, welcome to Health Quest.

Dr. Marita:

Thank you so much for having me. I'm happy to be here.

Steve Lankford:

I'm looking forward to this conversation. I've got your book in front of me. I've heard you speak at one of our large industry trade shows. I know your influence is growing. Before we get into our topic today, tell our listeners a little bit about your history and how you became interested in naturopathic medicine, and particularly women's health.

Dr. Marita:

Sure. I've always been really interested in the sciences, in medicine. I actually was on my way to becoming a medical doctor and I was doing my pre-medical studies in British Columbia University of Victoria. There was this loss of passion for me and I took a step back and started looking at what is really medicine. What is medicine all about?

To me medicine is about education, it's about prevention. It's about really, really helping people. I have a lot of friends that are medical doctors that I work very closely with. But for me, I think just a lot of looking at preventative medicine and the underlying root cause just made a lot more sense for me and that's why I chose to go the naturopathic medicine route.

As I started practicing, I just found that I started seeing a lot of women of all ages. I found women's health very interesting. I found that there was a lot of women out there that were really, really struggling and really confused with respect to their hormones, their monthly cycles, when they hit menopause. That sort of was how making sense of women's health came about. Because I really wanted to create a really user-friendly, easy guide for women of all ages to help them through different parts of those hormone transitions, help them with their nutrition, not just supplementation, but help them through nutrition, help them understand what was actually going on with their bodies and their hormones in a very easy way.

Then, give some really great advice as far as like nutrition, diet, supplementation then also give them the conventional approach as well. Because I think it's really important for women to have all of the options laid out for them so that they can make the most informed decisions about their health.

Steve Lankford: It is important and I like the way that you’ve laid it out in your book. Could you describe for our listeners a little bit your approach for the book? What is it that you've included in there for their benefit?

Dr. Marita: I've tried to take the top 20 most common women's health conditions, everything from PMS, to adrenal fatigue, to low thyroid, osteoporosis, menopause. There's even a chapter on pregnancy as well. I've laid it out really ease where I've described the condition, looked at causes, maybe some tests that you'd want to ask your doctor or even test that you could do at home, signs and symptoms. And then I've included herbs, certain foods, lifestyle changes, exercise, supplementation. I talked a little bit about bio identical hormones because I know there's a lot of information out there especially with regards to menopause.

I've laid out a lot of more holistic alternative approaches but I have also included some conventional approaches as well.

Steve Lankford: Can you tell us a little bit about the experience that a woman might have with your practice. Describe for us what kinds of changes might somebody see. I realized there are so many areas that you could cover, but just something that you commonly see that women struggle with, and perhaps what kind of a solution might actually be there for them?

Dr. Marita: I've been in practice for about 8-1/2 years now. I'm seeing a lot of women coming in that are just really struggling with stress. When I first started practicing, women would come in and they'd say, "Oh, yeah, I'm stressed out." I think they could deal with it a lot better. Now, I'm finding that women are coming in and they're juggling so much.

I had a woman come in yesterday. She's regional manager for a company. She has two small children at home. She's trying to juggle the career, she's trying to juggle her kids, and extracurricular activities, and her husband. She just came in and she just said, "You know, Dr. Marita, I am burned out. I'm overwhelmed. I'm not sleeping well. I'm not coping well. I've gained all this weight. I just don't have that vibrancy that I used to have."

She was 37, so, a young woman. Before, I would see woman who were really struggling with chronic stress, maybe in their 50s or 60s. But I'm seeing it in a lot younger women because I

think there's just so many demands, I think, for women nowadays, especially when we talk about career and family. In those regard, as a naturopathic doctor, we spend a lot of time really digging deep and talking. I spend like an over hour with a patient on a first visit.

We're talking about why she's coming in but we're also identifying her diet and her lifestyle. Is she exercising, is she eating well? A lot of times when people are stressed out they have huge cravings. They're craving sugar, and they're craving carbs, and they're craving coffee and junk food. I talk a lot about that with my patients because the whole aspect of nutrition is such a huge foundation. You can take all the herbs and the supplements in the world, but it's just not going to help your body really, really change and improve if you don't have first and foremost that primary foundation of good nutrition.

A lot of times we just start there. We start baby steps—making sure that we're cutting down on the coffee, we're introducing healthy snacks, getting those greens, those healthy fruits and vegetables. I'm a big fan of smoothies. My patients tell me that they just can't fit in the vegetables. I'll just say, "You know what, you just need to throw some kale in your smoothie or throw some spinach in your smoothie. You need to get it in somehow." Smoothies are a great way to get in a lot of nutrients, and they're really quick and you can take them to go. That's one thing that I offer as a suggestion to a lot of my patients.

Steve Lankford: I think from what I'm hearing is that you're trying to lay a foundation in a healthy lifestyle. Without having that kind of a foundation, it's hard to have success using the natural approach.

Dr. Marita: Absolutely.

Steve Lankford: You really have to be targeted towards that. I was intrigued about what you said about stress. Would it be fair to suggest that most people are under a lot of stress and that stress is a contributor to your challenges? If you have problems, stress might make it worse. Is that a fair assessment?

Dr. Marita: Absolutely. If you look at stress and you look at how our body takes care of stress... For example, we have these two small little glands that sit on top of our kidneys, I'm sure you've heard of them. They're called the adrenal glands. I like to call them stress glands because they release stress hormones to help your body adapt to or cope with different stressors that you may encounter, whether it's financial stress, whether it's a big trauma, a car accident.

It could be even good stress. For women especially, carrying a baby and going through labor is an extremely huge stress on a woman's body. It's all good stress but it's still really, really hard because your hormones are changing, you're carrying a child. The child is taking a lot of your nutrients during those nine months. When we talk about family and lifestyle stress, if you look at the bigger picture and you look at food stressors, and too much alcohol, and too much caffeine, and then environmental stressors which is a whole other topic in itself, those adrenal glands can only cope for so long. A lot of times the body and those adrenal glands, they just run out of steam. You run out of reserve.

That's where I see a lot of women coming in. They feel overwhelmed, they're not coping, they may suffer from anxiety or depression, a lot of new disorders. Another big one that I see is sleep. So many people have insomnia, or they're able to fall asleep but they're waking up multiple times.

I had another patient that came in to see me and she said, "I get these jolts where I'm able to fall asleep, but then it's like I get this adrenalin rush at 2 or 3 in the morning." A lot of that again, we can look back at the adrenal glands, and we can look back at those stress responses when the body is under chronic stress. There's a lot of health conditions that we can link back to stress for sure.

Steve Lankford: I tell you, when I don't sleep, I'm not happy. I don't feel good the next day. Fortunately, I don't do that chronically, just on occasion when I have a lot on my mind. I can imagine how people who don't sleep regularly. I've seen that with my wife at times. How challenging it can be just to be up for the next day. Certainly, that's got to be dramatic in its impact. So if you can fix that, you're helping with that.

I want to turn our attention to the topic of the day—alarming trends in women's health. It suggests that are there trends which are really perhaps either not beneficial for women or... I'll let you describe for us. What do you mean by that title?

Dr. Marita: When we talk about alarming trends, I'm talking about things that I'm seeing creep up a lot more commonly for women that I hadn't seen maybe eight or ten years ago. One big alarming trend that I'm seeing is this whole topic of stress. Women that normally would have been able to cope are not able to cope and it's really affecting their quality of life. It's affecting maybe their monthly cycles. It's affecting their relationships at home, how they're sleeping, how they're able to deal with kids.

Another alarming trend that I've been seeing is the whole idea of menopause and early menopause. Typically, women will enter menopause anywhere between mid-40s, 45, 46 to early 50s. Now I'm seeing women's hormones shifting and women experiencing menopausal symptoms. Their cycles are changing or even hot flashes and night sweats as early as 37, 38.

Why is this happening? Why are we seeing women go through menopause a lot earlier? Exacerbated menopausal symptoms, before, women would come in and they'll say, "Oh, you know, I get a little hot flash or night sweat," but they cut out their coffee or they work on their meditation. They would be able to deal with the hot flash, the night sweats. Now, women come in and they're saying, "You need to help me. I need to go on hormones or you need to give me a magic bullet. I haven't slept in three weeks, and hot flashing every five minutes, and I'm depressed one minute, I have anxiety the next minute.

It's a lot more extreme symptoms that I'm seeing if you compare it to maybe ten years ago. Those are some other trends that I'm seeing. Infertility is a big one as well. Infertility for women in their late 20s early 30s that shouldn't be having issues with getting pregnant, a lot of them are having to resort to conventional intervention to conceive because they've tried for a year or 2 years to conceive naturally and it's just not working.

Steve Lankford: When we look at these kinds of issues, is it fair to say that they might be what they have in common is the hormonal issue? Are we seeing a change in actually how women's hormones are expressed and when they occur and to what levels? Do we have a rationale, a reason why we think these are occurring more so now, or they're emerging more and more, compared to when you started your practice?

Dr. Marita: We heard a lot about genetically modified foods. We're hearing a lot more now about environmental toxins, bisphenol A also known as BPA, pesticides. I think that a lot of what we're being exposed to on a regular basis with regards to environment, with regards to the quality of our food, I think that's playing a very, very large role on how our hormones are changing and how our body is responding.

All of your hormones get broken down through the liver. We also know that the liver is one of the main detoxification organs. So you just imagine if we're not eating as good quality food, we know genetically modified foods are harder on the body, harder on the liver. Then we look at all these environmental toxins that we're being exposed to, definitely on a regular basis, that most people are completely unaware of. Again, that's just putting more and more stress on the liver. How is the liver going to help to balance and metabolize hormones naturally when it also has all these other things that it has to eliminate out of the body or take care of? We know that a lot of these environmental chemicals like, for example, BPA, are also known as hormone mimickers. Meaning that they have the ability to act as hormone copycats, so they copycat. They're mimickers or our own natural estrogen in our body.

They don't mimic our natural estrogen in a positive way. They actually mimic our estrogens in a very negative and harmful way. By doing that, that's really disrupting natural hormone pathways in the body as well.

Steve Lankford: A thought occurred to me as you were describing and the ages for which you're seeing these things occur. I remember a report a few years back saying that even babies born today certainly have dozens of toxins already in their system. Is it possible that what we're seeing with these 40-year-old women is perhaps the results of 40 years of exposure to ever increasing amounts of chemicals? It's not just in the last 10 years, but it's over perhaps this 40-year lifespan that we're starting to see this is how it affects women over a lifetime? Has there been any thought to that as an explanation why we're in this situation?

Dr. Marita: That's a really excellent point that you brought up. Environmental Working Group did a study back in 2005. For those not familiar with the Environmental Working Group, it's an excellent website. I really recommend a lot of my patients to go there as a resource to just be more informed, and be more aware of what they're exposing themselves on a regular basis to.

They did a study, it was called, "*Toxins in the Umbilical Cord Blood.*" Back in 2005, they took the umbilical cord blood of 10 newborns all over North America, and they tested the umbilical cord blood for environmental toxins and pollutants. I think they isolated about 287 industrial chemicals and pollutants. A lot of this we know now from research are known to be very carcinogenic, very toxic for the liver, very toxic for the nervous system.

I would tend to agree with you. If we know that a lot of these toxins are accumulating and are found in newborns, then let's just think about their foundation. They're born already with these chemicals, so the body's already having to work harder, and the liver's having to work harder. Just imagine these chemicals, yes, they do accumulate in the body. As our hormones change, we go through puberty and we get older, I have no doubt that they probably they do have this cumulative stress on the body I think that's why we're seeing this impact of all of these alarming trends with women's health with how it's wreaking havoc on our hormones.

Steve Lankford: We can't get to this point without turning our attention to what is hopeful in this message and in your book because there are things that women can do. Lead us in an overview of the kinds of things that a woman could do to reduce her toxic load and perhaps start to experience some of these benefits of better nutrition and a healthier lifestyle.

Dr. Marita: It's one of those topics that I think (is) very frightening for a lot of women and it's a little bit depressing in a way too. I always tell my patients—I'm telling you about these toxins in your cosmetics and your household cleaners. I'm not trying to scare you but you have to become more aware, because it is having a huge impact on how our body processes and definitely on our hormones. We talked about nutrition, again, that's the healthy foundation. But there are actually certain vegetables, greens, that are really, really important to include in your diet that actually help you support the liver, and also help support healthy detoxification, and have been proven to actually bind on to these harmful estrogen mimickers.

Things like kale and broccoli and cauliflower, Brussels sprouts, all these vegetables that are found in the cruciferous family of vegetables are really, really powerful detoxifiers and really help with a lot of the toxic load. I had a patient in a couple of days ago and she's like, "Oh, I really, really don't love kale." I always say, "Well again, throw it in a smoothie or you can always make kale chips or throw it in a stir-fry. But just try and incorporate at least a couple of cups of these greens a day is really going to help to minimize your exposure to a lot of these chemicals."

There's some really powerful herbs as well; milk thistle. There's a lot more research also coming out about turmeric also known as curcumin. Both of these herbs are really important—milk thistle for liver detoxification, curcumin, very, very potent antioxidant, also helps as an anti-inflammatory. These herbs are really important too, to help support the body during detoxification.

Steve Lankford: Are we talking about detoxification of the liver or does it also include, say, dietary detoxification? A lot of people think of detoxification really more as for the digestive track. Is that a totally separate issue?

Dr. Marita: That is separate. Increasing your probiotics, good bacteria, and fiber. Fiber is very important and I think we forget about fiber in the diet. When I ask my patients about how much fiber you're getting a lot, often, they're tell me, "Oh well, I'm eating my raisin bran or a bran muffin in the morning." That just doesn't cut it for fiber. When we talk about good fiber in the diet, fiber's going to help to bind on to those toxins specifically in the digestive tract. You want to get good sources of fiber from obviously your fruits and vegetables but even

things like chia seeds, hempo hearts, ground flax, oat bran. Like a lot of those things I'll definitely recommend as well to help with eliminating toxins through the bowels.

When we talk about milk thistle specifically or curcumin, those are more supporting the liver detoxification.

Steve Lankford: Do you get women who come in and say, "I don't want to do all that. Just give me a pill."?

Dr. Marita: Yes, I do. They say, "Isn't there just a magic bullet that I can just take that's just going to cure me with all my ailments?" Yes, there is a really excellent product that I pretty much recommend to every woman in my practice from puberty on. It's called *EstroSense*. It does include milk thistle and the curcumin in there for the powerful liver detoxification.

When I mention those foods, the reason why those foods are so important, those vegetables, those greens are so important is because they contain really powerful compounds, for example, Indole-3-carbinol, sulforaphane, calcium d-glucarate. All these compounds are known to be toxin binders specifically binding on to those harmful toxins that are able to mimic estrogen, so we call them bad estrogen scavengers. They'll bind onto those bad estrogens that are being created through these environmental toxins.

Those compounds will help to eliminate them out of the body. A lot of those compounds are also found in the *EstroSense* formula. Now, it's become a common suggestion in my practice where even if a woman comes in and she says, "I don't really have too many hormonal issues, I just want to make sure I'm taking all the supplements that I should. I just want to be on a good general maintenance." I'm even putting them actually on the *EstroSense* formula as a prevention just because of what we're being exposed to on a regular basis.

We're finding also a lot of these environmental toxins when we talk about wreaking hormone imbalance. I'm finding that a lot of these toxins are relating and contributing to things like PMS that women are experiencing every month or even things like endometriosis and uterine fibroids. A lot of women that are coming in and they're saying, "I don't know how did I get endometriosis or how did I get uterine fibroids?" Well a lot of it because they're estrogen dependent, a lot of it is coming from these estrogen mimickers that we're being exposed to on a day-to-day basis.

Steve Lankford: Does a product like the *EstroSense* then help balance the hormonal levels and also then detoxify at the same time? Is it a dual track kind of approach?

Dr. Marita: It's a really excellent formula. First of all, the name is *EstroSense* so you have to remember, there's no estrogen in the product. Because that's what some women will say, "Oh I don't want to take estrogen." No, it's an estrogen detoxifier.

The other thing to remember too is it's not going to detoxify all the estrogen, because that's another concern. They'll say, "Oh, I don't want all my estrogen to be detoxified." No, it's not going to detoxify all of the estrogen out of your body. It's just when people have a lot of these chemicals, and we've got the accumulation of these chemicals, what will often

happen for women is they'll have too much estrogen and not enough progesterone. The estrogen-progesterone balance and ratio is often off.

What the product like *EstroSense* will do is it will actually bind on to the harmful estrogens and eliminate them out of the body, but also take those harmful estrogens and convert them into friendlier, more protective estrogens. Because some of the natural estrogens that we do produce in our body are protective and have a lot of benefit in our bodies.

Steve Lankford: I think that right there is probably surprising to a lot of women. There are different forms of estrogen and some of them are considered beneficial and some of them, different metabolites, are considered the harmful estrogens. Could you explain that just a little bit?

Dr. Marita: When we look at how our hormones metabolize through the liver, specifically estrogen, our body actually produces 3 types of estrogens. They're classified as estrone which is E1, estradiol E2, and estriol which is E3. Now, E1 and E2 are your most potent estrogen with estradiol being most potent, and is the one that we usually produce throughout the majority of our reproductive years.

When we look at estriol, E3, it's a weaker estrogen but it has a very protective role in the body. It helps to balance out the E2 and the E1. Those ratios are very important when we look at estrogen-progesterone balancing. When we look at metabolism and when we look at a lot of these environmental toxins like BPA or pesticides, what they will do is they'll actually mimic your strongest estrogen in your body, that estradiol.

By mimicking that estradiol, the estrogen gets processed through the liver, gets metabolized. It can be further broken down into protective estrogens, good estrogens or very, very harmful bad estrogens. When we got these chemicals mimicking that strong estrogen, often what they're doing is they're metabolizing and breaking the estrogen down into harmful bad estrogens. One of these harmful bad estrogens is called 16-alpha-hydroxyestrone which we're now finding high levels of this particular estrogen metabolite. It's linked to things like breast cancer, uterine cancer and a lot of other estrogen-dependent conditions, so even ovarian cyst and uterine fibroids.

What we want to do is we want to actually drive those metabolites into more friendlier and protective estrogens which would be the 2-hydroxyestrone, so those are good ones, when we're breaking down the estradiol.

Steve Lankford: You're right. It is complex but nonetheless, the more women understand about how the hormones work and how these chemicals can disrupt our hormone balance and what it is that they're trying to achieve, hopefully, it allows them to take a more active or proactive approach towards their health and work with their practitioner from a point of understanding. I know it's why we go to doctors like you because we don't understand and have a hard time making these distinctions for us.

A woman who embarks upon a program like you've described, how long does she have to be on a program like that where she might be able to make some valid assessment?



Dr. Marita: It's really such an individual case by case. But I usually say when a woman comes in to see me and say, for example, she's really struggling with PMS like so her monthly cycle. Usually, if we have her get started on a really good regimen; we have her watch her refined sugars, start incorporating more of those fruits and vegetables, maybe doing some smoothies in the morning. We have her on the *EstroSense* one capsule, twice a day, some good fish oil, some good omega-3s are really important as well.

Usually, women will start seeing shifts in how their cycles are doing or how their hormones are balancing out usually in about 2 to 3 weeks. But for more complex cases, so if I have women that are coming in that have uterine fibroids or history of really, really heavy cycles or if we look at menopausal women that had really hard time with their menopausal symptoms, sometimes, it takes a little bit longer before we really get everything ironed out with regards to the hormones.

Steve Lankford: Do you use hormone testing? Do you look at the different levels that women have when they come in, say, as a benchmark and then measure that against the results one, two, three months down the road? Does that ever play a part?

Dr. Marita: Definitely. A lot of the hormone testing that I do in my practice, I usually use saliva hormone testing. There's one company that I use, and they have a full female panel. What that includes is your cortisol levels which is one of your main adrenal stress hormones that is released. So we test cortisol levels, we test estrogen, progesterone, testosterone and DHEA which is also an adrenal hormone.

The unfortunate part about a lot of the hormone testing especially up here in Canada, a lot of it is not covered by a lot of insurance plans so a lot of my patients have to pay out of pocket for these types of test. They range from anywhere between \$300 to \$500. It can be a challenge sometimes for really trying to pay out. Sometimes, I'm really basing it on signs and symptoms, and they're coming in for their follow-ups and tweaking what herbs they're on, or what vitamins, or their diet.

If I could do hormone testing on every single woman that came into my practice, it would probably make things a lot easier because then you'd know where your starting point is. Then you can retest down the road, but they're just really expensive tests.

Steve Lankford: It sounds like these different conditions that women deal with, they do have symptoms in common. When you see somebody with a certain profile, it's a pretty strong indicator of what it is that they're dealing with. It would seem to me that there's a lot to work with there as well.

Dr. Marita: Yeah. For example, with menopause, a lot of times, if the woman comes in and says, "Oh, I want to get my hormones tested because I'm in menopause." A lot of times, if they're not on hormones, I usually will say "Well, I can tell you right now that probably, your estrogen, your progesterone, your testosterone are low just because you're in menopause."

In those cases, I'm more interested in knowing how the body is metabolizing the lower levels of estrogen but I'm also interested in knowing how the adrenal glands are functioning. There's a very strong connection between how a woman transitions through

menopause, and how well they do through menopause, and how well the adrenal glands are doing. A lot of women don't know and they don't realize that the adrenal glands also produce estrogen, progesterone and testosterone in smaller amounts. They're actually the backup for the ovaries.

When women go through menopause, their ovaries shut down they stop making those hormones, the adrenal glands actually assume the role of hormone production. When we were talking about everyone's stressed, and chronic stress, and adrenal fatigue, a lot of times, women are quite depleted and their adrenals are quite depleted well before they hit menopause. You can just imagine a woman's going through all these hormone fluctuations. Their ovaries are shutting down, the adrenal glands are supposed to take over that hormone production but what happens if those adrenal glands are already depleted? Those reserves are not there.

I think that's why a lot of women are having a really hard time going through menopause too because of this lack of support there from the adrenal glands.

Steve Lankford:

From everything I've heard you say today, it seems like it would be important for women to start paying attention early on in their adult lives when they have control; start to look at the long term, what am I putting in my body, how is this going to play out over time? We're now starting to see with the older women what those issues might be. Younger women should pay attention especially now those who are in child-bearing years who want to have families. Think of it for your child and what you're going to do with your child as you bring them up knowing that there are these issues in the environment, in our food, and to pay attention to ways that we can take care of ourselves.

You've covered so many of these in your book. I want to encourage anybody who's interested to look for it *Making Sense of Women's Health* by Dr. Marita Schauch. It's been most interesting. Before we end, I'd like to give you the last word. Is there anything that we didn't cover today that you would like to leave with our listeners?

Dr. Marita:

I just want to mention that I know that a lot of the information that's out there, it can be really overwhelming for women. I know that. I realize that and that's why I wrote *Making Sense of Women's Health*. I always tell my patients it always starts with just small little changes. Maybe its one day you go back home and you check cleaning products. You may be switch things slowly over to green products, or you start buying a little bit more organic, or you start doing a green smoothie in the morning.

It's just really small little changes like that that can make such a huge change over time. I like what you said as well—focusing on good health early on. What I have seen in practice maybe over the last couple of years is women are coming in, in their younger years, maybe in their 30s or even 40s. They're saying, "You know what, I want to get healthy now. I've seen my mom go through menopause and I don't want to go through what she went through." They're really trying to take the steps now to make sure that they do prepare their body for some of those hormonal changes that are coming up with perimenopause and menopause.

Just small changes day by day. You can do a lot to prepare your body for some of the hormonal challenges that come up.

Steve Lankford: Dr. Marita, we have your book. Do you have a website or another place you can recommend our listeners can go for more information?

Dr. Marita: Absolutely. I really encourage the listeners to check out my website. It's doctormarita.com. Doctor's spelled out, d-o-c-t-o-r, and then my name, marita.com. On my website, I really try to include a lot of the things that we've talked about. I really, really love to cook so you'll find like a lot of really great healthy recipes on there. A lot of the information that we talked about during this interview will be on there and I also have a monthly newsletter that you can subscribe to.

Steve Lankford: Sounds terrific. I'm happy to endorse it because I know what you're doing for women and how important it is.

Dr. Marita: Thank you.

Steve Lankford: Certainly, it is naturopathic doctors like you who are spreading this word and are able to look at their patients in a more holistic way and look at solutions other than the medical model. I don't want to discount that. We all appreciate our doctors and we appreciate modern medicine but we should not confuse the two. Modern medicine is one approach and very useful, but it doesn't do what nutrition can do for you and vice versa.

Incorporate both, good medical care and a good, nutritional, healthy lifestyle. Your book has certainly given a lot of good information for women who have these issues or who even want to avoid them. Dr. Marita, I'd like to thank you so much for being my guest today here on Health Quest. It's been most interesting.

Dr. Marita: Thank you so much for having me.

Steve Lankford: I look forward to our next chance to speak. Until then, take care. Bye-bye.

Dr. Marita: Bye.