



## NEWSLETTER NO. 4 April 2010

### The 100% Health Survey (2010)

**Your road to health....** Find out why many are in suboptimal health and how healthy people stay healthy.

#### Hormonal Health

In the 100% Health Survey hormonal health related mainly to women. Symptoms most often experienced by female respondents were associated with menstruation or with the menopause. PMS, menstrual cramps, breast tenderness and cyclical water retention provide a fairly consistent picture as key indicators of poor female hormonal health. Sixty-three percent of the respondents reported to suffer from PMS.

„Women consuming high amounts of added sugar were two thirds more likely to be in very poor hormonal health compared to those who consumed less.“ There was also a strong relationship with poor hormonal health and what and sugary snack consumption.

High consumption of fresh fruit, nuts, seeds, fresh vegetables and oily fish particularly reduces the likelihood of poor hormonal health.

*Source: 100% Health Survey, Patrick Holford*

#### What to do

To improve female hormonal health, I recommend following my Hormonal Balancing Diet.

### Female Hormone Balancing Diet

#### A hormone balancing diet will include:

- Complex carbohydrates- wholegrain like brown rice, wholemeal bread and flour, rye, oats.
- Phyto-oestrogens in the form of pulses, especially chick peas, lentils, soya beans, linseeds. These are plant oestrogens that have a balancing effect on hormones.
- Plenty of fruit and vegetables to provide a wide range of vitamins, minerals, anti-oxidants and fibre. Fibre is important to help prevent old hormones being recycled.
- Oily fish- trout, salmon, mackerel, sardines, nuts and seeds such as sunflower, pumpkin, sesame. These provide the essential fatty acids the body needs.
- Organic food as much as possible
- Plenty of fluids

#### Foods to reduce:

- Saturated fat found in red meat, dairy products, processed foods, fried foods
- Caffeine in tea, coffee, chocolate, cola
- Alcohol

#### Foods to avoid:

- Sugar both on its own and hidden in food
- Additives, preservatives and chemicals such as artificial sweeteners



**“What’s the healthiest snack you can eat?** The very best food you can nibble on between meals – and especially after a meal – is the almond nut. These good effects can be seen after just four months of eating almonds every day. Two studies discovered that eating almonds every day reduced LDL cholesterol levels by 24 per cent, while three further studies have shown that almonds can reduce the body’s production of insulin, especially if the nuts are eaten immediately after a meal.” (Source: Townsend Letter, 2008; 305: 24).

For more information about courses or for a personal **Optimum Nutrition consultation**, contact:  
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*Don't change your medication or start a supplement regime without consulting a health professional.*