



CARLA BREUNIG, DC, CCH



CHIROPRACTIC CARE
CLASSICAL HOMEOPATHY
NUTRITION

970 RAYMOND AVENUE
SUITE G-10, ST. PAUL
MINNESOTA 55114

651.644.0455
carlabreunig@earthlink.net



Inside

*Natural Alternatives to Hormone
Replacement Therapy* 1
*Stay Healthy This Fall & Winter! 2
Wellness Plans: For Families
and Individuals* 3
From Dr. Breunig... back cover

FALL 2002

Natural Alternatives To Hormone Replacement Therapy

In light of the recent events surrounding the early termination of the National Institutes of Health (NIH) research on Hormone Replacement Therapy (HRT), many women who are either on HRT, or are considering it, have a difficult decision to make. Whether or not to go on HRT is a critical decision because estrogen imbalance is responsible for many adverse effects associated with menopause. On occasion, estrogen may be a woman's best friend, but its fluctuation throughout life causes a host of problems for some women.

The NIH study (press release: July 9, 2002) and other studies, including several published in the *Journal of the American Medical Association (JAMA)* and the *New England Journal of Medicine*, have indicated that the risks associated with HRT outweigh the benefits. Some adverse side effects associated with long term HRT use include:

- ❖ Cancer (breast, ovarian, endometrial)
- ❖ Endometriosis
- ❖ Heart attack, stroke
- ❖ Stroke
- ❖ Blood clots
- ❖ Type II Diabetes
- ❖ Adult onset asthma
- ❖ Migraine
- ❖ Anxiety & depression

In simple terms, according to the NIH study data, if 10,000 women took the HRT drugs for a year and 10,000 did not, women in

the HRT group would have 8 more cases of invasive breast cancer, 7 more cases of heart attack, 8 more cases of stroke and 18 more instances of blood clots. Consider the fact now that 6 million women are currently on HRT...you do the math...this translates to thousands of cases of life-threatening side effects.

What Makes Estrogen Good or Bad?

The carcinogenic potential of estrogen depends on how it is metabolized. It comes in three forms: estrone (E1), estradiol (E2), and estriol (E3). E3 is metabolized into a compound called 16-hydroxyestrone. Research suggests women who metabolize a larger proportion of their estrogens down the 16-pathway have elevated breast cancer risk.

(continued on page 2)

❖ COUPON ❖

For **current** clients:
\$10 off — Office Visit

For **new** clients:
Complimentary Chiropractic
Exam & Consultation

*Coupon must be presented
at time of service.*

Expires: December 31, 2002

Carla Breunig, DC
970 Raymond Ave, G-10
St. Paul, MN 55114
651.644.0455

Stay Healthy This Fall and Winter!

Who wants to be sick? Nobody. Especially when you can be outside enjoying the fall, or cross country skiing on a sunny snowy day. That's why keeping your immune system healthy is especially crucial during the fall and winter months. Unfortunately, many factors such as stress, poor diet, and smoking can decrease your resistance. Dr. Breunig can help you implement an immune support strategy that focuses on strengthening your immune system *before* you get hit by that cold or sore throat which is spreading through your office or school.

These nutrients support immunity and help fight infection during your battle with the cold or flu:

- ❶ Vitamin C: Promotes white blood cell (WBC) movement to site of infection
- ❷ Garlic
- ❸ Echinacea & Andrographis: herbs to stimulate WBC action
- ❹ Zinc: A mineral which boosts lymphocyte function

During the months of **October**, **November**, and **December**, Dr. Breunig will offer a **10% discount** on the following nutritional supplements

to help you stay healthy:

- ❖ Ultra Potent C-1000 (buffered to prevent stomach upset)
- ❖ Andrographis Plus (contains Echinacea and Slippery Elm)
- ❖ Super Garlic (enteric coated to dissolve in the intestine, therefore avoiding garlic breath)
- ❖ ZincAid Plus (pleasant-tasting zinc lozenge)

Several homeopathic remedies are helpful with coughs and colds: *Aconite*, *Belladonna*, *Pulsatilla*, *Allium cepa*, to name a few. Consult with Dr. Breunig for the one appropriate for you. ❖

Natural Alternatives to HRT, from cover

Client Results

I want to highlight two female clients who have seen improvement with perimenopausal and menopausal symptoms:

Client A: She was experiencing night sweats, insomnia and a fragile mood. Together we agreed that she try a combination of homeopathic remedy, Vitamin E, Evening Primrose Oil, essential fatty acids, and a wild yam skin cream. Her improvement was considerable even though she periodically still experiences some symptoms.

Client B: This woman, in her fifties, was bothered by hot flashes, anxiety, night sweats and insomnia. My approach for her included a homeopathic remedy (different than used for Client A), soy formula, magnesium, Vitamin E, and a transdermal

hormonal cream. Client B saw significant relief and had more energy because she was sleeping better.

What are Your Unique Needs?

Every woman is different and unique. This is why it is so important to tailor the program for you. If you are experiencing perimenopausal or menopausal symptoms, please schedule a consultation with me and I'll be happy to design a program with you. Please note: take advantage of a **10% discount** on the following supplements for the months of **October**, **November**, and **December**:

- ❖ SpectraSoy
- ❖ Vitamin E
- ❖ Transdermal hormonal creams
- ❖ Black Cohosh Plus
- ❖ EstroFactors

- ❖ Chasteberry Plus
- ❖ FemEstro and FemEstroPlex
- ❖ Evening Primrose Oil
- ❖ Omega EFA (essential fatty acids)
- ❖ MyoCalm

Resources:

1. Nutrition Dynamics publication, "Natural Alternatives to Hormone Replacement Therapy", August 2002.
2. Nutrition Science News, November 2001, "Estrogen's Two-Way Street", Dan Lukaczer, N.D. ❖