

“Healthy” Strategies for a “Healthy” Career



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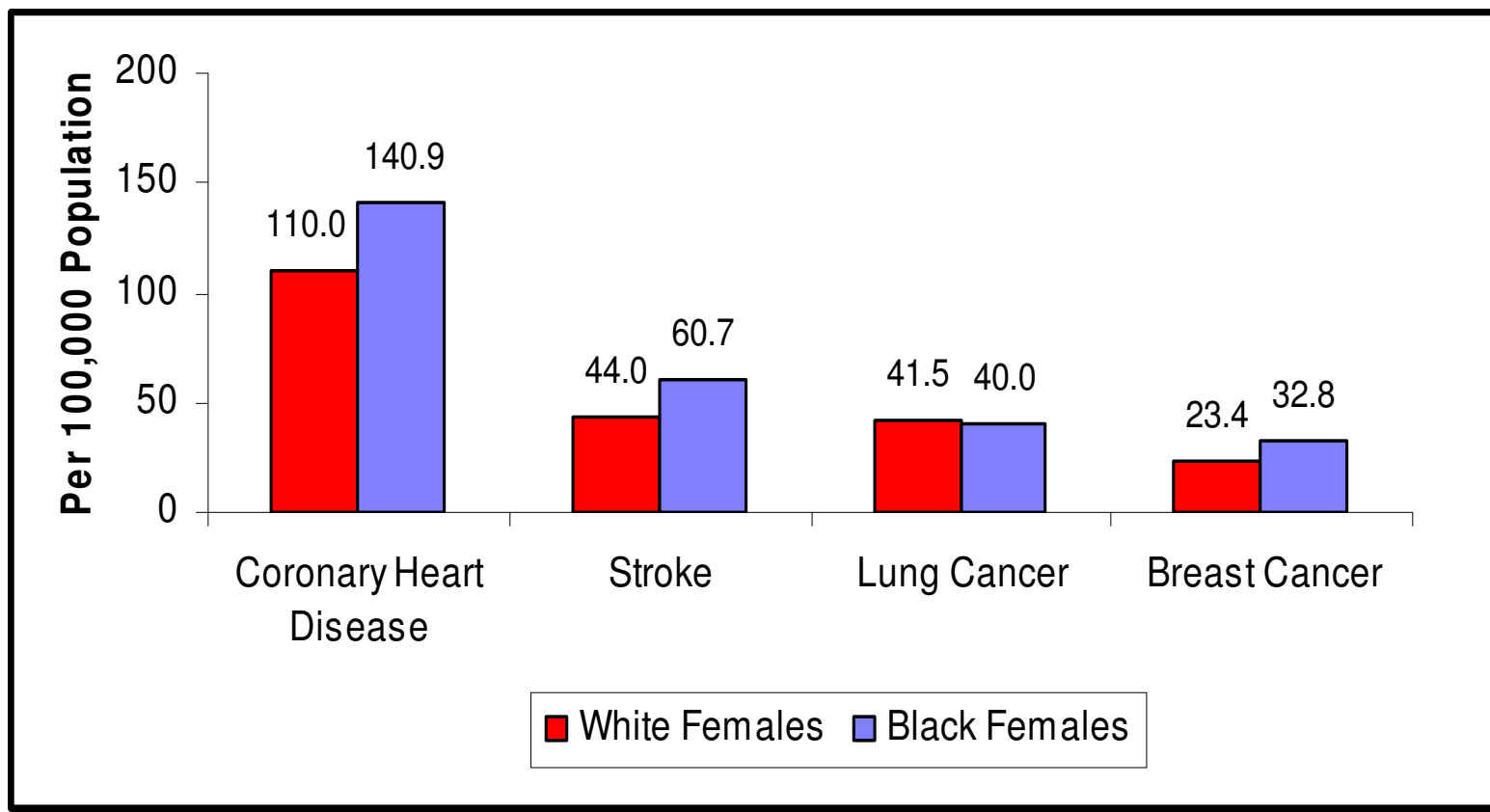
Introduction

Most people understand that health factors which require hospitalization can negatively impact their career. However, it is less obvious that many of the symptoms that women deal with daily can also have a significant adverse impact on their careers.

In this presentation, I will be discussing common issues and strategies to help women business executives “maintain the edge” in business and life.



Age Adjusted Death Rates for Selected Chronic Diseases



Source: NCHS and NHLBI.

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(United States: 2005).

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Common Symptoms

- Excessive weight
- Frequently tired, loss of energy, loss of the “edge”
- Insomnia
- Mood swings / depression
- Perimenopausal symptoms
- Menopausal symptoms
- Inflammation/arthritis/chronic pain
- Gastrointestinal issues

It should be easy to see how these symptoms can slow you down and adversely impact your effectiveness and your career!



Rejuvenation Strategies: Bioidentical Hormone Replacement Therapy

- Bioidentical Hormone Replacement Therapy (BHRT) is a key intervention that delays the aging process by replacing your declining hormones to their youthful levels
- Bioidentical hormones (natural hormones) have an identical molecular structure to your hormones
 - *In contrast, synthetic hormones are made from the urine of pregnant mares*
- When clinically indicated and support by lab results, BHRT may include replacement of the following hormones:
 - Progesterone
 - Estrogen
 - Testosterone
 - Pregnenolone
 - DHEA
 - Melatonin



Rejuvenation Strategies: BHRT - continued

- Counterpoint: Numerous articles and the media have painted a picture that “all” hormones are “bad”
- However, these articles fail to distinguish between synthetic hormones and bioidentical hormones
- In fact, there are numerous authoritative, scientific studies that validate the benefits, safety and efficacy of bioidentical (natural) hormones



Rejuvenation Strategies: BHRT – *Safe, Effective, Necessary to Maintain Health*

- “Fear of breast cancer is the strongest factor limiting postmenopausal hormone use. The most powerful study to date definitively demonstrated that estrogen does not cause an increase risk for cancer. The increased risk was associated only with taking the progestin (Provera®) and not estrogen.” *JAMA 2004;291(24): 2947-2958*.
- “Estrogen deficiency greatly increases mortality from cardiovascular disease and osteoporosis. Over 90% of women will die from cardiovascular disease which estrogen can prevent”. Over 40 years of study have well documented the cardiovascular protective effects of estrogen”. *Obstet Gynecol 1996 Jan;87(1):6-12*
- “We must not forget the dangers of menopause and the deleterious consequences of estrogen deficiency. Estrogen protects bone, heart, brain, blood vessels, urogenital tissue, teeth, eyes. Observational data from around the world show estrogen has beneficial effects on mortality from all causes”. *Consultant 2001 July;Vol. 71:1085-1086*
- “Estradiol and progesterone demonstrated no increased risk of breast cancer. Synthetic estrogen (Premarin®) and synthetic progestins (medroxyprogesterone and noresterone) all dramatically increased the risk of breast cancer. This was a ten year study of over 100,000 women, the largest and longest study to date comparing natural hormones to synthetic hormones”. *Breast Cancer Res Treat 2007;101:125-134*



Rejuvenation Strategies: Thyroid Optimization

- Thyroid Optimization is clinically indicated for patients that report fatigue, low body temperature, increased cholesterol levels, low energy, thinning hair, skin and nails, a decreased metabolism and numerous other symptoms
 - From a laboratory perspective, the most appropriate lab tests are TSH, Free T3 and Free T4
 - In conventional medical practice, the focus is on TSH and Free T4, however, the prevailing recent scientific evidence indicates a need to focus on Free T3
 - In my practice, nearly 80% of all patients seen have low Free T3

“Even though the TSH is in the normal range, patients continue to have persistent symptoms despite adequate replacement doses. These patients are still symptomatic due to low T3 levels.” BMJ Feb. 2003; Vol 326:295-296.



Rejuvenation Strategies: Metabolic Rejuvenation

- Metabolic Rejuvenation is our approach to improving body composition, overcoming weight loss resistance and increasing metabolism
- Metabolic Rejuvenation is highly individualized and includes:
 - Prescription medications
 - Nutritional supplementation
 - Customized eating plans
 - Lifestyle recommendations
 - Regular body composition testing



Rejuvenation Strategies: Metabolic Rejuvenation - continued

- Understanding “Weight Loss Resistance” Factors
 - Cravings due to neurotransmitter imbalances
 - Depressed metabolism due to decreased muscle mass from chronic dieting
 - Hypothyroidism
 - Insulin resistance
 - High cortisol levels due to chronic stress
 - History of failure with weight loss
 - Food allergies and gastrointestinal conditions
 - Toxic burden (environmental chemicals) that cause weight gain or make it difficult to lose weight
 - Chronic sleep deprivation
 - Hormone imbalance

Studies
show that
95% of all
“diets”
end in
failure!



Rejuvenation Strategies: A Functional Medicine Approach

- Functional medicine is personalized medicine that focuses on prevention and identification of root causes instead of symptoms
 - It is a different paradigm in medicine that requires significant doctor patient interaction
 - Avoidance of chronic degenerative disease is the key to long term health, wellness and vitality
- Specialized Testing and Treatment Protocols that we have found useful in our practice
 - Food Sensitivity Testing
 - The “New” Cardiology Testing
 - Nutritional Deficiency Assessment
 - Liver and Colon Detoxification
 - Toxic Metals Detoxification

Helping
Patients
Achieve
Optimal
Health
One at a
Time!



Strategies for a “Healthy” Career Summary

To keep your career or business on the fast track, you need to keep yourself in peak condition -- physically, mentally and spiritually

- Get Educated
- Know your levels
- Find a “qualified” physician you trust
- Be your own best health advocate



These strategies will help you maintain the EDGE!

Thank You!



Web: <http://www.proactivewellness.com>

All New Blog: <http://www.doctorlawsonsblog.com>

Slides from this presentation available on both sites!