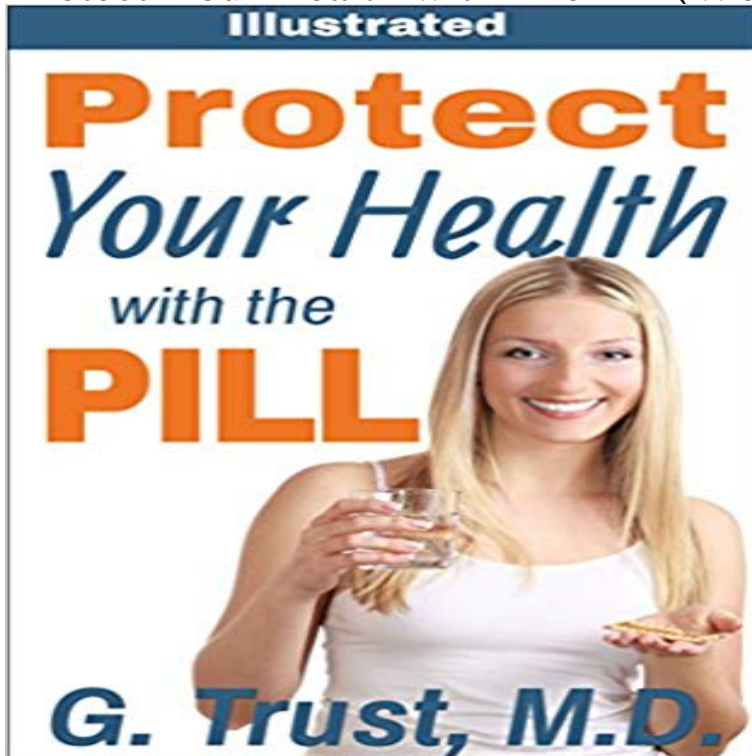


Protect Your Health with The Pill (Womens Health in the 21st Century)



Here is a statement that we gynecologists here every day from our clients: I don't want to take any medications that will mess with my hormones. Here's the problem with that statement: Modern life is injuring and even killing women. For most women, life in the 21st century is exceedingly unhealthful -- and the reason is precisely their hormones. What do I mean by that counterintuitive statement? Consider the following:-- A woman born in 1850 in the US, according to one study, had a life expectancy of less than 40 years -- those who did not die during childbirth would typically pass away from one or another infectious disease (this was before the age of modern antibiotics)-- A woman born in 1850, according to that same study, would give birth to between 5 and 6 children. Assuming that:-- Women born in 1850 became capable of pregnancy at a later age than today's well-fed women and-- Women born in 1850 breastfed their newborns for perhaps two years, or more, then-- It seems reasonable to assume that women born in 1850 spent most of their short adult lives either pregnant or breastfeeding. Here is an important point: Women who are pregnant or exclusively breastfeeding do not ovulate and menstruate. In other words, women born in 1850 may have ovulated and menstruated only a few dozen times during their lives. Contrast that fact with the following: Most modern women in the US experience their menses from about age 12 through about age 52 -- 40 years x 13 per year equals over 500 ovulations and menstruations during their lives. Now consider the following:-- Women who take The Pill do not ovulate-- As a result, women who take The Pill for 10 or more years enjoy a reduction in their risk of ovarian cancer of 50% and protection lasts for 20-30 years after they stop taking it-- Women who take The Pill do not menstruate (the cyclic bleeding that they

experience is due to taking the placebo pills, and it is called scheduled bleeding -- it is not natural menstruation)- As a result, women who take The Pill for 10 or more years enjoy a reduction in their risk of endometrial (uterine) of about 50%Conclusion: An American woman who takes a The Pill for at least 10 years cuts substantially her risks for each of those two cancers. How common are they?--Ovarian cancer occurs in about 1 in 70 US women--Uterine cancer occurs in about 1 in 38 US womenIn addition to protection from ovarian and uterine cancers, as we shall discuss in this book, women who take The Pill can prevent or treat all the following:01) Acne (66% less common compared to non-users)02) Anemia (due heavy menstrual bleeding)03) Anovulatory bleeding (bleeding without ovulating)04) Bone loss in cases of low estrogen (athletes, anorexics)05) Cancer of the colon06) Diseases of Pregnancy (if ever she engages in heterosexual intercourse)07) Ectopic pregnancy (if ever she engages in heterosexual intercourse)08) Endometriosis09) Heavy menstrual bleeding10) Hirsutism (excessive hair growth)12) Hot flashes and other symptoms of the perimenopause13) Menstrual migraines14) Ovarian cysts15) Painful menstruation16) Painful ovulation17) Polycystic ovary syndrome (POS or PCOS)18) Premenstrual dysphoric disorder (PMDD)19) Premenstrual syndrome (PMS)20) Treatment in lieu of surgery for fibroids (benign neoplasms) of the uterusNote that most of the conditions and diseases on that list have nothing to do with pregnancy.In other words, the term birth control describes only a small part of what The Pill can be used for -- and that is why I do not use that term in this book.The term that I will use instead in this book is Combined Estrogen Progesterone Pill (CEPP), pronounced kepp (with a hard C) or sepp (with a soft C) -- whichever the reader prefers

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The name of the bill, **The 21st Century Womens Health Act**, takes aim at laws to provide free contraceptive coverage as required under the federal is not only good for our women, its good for our country, Murray said. : **Protecting the Health of Women in their Teens** Editorial Reviews. From the Author. The series **Womens Health in the 21st Century**

Vol. 1, Protect Your Health with The Pill, discusses the many conditions and Editorial Reviews. Review. I never imagined that I could so thoroughly comprehend a medical book. It contains just the right amount of detail for me to acquire a **Protecting the Health of Nuns (Womens Health in the 21st Century** Protect Your Health with The Pill (Womens Health in the 21st Century) eBook: G. Trust: : Kindle Store.