

There is a new book out by Suzanne Somers entitled "I'm Too Young For This! The Natural Hormone Solution to enjoy Perimenopause". I highly recommend it. It has some good information from Dr. Jonathan Wright, one of this country's pioneers on BHRT (bioidentical hormone replacement therapy), as am I (26 years). This being her twenty-fourth book, it is in my opinion her best. On Pages 54 and 55, she had a brief chapter on the hormone Oxytocin which I have made into a handout for my patients. This is a hormone that has long been ignored. In addition to the benefits mentioned in the handout, it is being used to treat or prevent autism, Alzheimer's and migraines. Do I take Oxytocin myself? Certainly! As does my wife.

**M**ycoplasma genitalium is the new bad boy of sexually transmitted infections. It has caused experts to recommend a triple cocktail for the treatment of pelvic inflammatory disease. This includes Metronidazole (Flagyl), a cephalosporin such as Keflex or Ceftin, and Doxycycline.

**D**r. David Brownstein has written a book called "Iodine, Why You Need It, Why You Can't Live Without It". His book is in its 4th edition. He points out why fluoridation of the water supply in this country after World War II was a bad idea. Iodine and Fluorine compete for cell receptor sites not only on bones and teeth but also on other tissues (breast, thyroid, prostate, etc.). The fluoridation was for prevention of dental caries. Unfortunately it quadrupled thyroid and prostate disease and cancer and sixfold breast cancer. The countries without water fluoridation (Japan for example) are uniformly better off. Hence, Western Europe no longer fluoridates their water, although we still do.



*Add nuts to your diet for the sake of your health and longevity. Consistent evidence has been accumulating since the early 1990's. Frequent nut consumption has been linked to reduced risk of major chronic diseases, including heart and blood vessel disorders and Type 2 diabetes. So says Jane E. Brody in The New York Times (Personal Health, December 10, 2013). What kind, you say? Pistachios, almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pimentos, peanuts, and walnuts. Also, frequent nut consumers were 43 percent less likely to become overweight or obese despite the increased fat consumption from the nuts. Fifty-eight percent less colorectal cancer, twenty-five to thirty percent lower risk of gallbladder surgery, less pancreatic cancer. The list goes on....*



How do we solve this problem? An iodine supplement is essential to your health. We prefer Atomidine, 2 drops per day in the beverage of your choice. This levels the playing field with fluoride. Bottled water also contains fluoride, although it is not listed on the bottle.

**F**or people who have trouble getting to sleep or getting back to sleep: In addition to Melatonin Cream, consider using a dietary supplement called 5-HTP forty-five minutes before retiring. The one made by Natrol (50 mgm capsules) in the bottle with a purple label and cap works for us; another brand by Jarrow doesn't.

From the office of John R. Woodward, M.D.  
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Check out our websites at [AboutHormones.org](http://AboutHormones.org) and [WomenandHormones.com](http://WomenandHormones.com)

*Dr. Oz on his television programs has popularized Garcinia Cambogia for weight loss. This comes from a fruit by the same name found in the Himalayas. The brand we prefer is Citrimax, 1,000 mgm tablets, made by Nature's Plus (yellow label and cap).*

