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Focus On Health

QUARTERLY NEWSLETTER

JULY—SEPT 2016

Two Important Facts You Should Know About HRT

One of the main factors for reduced compliance with hormone replacement therapy (HRT) is that of progestogen intolerance. There are numerous alternative routes of administration and varying dosages to combat this problem. Synthetic progesterone should never be used, as it is carcinogenic.

Progesterone Molecule

Do You Stress When You Eat Chocolate? Here's Some Good News!

Chocolate has an anti-stress effect. **Dark** chocolate – not milk chocolate. It contains an antioxidant flavinoid known as epicatechia.

Bacteria vs. Infection

Gut bacteria are essential for normal immune system function. Researchers gave antibiotics to healthy mice. The antibiotics destroyed both good and pathogenic species of bacteria. Result: reduced ability to fight the infection.

Don't Forget Your Vitamin D...

Clothing and latitude affect Vitamin D levels – but even in tropical areas, Vitamin D3 supplements are necessary. Sunlight by itself won't get the job done. Vitamin D is important for bones, teeth, thyroid function, etc., etc. It also has benefits in heart failure.

Senior Tip!

Probiotic supplements enhance immunity in seniors.

TEXAS CENTER *for* Proton Therapy Opens

North Texas is now home for a facility housing the latest in proton beam technology. It is located at 1501 West Royal Lane, Irving, Texas 75063, telephone 469-513-5500. Proton therapy treats complex tumors in sensitive areas like the spine, head, neck, breast, and prostate.

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