



The Adjusted Chiropractic Health Tip of the Day

Study Creates Doubt over Hormone Therapy

Two medical studies provide damaging evidence for the safety of hormone replacement therapy!

These studies provided more evidence that "giving female hormones to older women does little to improve their health, and may in fact harm it." It is not surprising to discover that placing synthetic hormones in an otherwise healthy body may have consequences.

Medical doctors once believed that hormone replacement therapy protected women from heart disease; however, the opposite seems to be true. A research team at Brigham and Women's hospital in Boston found that women taking estrogen and progesterin increase their risk of heart attacks by a staggering 81% in the first year alone! Preliminary findings released last summer showed that women taking treatment experienced a 24% increase in invasive breast cancer, 81% increase in heart attacks and a 31% increase in strokes after 5 years of use. The study was terminated early because "too many women were experiencing medical problems." 16,608 women participated in the study.



Researchers said, "Most women taking the hormones should stop and those who have reached menopause should not start!" A second study at the University of Southern California, found that women taking hormonal supplements do not benefit from a decreased clogging of the arteries and a decreased risk of heart disease as previously thought. Altering a women's physiology will always increase the health risks over time..



774 Plenty Rd
South Morang 3752
Phone: 9436 8581