



Your Basic Guide to Nutritional Health for Women

By Linda Everglade

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The women's body is a phenomenal creation. Think of all it can do... we get pregnant, we give birth, we feed our babies, we nourish and protect, we instinctively respond to certain triggers, and when our productive years are over, we go through menopause.

Because we have these different physiological considerations to men, we require different health strategies when things go wrong.

Problem areas for women can include (amongst others) fertility, pregnancy, menstruation, menopause, fibroids, endometriosis, breast cancer, urinary tract infections, osteoporosis and anemia.

The causes of these health problems are often dietary deficiency, environmental factors, aging and lack of exercise. Basically, an unhealthy lifestyle can contribute to many of the illnesses we experience today.

Let's focus on each of the risk factors mentioned above, to help us understand what impact they can have on our health.

Risk Factors for Women

1. Dietary Deficiency

Due to our busy lifestyles we often embrace bad habits out of convenience, such as take-away foods, eating on the go, drinking too much coffee and not enough water. While convenient this type of diet will only cause problems down the line. The body is a finely tuned machine and needs nourishment and hydration to perform at its best. You wouldn't put toxins into your car engine, or never refill the water, would you? Isn't it ironic that we often treat our cars better than we do our own bodies?

The nutritional value in fast food is practically zero. The food has been so processed that almost all the goodness is gone. It may fill you up, even give you a burst of energy, but it won't do much good in the long term.

Your cells are the building blocks of everything in your body. They form organs, which in turn form body systems. Cellular health is vital to your overall long term health.

Your cells need nutrients and adequate hydration to survive and flourish.

Your body needs antioxidants, which are only found in fresh fruit and vegetables, to combat free radicals which can harm your cells, and in large quantities even cause diseases such as cancer.

Vitamins and minerals found in fresh and whole foods build a healthy immune system and combat all sorts of conditions such as inflammation, bacteria, viruses and digestive disorders.

They also help you become more resilient to stress, toxins and environmental risk factors.

2. Environmental Factors

Environmental risk factors such as high pollution levels, stress, toxins (like smoking and alcohol consumption), sunshine (too much or too little), all play a part in your overall health.

Stress is one of the most prolific causes of health problems in our lives today. Research has shown that more than 3 out of 5 doctor visits are for stress related disorders. Everything from irritable bowel syndrome and digestive problems, to migraines and sleeping disorders can be caused by stress.

Everyone suffers from stress from time to time - the key is how you deal with it. New mothers are often fraught with anxiety. Recovery from the birth process, feeding concerns and adjusting to the new family member are all factors which contribute to stress in new moms.

Working parents are also at risk from stress. Financial worries, fear of not spending enough time with your kids, dashing to and from school and work, then home to homework, dinner, bath times and finally bed all takes its toll. For working parents it's essential to find a balance which works for you.

At a nutritional level, however, stress results in depleted Vitamin B levels, which are necessary for a healthy neurological system and functioning brain activity.

Toxins like smoking and alcohol dehydrate your body and cause vitamin depletion (especially Vitamin C). They also release free radicals which can cause damage to your body on a cellular level.

Lack of sunshine causes a loss in Vitamin D, which is vital for healthy organs and bones. That is why it is so important to spend a few minutes outdoors every day. A few minutes per day is all you need to naturally absorb Vitamin D into your system.

Too much sunshine on the other hand causes the skin to lose elasticity and become dehydrated. It encourages premature aging and damages skin cells.

3. Natural “Wear-and-Tear”

Aging is a natural process of life, and one we cannot avoid, no matter how much we may want to!

Aging gracefully is the key and to do this we need to know how to keep our bodies in the best shape we can, so aging does not cause premature degeneration or disease. As we grow older, so do our cells and organs. Body functions take strain, body processes wind down, and organs cease to function optimally. It’s important to take care of ourselves during our middle years, so that we remain healthy, supple and mentally agile in our old age.

4. Lack of Exercise

Lack of exercise leads to weight problems and obesity. Even people who are slightly overweight can suffer from weight-related health problems such as poor circulation, high cholesterol, abnormal blood pressure, blood sugar problems such as hypoglycemia and diabetes. These conditions are mostly diet and lifestyle related, and can be avoided if people would only eat better and exercise more. Sounds simple, doesn't it? Would you exercise more today if you knew it would save you from a heart attack in 10 years time?

The Solution

Help Is At Hand... but it does require some effort on your part. Read the suggestions below and take action!

Although there is no substitute for a healthy lifestyle, there are also certain nutritional supplements you can take to counteract, to some extent, the risk factors we've discussed.

1. Diet

A healthy balanced diet is essential to good overall health. Yes, you've heard this a million times, but there's a reason for that – it's true!

So what do you need to do?

To prevent overwhelming yourself, start simply and take it slow. As women we wear many different hats – mother, employee, partner, chef, daughter, sister, friend... the list is endless. All of these functions are what make us remarkable, but they also require energy to perform, and that is why we need to make sure our bodies and minds are functioning optimally.

3 Simple Health Strategies to Implement Immediately:

- a. Start by drinking more water. Not tap water, or soda, or tea and coffee, but pure, mineral or spring water. Buy 7 bottles at a time and drink one a day. Take it with you everywhere. Water is essential to get rid of toxic waste products in your body and to hydrate your cells, helping them perform optimally.

- b. Start every meal with a piece of fruit, some salad or vegetables. Eat it first, whether it's a starter or part of your main meal. For example, start off your breakfast with fruit, followed by yogurt. Begin your lunch with a small side salad, and then have a sandwich. For dinner, have your veggie portion first, then the meat and potatoes. Stick to this and you'll find you'll get full on the good stuff, which leaves less room for the rest.

- c. Walk every day. Even if it's only for 10 minutes during your lunch break. Get up and get walking. The cardio improves your circulation, de-stresses you, helps release tension and allows you to get some fresh air and natural light.

Doesn't sound too hard, does it? Why not give it a try?

Supplements: If you eat too many take-outs, and not enough fresh or whole foods, you need to correct your nutritional imbalance, but adding [nutritional products](#), and essential fatty acids (Omega-3) to help the body function properly and to encourage healthy cells.

(For an excellent source of essential fatty acids, [read about AIMega Organic Seed Oil blend](#), which promotes healthy cell membranes, regulates inflammation and contributes to a healthy immune system.)

2. General Healthy Tips

Stress depletes Vitamin B so eat more food which contains that vitamin, such as oats, barley, beans, legumes, nuts, eggs, meats, fish and cereals.

Supplement your diet with B vitamins and supplements such as choline, phosphatidylserine, and the ginkgo biloba which help memory and herbs like chamomile, passionflower, and valerian which help to calm and balance. Good nutrition is important to maintain a healthy nervous system.

[\(Read more about neuro supplements here...\)](#)

If you smoke or drink alcohol, you should be taking a good multivitamin or nutrition product, to combat the effects of the toxins in your body and to replenish your supply of nutrients.

(AIM makes an excellent nutritional supplement which provides daily nutrition essential to good health. [AIM Garden Trio](#) allows us to receive optimal nutritional benefit from essential fruits and vegetables, in the form of a juice powder. It's an essential food supplement for those of us who have inadequate diets due to bad habits or busy lifestyles.)

3. Because You're A Women

For optimal women's health, supplements such as iron and calcium are important, as well as the vitamins B and E and folic acid and cranberry supplements.

(AIM products to support women's concerns include, *AIM Renewed Balance* (a natural progesterone, helps maintain healthy bones and healthy during menopause), *AIM CranVerry* (a sugar-free cranberry juice concentrate, helps maintain a healthy urinary tract), and *AIM Revitafem* (to help support women's special concerns). [Read more about these products here...](#))

4. Aging Gracefully

With new anti-aging breakthroughs happening all the time there are lots of ways in which you can prevent premature aging.

Taking skin related supplements is one way to keep your skin looking great. For example, supplements which contain anti-oxidants get rid of free radicals and help to slow down the

effects of aging. Glucosamine is a compound which stimulates the production of collagen in the skin. Essential Fats ensure healthy skin inside and out.

For more information on these and other nutritional skin supplements, view our web page at www.30daystohealth.net/skin.html.

Here's to your optimal health!

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