



## Selected Questions asked by Women

**Q:** I am 53 and depressed all the time. The medicine I am taking is not helping. Will a Reiki session help me?

**A:** Reiki is a therapy which works with the energy centres of the body. These centres govern both physical and emotional states. Many people find Reiki a very "moving" therapy. Although Reiki is a very relaxing energy therapy for the physical body, it often provides an opportunity for the mind to open up, discover and explore emotions that can put us into a  *Holding Pattern* . That is why I say it can be a "moving" experience because it has the potential to move emotions around lending it a very unique, effective therapy for depression.

**Q:** I have just been to my doctor after having a bone density test and he tells me I have osteopenia. What would you suggest?

**A:** Osteopenia is the new "buzz" word used before one is actually diagnosed with osteoporosis...loss of bone density. Bone density loss coincides with age and hormonal changes however there are many ways to prevent and even restore bone density. The most obvious is weight bearing exercises such as walking and running. Another very effective exercise to help with bone density is rebounding. This offers weight bearing without the impact on the joints, particularly hips and knees. Nutritionally, bone loss happens when the body chemistry is too acidic due to an overabundance of white, sugared, processed foods. Since calcium is the most abundant mineral in the body, stored in bones, when the body needs to alkalize itself, it pulls calcium from the storage bins of the bones and moves it to the cells, overtime leaving the bones depleted. My suggestion would be to do a nutritional workup to see your mineral balance and reset your diet to better meet your body's needs.

**Q:** I am 48 years old and my period is changing, but I feel tired all the time, I have very little sex drive, I am gaining weight and getting depressed. What can help me through this awful time of my life?

**A:** There is no doubt that hormonal fluctuations of perimenopause can bring a burden of health related problems and frustrations, however there is a way to

manoeuvre through these changes and come out on the other side healthy, happy and fulfilled. The most important first step is to have your hormone levels tested through salivary hormone testing to get an exact ratio of each of the involved hormones, estrogen, progesterone, testosterone, DHEA and cortisol. Each of these hormones is critical in menopausal changes and if one or more are out of balance either in themselves or in ratio to another, health problems such as the ones you describe can result. Once any imbalance is detected, then the proper course of action may be carried out to allow the body to adjust itself and over a short period of time, balance will be restored.

**Q:** I suffer from stress and I'm not feeling well. I have been on prescription medication for two years and want to get off this regime. Can you offer a suggestion?

**A:** Two small glands which lie on top of each kidney, the *Adrenal Glands* are critical players when it comes to handling the effects of stress; physically, mentally and emotionally. The adrenal glands produce a steroid called *cortisol* and this chemical response rises during periods of stress. In chronic stress conditions, over time, as cortisol demands increase, the adrenal glands fatigue and their ability to perform decreases. Eventually the ability for the adrenal glands to stimulate cortisol production gets compromised and fatigue, depression, chronic infections and inflammations can result. The best solution is have the cortisol levels checked over a period of 12 hours, and then care take for the adrenal glands through natural nutritional supplements.