

# Women's Health



Ariani

**HEALTH  
SOLUTIONS**

Science & Nature in Balance

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[www.DrArien.co.za](http://www.DrArien.co.za)

# Healthy Women



**Healthy women –  
partners – family –  
community!**

Inform, teach and guide  
the women on health  
and wellness issues,  
and you will have a  
healthy country, a  
healthy world!



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# Health & Happiness for Women

- Breast health
- Women and stress
- Women's hearts
- HRT and menopause
- Herbal remedies for the woman of today



# Breast Health

## 1. Mental-emotional:

- Only 5% breast cancer: ⊕ family history
- Three main underlying profiles:
  - Empty nest; purpose for life gone
  - No children; consciously fine, but deep unconscious yearning, feeling unfulfilled as woman
  - Over nurturing, gave everything, unconscious resentment

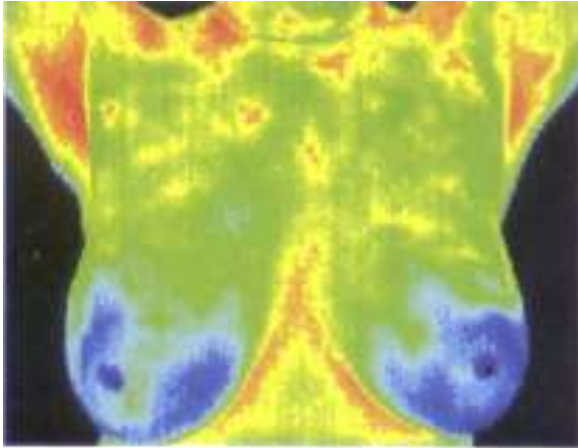
## 2. Early diagnosis

## 3. Digital Infrared Thermography



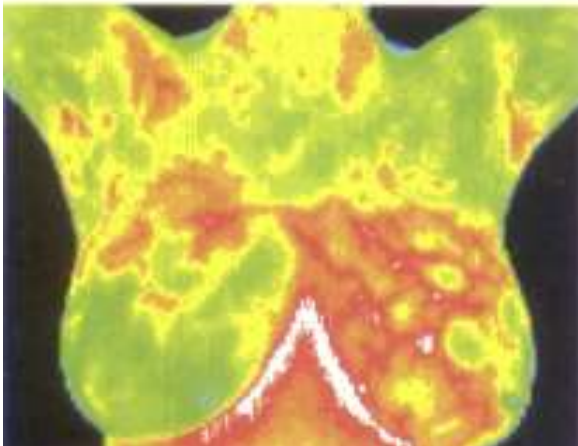
The Only Method Available for  
"Visualizing" Your Body

# Breast Health



## NORMAL

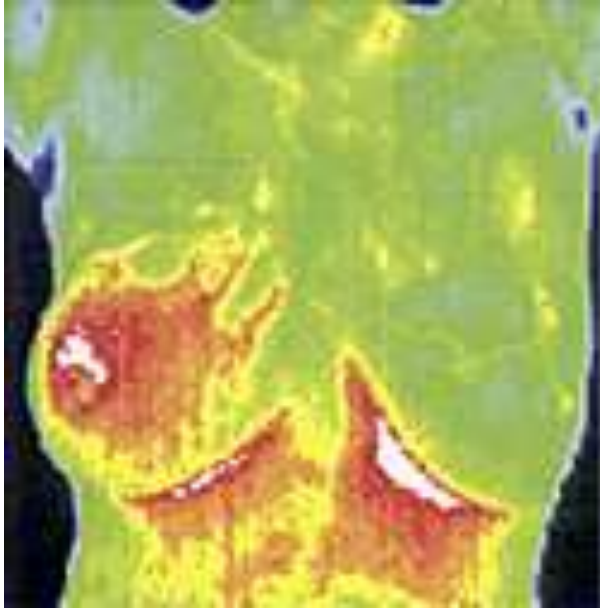
Good thermal symmetry with no suspicious thermal findings. These patterns represent a baseline that won't alter over time and can only be changed by pathology that won't alter



## FIBROCYSTIC

Significant vascular activity in the left breast which was clinically correlated with fibrocystic changes

# Breast Health



Significant inflammatory changes in the right breast. Referral to a breast specialist and subsequent biopsy diagnosed inflammatory breast cancer at a very early stage



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# Women and stress:

‘Stress is an ignorant state. It creates emergencies out of everything’

## Certain stress-related problems affect mostly women:

- Menstrual cycle (from cramps to PMS, endometriosis and infertility)
- Resentment for sacrificing needs for those of others
  - Emotional overeating
- Accelerating ageing process due to increased stress
- Migraine headaches, irritable bowel syndrome, chronic fatigue syndrome



# Building resilience (mentally)



- Positive self-talk
- Sense of humour
- Getting clear about own values/goals/priorities

Be assertive—learn how to ask for what you want/need

- Improve communication skills
- Taking time for mental health



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# Building resilience (socially): Tend-and-befriend

- Building and maintaining support systems
  - Investing in relationships



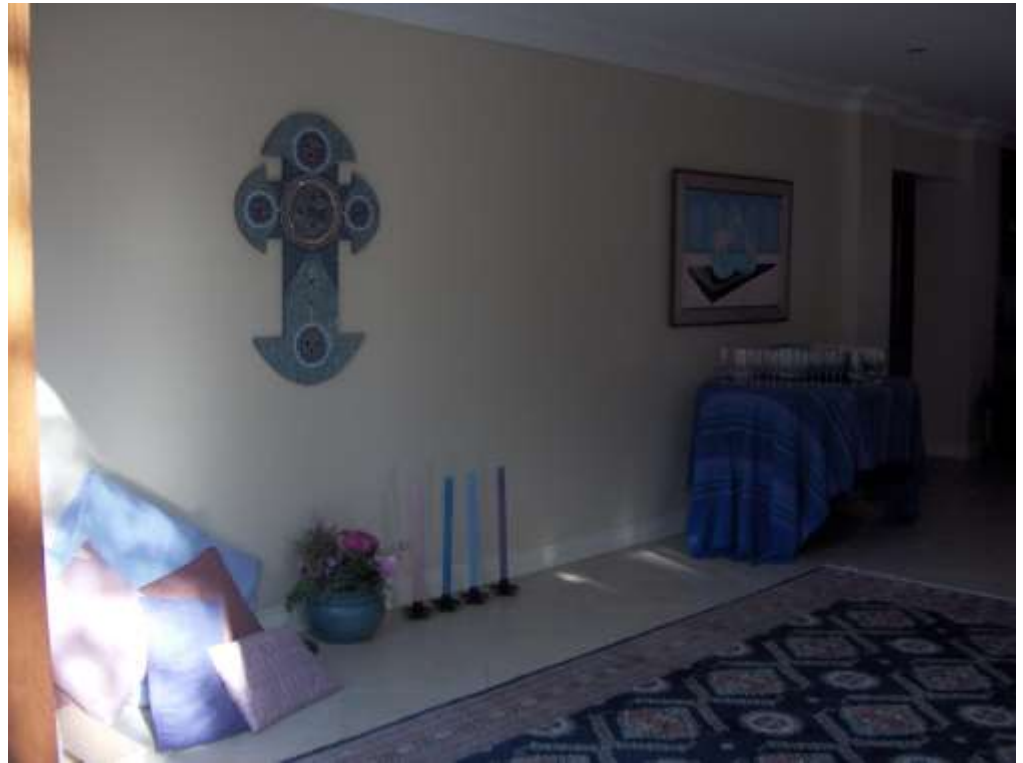
- Spouse
- Kids
- Friends
- Family
- Community
- Pets

- Clear communication
  - Intimacy

# Building resilience (spiritually)

Can be especially important in times of high stress!

- Meditation
- Prayer
- Quiet time every day
- Sacred space
- Faith
- Commitment



Paying attention to your inner being can strengthen you and help you deal with stressors a lot better.

# Heart of a Woman

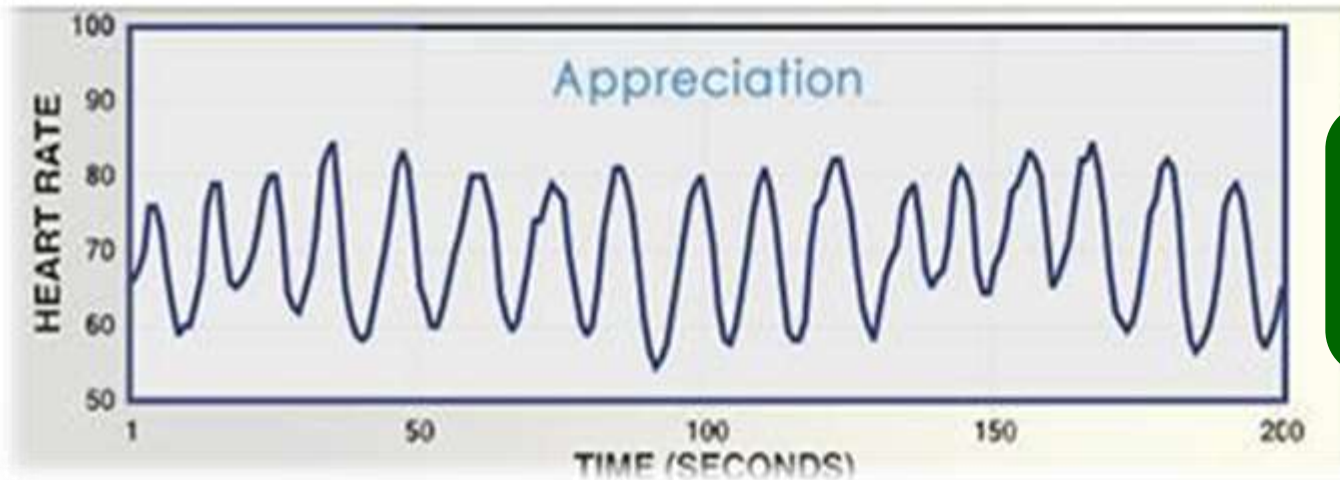
- Heart disease most common cause of death in postmenopausal women in Western world.
- Heart attacks claim 3x more lives than breast cancer
- Strokes claim 2x more lives.
- 21% women UK > 45 die from heart disease.
- Estrogen protects women pre-menopausally. After menopause, women higher risk of developing heart disease than men.



# Heart rhythm patterns & emotions: Self talk!

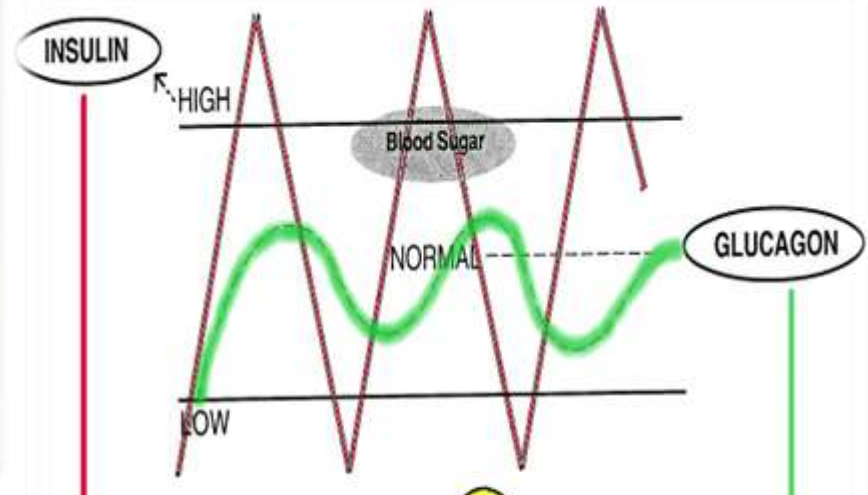


Cortical Inhibition  
(chaos)



Cortical Facilitation  
(coherence)

# Healthy eating



## Healthy female reproductive system (and general wellbeing!)

- Low GI, complex carbs - insulin resistance
- Plant & fish oils
- 6 - 8 glasses of water a day
- Seasonal fruit, veggies : 5-8 a day
- Handful nuts, seeds every day
- Increase intake of legumes, soy bean foods, chickpeas, lentils and linseed

# Superfoods: plant your own/buy organic

- Berries
- Nuts, seeds
- Cereal grains, grasses – wheatgrass, brown rice, oats
- Oils
- Raw honey
- Pulses/legumes
- Garlic
- Mushrooms
- Bee pollen
- Sprouts
- Aloe ferox – smoothie
- Seaweed
- Raw cacao – beans, nibs, powder, butter



**Water!**

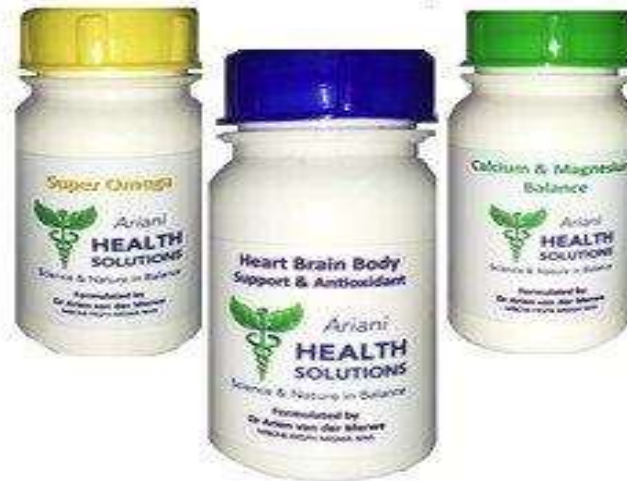
# Support Physiology Optimal Nutritional Function

## Basic 3

1. Antioxidant
2. Calcium and Magnesium

3. Omega- 3,6,9

Add system –  
Female Balance



Health &  
Happiness

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# Herbal help

Culinary, \* medicinal, aromatic plants

## Basic kit:

- Garlic, ginger, turmeric, thyme, rosemary, basil, sage – food \* recipe
- Rosemary: anti-infl, stim effect CNS  
– memory, concentration



## Others:

Lavender, camomile, orange blossom –  
relaxing oil mix

Echinacea, garlic, golden seal liquorice  
root, chamomile, sage, thyme, calendula,  
rosemary

**Ginkgo biloba**





# Menopause

## HRT & increased risk for disease

- The use of HRT (estrogen with or without progesterone) for longer than 5 years, significantly increases a woman's risk of developing breast cancer; increasing to 35% after 10 years. Million Women Study; duplicated by various others.
- Heart disease
- Stroke
- Ovarian cancer
- Pulmonary embolism



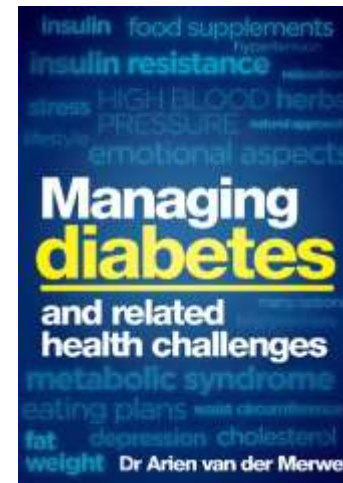
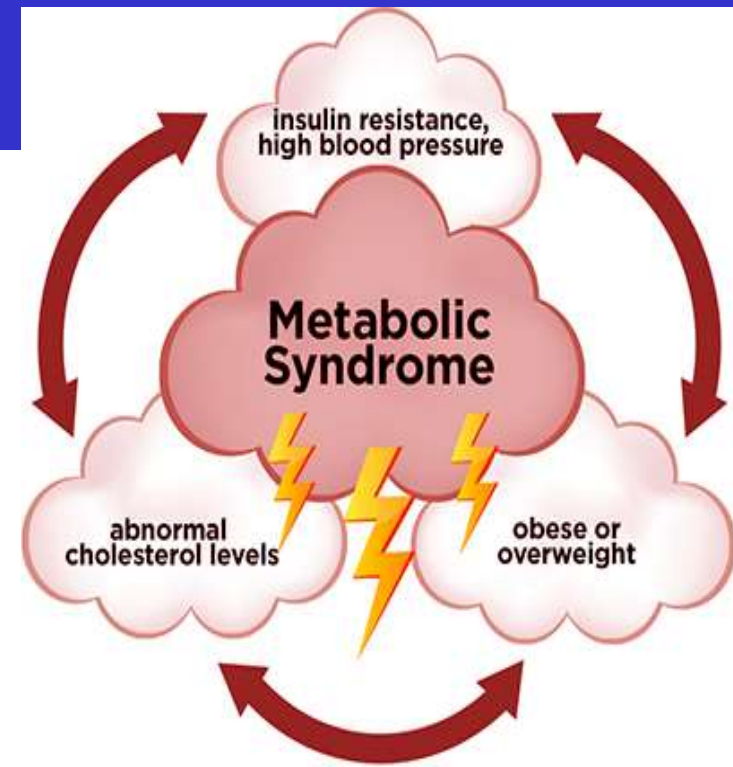
# A general herbal combination for PMS, irregular cycles, peri- & menopause

- Dong quai (*Angelica sinensis*)
- Black cohosh (*Cimicifuga racemosa*)
- Wild yam (*Dioscorea villosa*)
- Fenugreek
- Sage



# Metabolic Syndrome

- Waist circumference: abdominal circumference > 102 cm men, > 88 cm women.
- **Insulin resistance**
- Triglycerides: 1.7mmol/L or >
- HDL: < 1.0 mmol/L men; < 1.3 mmol/L women.
- Blood pressure : 130 mmHg systolic; 85mmHg diastolic or >
- Fasting glucose >5.5 mmol/L



# Regular physical activity: appreciate, enjoy your body

## Wellness definition of fitness:

- Ability to meet the needs of your lifestyle with ease
- Exercise improves insulin sensitivity in muscles, better glucose uptake, more energy/fuel in muscles, drop in blood glucose levels
- Interval training. Glut4 Support



## Do something you enjoy – many health benefits:

- Dance, yoga, swimming, tai chi, walk
- Music & mood  
pelvis, chest,  
head



# Restorative sleep

- Quiet
- Darkness
- 8 hours uninterrupted
- Bed: mattress
- Colours
- Distractions – TV/  
computer/cell phones
- Sleep preparation
- **AVOID:** using stimulants to stay awake
- **AVOID:** using alcohol to help you fall asleep; it induces sleep onset but disrupts sleep later on



# Deep relaxation

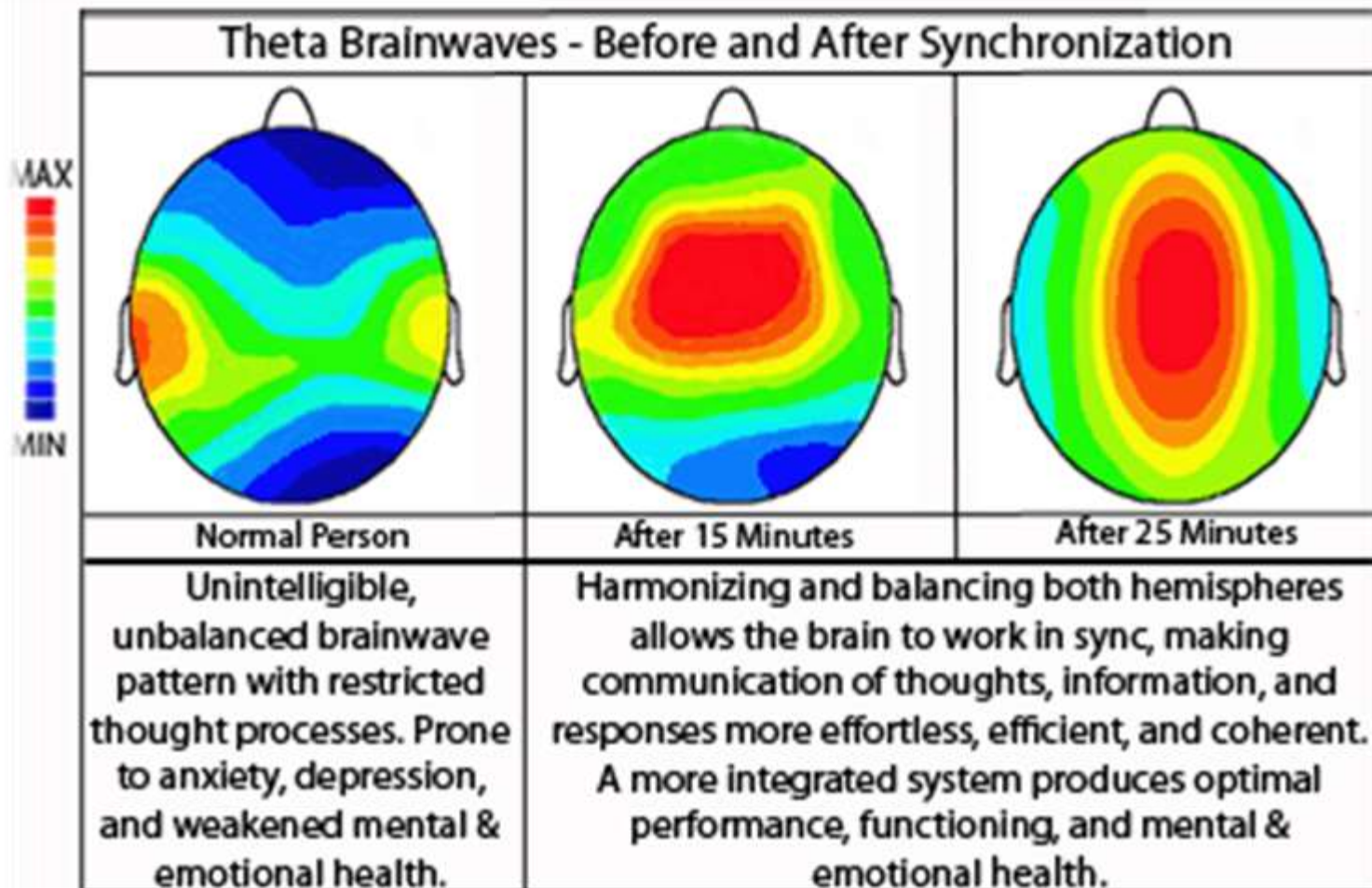
- Right brain mode into right mind – pineal gland activation
- To connect to the silence of a quiet mind

Health, happiness, wholeness lie at the core of our being: it is our natural state!



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# Theta brainwaves before and after synchronisation



Enhanced for Illustration Purposes

# Work-life balance

- Creativity
- Socialise
- Family
- Hobbies
- Joy, fun
- Humour
- Regular contact with nature





# You are a woman!

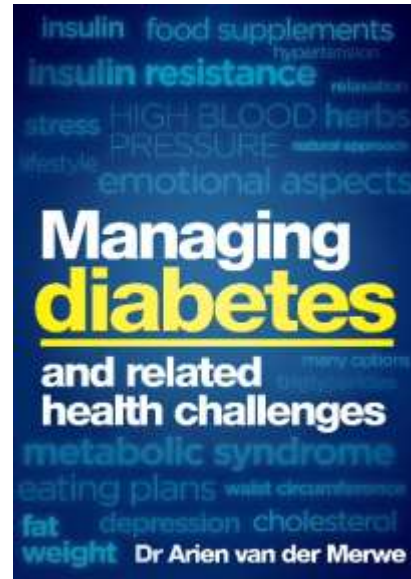


- FSH, LH pituitary; estrogen, progesterone ovaries; estrogen fat cells, brain, liver, spleen
- Be a woman: yielding, soft but strong
  - Natural nurturers (relationship experts!), networkers, multi taskers, leaders, lovers of beauty

# Support

[www.DrArien.co.za](http://www.DrArien.co.za)

- **Workshops:** 20 Aug. 2016 Meaningful Menopause, Oct. 2016 Neuroplasticity, Whole brain functioning, Creativity
- Books, CD's, Health Coaching: real time & online
- Nutraceuticals, herbal remedies



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**Books / Relaxation CD  
/ Online Health  
Courses**