

(3) WHAT EXPERTS SAID REGARDING PMS AND MENOPAUSE

In Issue #11, which was the Spring 1995 Issue of our paper publication "Back to the Garden," this editor shared the warnings that follow with our readers. Sadly, the medical community did not release their warnings until almost ten years later, and only after tens of thousands of women had developed breast and uterine cancer. This warning from the medical community came some 20 years after the National Institute of Health had issued its warning.

"Estrogen Replacement Therapy places women at high risk." - National Institute of Health Consensus Development Conference 1984.

"Estrogen replacement increases the risk of cancer during use and for many years after it is discontinued." - Obstetrics & Gynecology, 1990.

"Why do doctors give women Estrogen Replacement Therapy (ERT) at the end of menopause if estrogen is carcinogenic? I believe that menopause is nature's way of decreasing estrogen formation in woman in order to protect her from cancer. Who are we to think that we know better than nature. I do not believe any woman needs estrogen unless she has had a hysterectomy at a very young age." - Dr. Lita Lee

"A mounting body of evidence suggests that other sources of estrogen contribute to the background level of carcinogens in our food environment. Milk, commercial eggs, and other dairy products often have traces of estrogen.

Most commercial grade meat is laced with it. Birth control pills are based on it." - Dr. Betty Kamen

"Report in English journal Lancet, suggested we are awash in a 'sea of estrogens' which might help to explain the rise in male prostate cancer paralleling the rise in female breast cancer - men too, have had immeasurable exposure to estrogens by eating commercially-raised, DES-tainted beef and poultry for 35 years." - Forward to The Menopause Industry

"The consumption of foods and beverages which are high in sugar content is associated with the prevalence of PMS." - Journal of Reproductive Medicine

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(5) PMS, MENOPAUSE, AND THE HALLELUJAH DIET

I received a letter this past week from a Health Tip subscriber. Kay wrote: "I would like to see a bit more of women's health issues discussed. For example: menstrual problems, ovulation, menstrual headaches, menopause, and how it's always a stronger battle when the monthly fluctuations of hormones aggravate life. Since most men have to deal with their female loved ones with their female health problems, they just might appreciate some help to show or give to the women in their lives."

Not feeling well qualified to answer these questions, I asked Rhonda (my wife) if she would respond. Following is what Rhonda had to say:

As George and I travel around the country holding Health Seminars, the questions that women most frequently ask me as a woman are those which pertain to PMS (pre-menstrual syndrome) and menopause. This subject is an extremely important one to most women today because female problems can affect almost every hour of almost every day of a woman's life, physically, mentally and emotionally. In addition, PMS and menopause can affect those around us, including our spouses, our children, and even our friends.

In my search for truth and knowledge on these subjects, I have found that much of what is generally believed is false and is often based on misinformation. Ladies, if we are going to find help for these problems, it is vitally important that we have an open mind, that we think positively about the natural changes taking place in our bodies, and that we realize there is a vast difference between what women are experiencing today and what God intended! Thus, I would challenge you to consider some more positive thoughts about these bodies/temples God has given us, and how God intended them to function and be cared for.

It is vitally important for us to consider that the very purpose of a woman's monthly cycle is to produce an egg so that mankind can reproduce and thus perpetuate the human race. This was by God's design, so that man could fulfill God's command to "be fruitful and multiply" (Genesis 1:28). The purpose of the flow of blood is to shed the lining of the uterus. Susan Larkin, M.D. puts it this way: "Each month the uterus prepares a thick, blood rich cushion to nourish and house the fertilized egg. If conception occurs, the embryo implants itself in the uterine lining after six or seven days. If pregnancy does not occur, the egg does not implant in the uterus and the extra build-up of uterine lining is not needed. The uterus cleanses itself by releasing the extra blood and tissue so the build-up can recur the following month."

This monthly cycle was to be a normal and natural occurrence every 28 days during a woman's childbearing years. Today, however, many women experience severe pain, cramping and heavy bleeding during their menstrual cycle. This is often accompanied by severe mood swings and depression. Is this normal? Is this what God intended?

These are vitally important questions we must answer if we are going to enjoy life and if our bodies are going to function properly.

Often, women are told that all of this pain and bleeding and emotional trauma during PMS are the result of Eve's disobedience to God in the Garden, and in ignorance they base this belief on Genesis 3:16, where the Bible says, "Unto the woman he said, I will greatly multiply thy sorrow and thy conception; in sorrow thou shalt bring forth children." What is the Bible teaching in this verse? Is it teaching that there will be pain and bleeding and emotional trauma during PMS, or does it simply say that there will be some pain during childbirth? For a few minutes, let's look at it from a different angle...

DIET AND LIFESTYLE - What we eat is usually the result of tradition, advertising and habit. We do not seem to realize that what we put into our bodies can have devastating effects. How sad that we have never been taught to associate what we eat with our well-being or our physical, mental, and emotional problems. Yet the truth is that we literally become what we eat? In reality, diet and life-style influence our lives probably more than almost any other factor in our life.

Prior to the 1950's most food was grown locally, without pesticides, fungicides, and herbicides. Foods were not genetically altered, nor were they laced with preservatives, coloring agents, emulsifiers and other additives. Most of these toxic substances were added following World War II. Sadly, the average person of today, if he or she eats manufactured and processed foods, will put into their bodies over 12 pounds of these chemical additives every year!

It should be noted that the term PMS (pre-menstrual syndrome) did not become part of medical terminology until 1953. Why? What has changed in the past 50 years? What is causing more and more problems in this area with each passing year? I believe that if we will take a long hard look at the "food" we have been putting into our bodies and the way we have been living, we will find most of the answers to the problems associated with PMS (and yes, menopause too).

GROWTH HORMONES were first introduced by the meat industry in the 1950's so that farmers could get their animals to market in less time, thus increasing their profits. Little did women realize the significance of this change in the way the meat they were eating was being grown. When these animals are butchered, the growth hormones remain in the flesh of the meat and are consumed at our tables. Now if growth hormones can cause an animal to grow much faster than it normally would, and cause an animal to mature in less than the normal time God intended, what do you think these growth hormones do within our bodies?

Growth hormones in animal products, both animal flesh, milk and cheese, are made of synthetic estrogen, similar to a hormone that is naturally produced in very small amounts by a woman's body. Synthetic estrogen has been found to cause numerous problems, including cancer. Estrogen is the hormone, in its natural form, that God designed females to start producing in their bodies after the age of 15. This is what initiates puberty! This is the hormone that regulates a woman's life and makes it possible for her to have children. This is the hormone that the body slowly stops producing after childbearing years have ended. So, what happens in the body of a woman when these hormones are added to the meat and dairy products she eats, thus causing the body to receive more estrogen than God intended?

One of the most horrible effects of these artificial growth hormones is what they are doing to young girls. If you look at the age of puberty 50 years ago, it was usually in the range of age 15 or 16. Then look at the age a young girl starts her menstrual cycle today and you will find it to be age 10, 11, and 12 on average and some even earlier. The ability of a young girl to be able to reproduce at this young age is causing monumental problems in our society. These hormones are also causing girls to develop super- sized breasts!

It is interesting to note that today, when girls are raised from birth on a vegan diet, excluding all animal products, they usually do not begin their menstrual cycles until after the age of 15. In fact, in rural China today, where very few animal products are consumed, the average age of puberty is 17-19. When a woman eats only the foods God intended, without the addition of artificial hormones, her menstrual blood flow is usually very light to non-existent, without pain, and without mood swings. This is the way God intended it to be!

Ladies, we are creating our PMS and menopause problems ourselves, in ignorance, because we have adapted the diet and lifestyle of this world! Then when we experience the consequences of this wrong diet and lifestyle, we go to the Medical Doctors of this world for help and all they do is make things worse with their artificial hormones, drugs, and sometimes surgery.

Have you ever considered that PMS and menopause are big business? Think of all the money being made selling supplies and medical prescriptions, to say nothing of the doctor bills. Usually after only a few months on The Hallelujah Diet, most PMS symptoms, as well as those from menopause, simply disappear. Often ladies report no more cramping and only light bleeding, as well as no more mood swings. That's pretty exciting isn't it? Now let's look at...

MENOPAUSE. What is happening today to cause women, as they approach what should be a very special time in their lives, to be plagued by all these health and emotional problems?

The answer is really quite simple. As the estrogen levels in a woman's body naturally decrease as they come to the end of their childbearing years, the hormone level drops.

This is normal and natural, and the way God designed. But if there is too much estrogen in the body, the drop can be quite dramatic, causing hot flashes, mood swings, and other problems.

Meat and dairy products, even without growth hormones, can cause the body to increase the amount of natural estrogen being produced. The eating of animal products is the primary cause of menopausal problems because they create a higher level of estrogen in the body than normal. Then when the estrogen level begins to fall, it plummets. Add to this the side effects caused by the often recommended Estrogen Replacement Therapy (ERT), and Hormone Replacement Therapy (HRT). Now the body has a monumental problem to deal with.

We have heard a lot about ERT and HRT in the past. We were told that these were the answer to menopause and even menstrual problems. They have been in use since the 1960's.

Through the years there has been much controversy about these products and the potential side effects of long-term use. Those who expressed concern were told that there was nothing to fear. Then recently, we learned that ERT and HRT were the primary causes of uterine and breast cancer.

Other side effects of synthetic estrogen, and the consuming of animal products which cause the body to produce too much estrogen, not only include cancer, but also bloating, bleeding, change in sexual desire, cramps, depression, irritability, cervical damage and fibroid growths, just to name a few. Also, one of the most hideous things a doctor can do to a woman is to perform a complete hysterectomy, an operation that is almost always unnecessary.

Certainly, our Heavenly Father never intended for women to have to suffer as women suffer today from PMS and menopausal symptoms. The simple truth is that we are creating these problems and experiencing all the difficulties because of an improper diet and lifestyle.

God designed us to live vigorous active lives, and to be nourished by fruits, vegetables, seeds, grains, and nuts (Genesis 1:29). He also designed our bodies to be physically exercised on a daily basis. How many of us live according to His plan! Yet we don't seem to understand that when we "suffer," the suffering is usually simply the consequences of our wrong diet and lifestyle. IT IS HIGH TIME FOR WOMEN THE WORLD OVER, TO WAKE UP AND TAKE BACK THEIR HEALTH, AND TEACH THEIR DAUGHTERS AND GRANDDAUGHTERS THESE FORGOTTEN AND NEGLECTED TRUTHS!

AT HALLELUJAH ACRES WE HAVE FOUND THAT BY SIMPLY MAKING SOME DIET AND LIFESTYLE CHANGES, WE CAN USUALLY ELIMINATE MOST PROBLEMS ASSOCIATED WITH PMS AND MENOPAUSE!

Hallelujah Acres is a Christian Ministry that teaches health from a Biblical perspective! Hallelujah Acres is trying to help the Christian community (as well as anyone else who will listen) realize that God's ORIGINAL diet, as given by God in the Bible, in Genesis 1:29, was God's perfect plan for the proper nourishment of his human creation. Multitudes have made this diet change that we teach here at Hallelujah Acres, and experienced normalization of weight, as well as the elimination of almost all their physical problems. For more information, visit our website at <<http://www.hacres.com>> or call (704) 481-1700.

If you are not already on The Hallelujah Diet, may I encourage you to give it a try!

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