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# Doctor's Corner

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## Redesigning Your Biological Computer —Stress and Menopause

Stress affects your body's biological computer, causing health issues and chemical imbalances. Determining and addressing the causes of stress is the most important factor in creating wellness. There are ten stressors that can cause endocrine breakdown: genetics, neurotransmitter dysfunction, dental issues, scar tissue, diet, foreign organisms, environmental toxins, medications including HRT, mind/emotions, and of course, immune challenges.

The first step in obtaining an accurate diagnosis of stress is to look at meridian levels related to cortisol production. Since developing my Menopause, Nutrition & Lifestyle Monitor, I have studied thousands of (before and after) case histories and programs. The five elements of traditional Chinese medicine are tested, along with hormones, and then a custom program is created. This program includes an endocrine rebuilding diet, a list of important nutrients such as flax seed, primrose and borage oil, and a formula for the immune system such as Source Naturals® Wellness Formula®.

Due to testing inaccuracies, women are often misdiagnosed, placing them in the categories of pre- or post-menopause dysfunction, when they are just experiencing abnormal periods of stress. I have observed patients' tests results and symptoms completely turn around in two to three months just by following my seven-step program, which is discussed in my new book, *Revitalize Your Hormones: Dr. Dale's Seven Steps to a Healthier, Happier and Sexier You*.

### Your Menopause Choices

Due to the media promotion of bio-identical hormones from celebrities, it is of utmost importance that you educate yourself about this pressing issue.

Fact One: It is clear that natural and bio-identical hormones have toxic side effects. Every testing laboratory has observed the toxic side effects of all varieties of hormone replacement; it's documented through thousands of before and after tests!

Fact Two: Bio-identical hormones create dependence and your body slows down production of your own natural hormones.

Fact Three: As your body deals with stressful situations, your hormone needs change. Balancing changing hormone levels with hormones will only produce frustration and toxic symptoms.

Fact Four: Possible symptoms of using natural, synthetic or bio-identical hormones are weight gain around the buttocks, thighs, middle waist and abdomen, depression, facial hair growth, hair loss, and fatigue.

Fact Five: The ONLY hormones that are bio-identical or natural are the ones your body makes.

### EndoPure Homeopathic Hormone Rejuvenation

EndoPure is an oral homeopathic remedy and can also be used as a douche for vaginal dryness. Due to the success of the EndoPure and NeuroEmotional Remedies, it is clear that even women with complete hysterectomies can strengthen their adrenal glands, re-educating them to make

hormones in appropriate amounts. EndoPure is available in four formulas—EndoPure Pro, EndoPure Estro, EndoPure Testos-Female, and EndoPure Testos-Male. Instructions for use are on each box.

### Neurotransmitters and Hormones

I look at neurotransmitters as regulators of the biological computer, affecting thoughts, moods, hormones and overall mental, emotional and physical well-being in humans. My challenge was to formulate a new homeopathic remedy, which would download new information that the biological computer uses to repair itself and balance all neurotransmitters. If your neurotransmitters are out of balance, it can cause hormonal problems, adrenal stress, insomnia, weight gain and depression.

In handling stress, the brain uses large quantities of certain chemicals called neurotransmitters. Neurotransmitters induce or inhibit impulses in your brain. At some point, the amount of stress we endure causes the brain to use up these chemicals. Many apparently unrelated effects of neurotransmitters influence symptoms, and optimizing neurotransmitters can improve many patient symptoms.

Neurotransmitter-related symptoms include fatigue and chronic muscle/joint pain, adrenal cortisol burnout, memory problems, inappropriate hunger or food cravings, irritability and hostility, inability to focus or concentrate, depression or agitation, excessive body fat, obsessive/compulsive behaviors, sleep disturbances, physical or emotional stress, diarrhea or constipation, headaches, inability to focus, hot flashes, and many other difficulties.



Strategies for Wellness<sup>SM</sup>

The laboratory evaluation of neurotransmitter levels has shown that approximately 70% of the population has some degree of neurotransmitter imbalance. This is an alarming figure, which is confirmed by the increase in the number of patient visits regarding these conditions, and the growing number of obese people who cannot combat their weight due to a lack of appetite control or adrenal burnout.

### How Do Chemicals Released by Our Own Brain Damage Our Bodies?

The body responds to emotional stress exactly as it responds to physical danger or stress. Your body produces chemicals for extra strength or energy. This physiological process has evolved over millions of years. Moreover, the brain reacts to today's problems with yesterday's primitive responses. In our history books we get the picture of times when our stressors related to physical battles to stay alive, to eat, to provide for oneself and one's family. Then, stress was primarily physical, as cavemen actually fought wild animals. Modern stress is different—we don't do physical battle with wild beasts, we do mental battle with freeway traffic, unending meetings, or jobs that have no future. Yet, the high-energy biochemicals needed for running or fighting are still pumped into our bodies. As a result, we sit in our cars or at our desks, actually boiling in the chemicals our own body has released. These chemicals, adrenaline and dopamine, which power the "fight or flight" alarm reaction, can do great damage to all our internal organs, especially our hearts.

### Can Our Brain Run out of these Precious Chemicals?

When our brain uses up these chemicals, or when levels decrease or increase, we experience anger and fear, perhaps a lack of sleep, irritability, anxiety, depression, and feelings of insecurity. In addition, the

constant release of adrenaline can cause long-term damage to our organs and body systems. Over 75% of all medical appointments made in America are directly related to stress!

There are five main chemicals or neurotransmitters in the brain's emotion center. They are opioids, GABA, serotonin, dopamine and norepinephrine. When the levels of these chemicals are low, a dangerous cycle begins. This is called the Stress Cycle and the damage it causes is deadly.

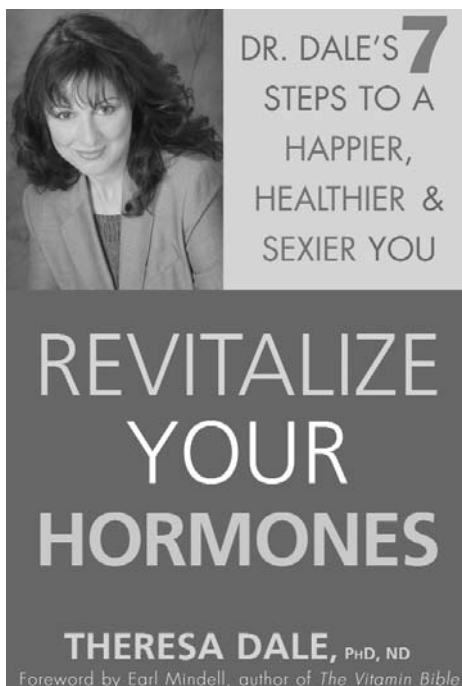
### NeuroBalance PRO

My new homeopathic formula, NeuroBalance PRO, is FDA-registered and effective for balancing all neurotransmitters. If you are asking yourself how one formula can address all neurotransmitters, including those that are functioning normally, the remedy will only affect neurotransmitters that are out of balance. That is the gift of homeopathic medicine: the body selects the remedy (or frequency) it needs and the remedies that are not required will not work if the body/brain does not need them.

*Theresa Dale is a board-certified Naturopathic Doctor, President of the Wellness Center for Research & Education, and Dean of the California College of Natural Medicine, a state-approved college in California. She is active on the lecture circuit, and has been featured on NBC News, Vogue, Associated Press, EXTRA, Hard-Copy, and hundreds of radio shows, as well as in Alternative Medicine and Homeopathy Today magazines. She has been in private practice since 1979. Dr. Dale's interest in non-invasive therapies expanded when she was diagnosed with a uterine tumor at 22 years of age. After healing herself using natural methods, she dedicated her life to helping others do the same. Dr. Dale is the author of Transform Your Emotional DNA and BioticMac Slow Foods Cookbook. Her*

*new book on hormone rejuvenation, Revitalize Your Hormones: Dr. Dale's Seven Steps to a Healthier, Happier and Sexier You, offers self-help methods based on results from thousands of individuals who have healed their endocrine systems using homeopathy and Dr. Dale's Anti-Aging Lifestyle protocol.*

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DR. DALE'S 7  
STEPS TO A  
HAPPIER,  
HEALTHIER &  
SEXIER YOU

REVITALIZE  
YOUR  
HORMONES

THERESA DALE, PHD, ND  
Foreword by Earl Mindell, author of *The Vitamin Bible*

