

Women's Aging Problems.

By Cees Hekelaar

"It's not fair," many women often say. "Why do we have to put up with periods, see-sawing hormones, childbirth and the crème de la crème, *menopause*. Men, what inconveniences do their bodies present them with?"

With our hands in the air 'us men' say "yes, but". But truly there are no 'yes, but's'.

Women's ability to carry a child, a wonderful miracle, comes with a very complicated physiological body system, a system that can become unbalanced. I hope husbands and other family members show a bit of understanding when this period of physical inconvenience and emotional instability starts to kick in.

Many women find themselves changed and impossible for the family and don't recognise themselves in their reactions or overreactions to every day life.

It will never be possible to be symptoms-free, but bringing balance to your hormonal system can reduce symptoms to a liveable situation, where pleasure for you and your family may return.

The three approaches, which are the most popular, with the best results to create balance naturally, are based on *dietary supplements*, *herbal treatment*, and *homeopathy*.

Dietary supplements function by bringing balance between the body's prostaglandins, precursors for female hormones. The source for restoring deficient prostaglandins, is *Evening Primrose*, containing



the omega-6 fatty acid Gamma Linolenic Acid (GLA).

In order to metabolise the GLA to this prostaglandin type one needs a sufficient supply of C and B-vitamins, as well as minerals like Magnesium and Zinc. *So 300 mg of GLA plus a good quality multi-vitamin and mineral preparation taken simultaneously per day may help a lot.*

Another food based option comes from soy beans. They contain *Soy isoflavones*, described as gentle phyto-oestrogens (genistein, daidzein). They have been shown to relieve hot flushes, support breast health and healthy bones by retaining calcium.

A phyto nutrient found in cruciferous vegetables (broccoli, cabbage etc), called *DIM (DiIndolylMethane)* has unique hormonal benefits it balances oestrogen imbalance.

This way also helps keep women's breasts and men's prostates healthy.

Herbal remedies work indirectly on the body's hormonal production:

Vitex-agnus-castus (Chaste tree) may assist with pre-menopausal symptoms of *mood swings, fluid retention, hot flushes and weight gain*.

Cimicifuga racemosa (Black cohosh) and *Salvia (Sage)* are especially effective for menopausal hot flushes.

Dong Quai (Chinese herb) an all-round female tonic, useful for menstrual regulation and in menopause to treat hot flushes and vaginal dryness.

Homeopathic remedies can be an instant relief when the formula fits your symptoms and personality. Often used formulas are *Menomed* and *Sepia Comp.* functioning on *mood swings, mild anxiety and hot flushes*.

This is only a brief explanation about women's menopause. If you have any more questions on this subject please feel free to call me or my friendly, experienced and knowledgeable staff on 09 2387806 or see me at Way of Life Health Shop, 68 Edinburgh Street, Pukekohe. (Did you know that we have our own convenient car park at the back entrance, adjacent to Countdown's car park?) ■

Selling and Need Action?

Contrary to what many people might think, marketing and selling property by auction is now more than ever before the most effective way of selling a property. I say this for a number of reasons.

Firstly, we find that auction properties are generally on the market for about 30 days; far less than properties sold the traditional way.

There's a good reason for this: auction properties always have far greater exposure to the market and this attracts a greater number of prospective buyers. In addition, auction creates a sense of urgency amongst potential buyers throughout the campaign and on the day of auction. This urgency is not typically felt where a property is listed at a price with no time frame within which a buyer needs to act.

Secondly, by not revealing an asking price, the seller of a property being auctioned is not putting a ceiling on the price a buyer may be prepared to pay. Where urgency and competition occur, this can often mean the seller achieves a premium sale price. There is certainly that opportunity at the moment with the shortage of good property for sale.

Finally, in today's uncertain and volatile market, many buyers are still cautious and are 'testing' the market. Where homes with a price stay on the market for a lot longer they sometimes become 'stale', this can ultimately mean they achieve less than the market was actually willing to spend. Call me now to discuss marketing that works for you.

Wishing you a Merry Christmas and an awesome New Year! ■

Wendy



Wendy Ploeg
Sales Consultant
& Property Auctioneer

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