

## **A Different View of Wellness**

Dear Mom,

I was going to get you a card that says "I Love You," but instead I got you...a different view of change. Happy Hormone Replacement Day!

People handle their fear of change in different ways. I witnessed this following Katrina. Yet, Katrina was an accumulation of many years of change rolled into one hot August day. When describing change and stress, Hans Selye said it best when he dedicated his book, "Stress of Life" to "those who are not afraid to enjoy the stress of a full life, not so naive as to think that they can do so without intellectual effort." We are what we eat, and secrete. Every morning we wake up a slightly different person. Our genes are washed over with the foods we eat, the thoughts we accept or the beliefs we become. It is the individual doubleblinded uncontrolled study we call life understress. We change ever day, until one day we finally admit to what everyone has been saying to us, we do not recognize ourselves any more. Of course, I am speaking to women, as men are as intuitive as a blue tarp. When I read articles about Hormone Replacement Therapies (HRT), from other practitioners, it is often no more than "a little dab will do you", or the conventional doctor's suppression of symptoms. We get the medical care we demand, or what insurance dictates to us. The devolving literacy in the U.S. or the dumbing down of our country is no accident. Instead of girls learning about the wonders of adolescence, they run to get Botox injections, seeing their bodies as problems. Their mothers become alienated to their own bodies in its natural stage of life called menopause. Mass marketing strategy works, just as the pink label purveyors of breast cancer, want it to. Ever note that breast cancer is suspiciously low in countries where underwires do not exist, or where aluminum is not place transdermally against our lymph nodes in our armpits. Are we susceptible products of the law of averages? In short, if your HRT practitioner is not familiar with indole-3-carbinol, C reactive protein, which vitamins are most important, and what SHBG is, you should start doing your homework. They may not tell you, because they do not know. Hormones are more than hormones. Hint: Balanced Adrenal Glands and Neurotransmitters.

By Dr. Fortier-Bensen MD,ND,CCN, Doctorate of Integrative Medicine provides a different view of Pain Management, chronic medical problems such as fatigue, and optimizing patient care, and wellness, using all methods safe and effective. His office is located at 723 N. Causeway Blvd. in Mandeville. Please call (985) 626-6174 to schedule an appointment.