

With Dr Josef Jonas: About the Health

Episode 12:

CLIMACTERIC

Today's topic is menopause, or climacteric. This is usually used to describe a condition in women during which their reproductive hormonal activity quietens down, they lose their fertility, and more and more signs of a transition to a new and different period of their life appear. Sometimes this term is also used for men, but then it is unclear, because men sometimes do not experience a reduction in hormonal activity; they merely undergo certain psychological changes, but we will not be discussing that today.

We will be dealing with female climacteric, or menopause. As we know, this process can bring with it various unpleasantnesses, which may only be temporary for a certain period of the menopause, such as spasms, psychological problems, or even memory impairment. Various physical difficulties appear, then the condition stabilizes and the woman gets back to a very good condition. That is the way nature has arranged it. Men, on the other hand, lose their function and meaning in society as they get older – by that I mean original, prehistoric society; of course that is not the case today. Older women were always welcome helpers, they helped bring up children, filled in for mothers if they died or were ill and took care of the household; in short, women never lost their natural function. So, for these natural reasons, they had to be in form until death, while for men this was not necessary.

Menopause takes place completely individually. Firstly, it occurs at various ages; sometimes there is even a premature menopause. That is the term used to describe menopause which occurs when a woman is 45 years old, for example. But menopause usually sets in after fifty. There are women who menstruate regularly even at 56 or 57 years of age, but they are the exception, and the average is around fifty or fifty three. Menopause also takes place completely individually in the sense that some women may not notice it at all, while other women suffer greatly and even have to be treated for various problems which they have at the time. Menopause is usually “treated” using hormones, meaning the administration of female hormones, possibly chemically produced, but many women today take natural hormones, so-called phytoestrogens, which are found in many plants; for example in soya. Of course, this is not treatment but merely a postponement or moderation of the problems which we will now look at from the perspective of detoxification.

But before we get to it, we unfortunately – I say unfortunately because it is quite a boring chapter – have to get through the very complex relationships of the world of female

hormones. Most women do not even know how their hormones are controlled, and in what manner and where they come from, because it really is quite complicated. We have to use incomprehensible Latin names for this, because the Czech terms for these important organs are practically not used at all. Who among you knows that our brain contains a formation called the hypothalamus? Meanwhile, this formation is extremely important. It has a whole range of functions, and they are important for understanding female menopause.

The hypothalamus is more like a computer which is programmed to manage a person's entire hormone world. It does not produce any hormones itself, but it secretes certain substances which subsequently control the actual production of hormones. These substances are quite simply divided into two types: the first are substances which stimulate hormone production, and the second are substances which suppress it. And this is a very important fact, because the entire menstrual cycle, for example, is actually dependent on one hormone first being produced in an increased volume; then it suddenly stops being excreted, and another hormone begins to be produced. And the same applies during ovulation, pregnancy and breastfeeding. In short, the world of hormones is very sensitively and complicatedly regulated.

However, the hypothalamus is not only involved in hormone regulation, although that is its basic function. Without it, nothing in the body would function. For example, it is also involved in the management of body temperature. People who constantly feel cold or hot may have a problem with the regulation of the hypothalamus. There is even so-called hypothalamic periodic hyperthermia, during which temperature rises quite high, perhaps even to 40°C, but no cause is ever found, and two or three days later the temperature drops again. Many people also struggle with the fact that the hypothalamus regulates feelings of fullness and hunger. From this it follows that, when it is operating well, the hypothalamus enables us to control the quantity of the food ingested, so that we quickly feel full and put the food away. Here, there is a very common disorder in both directions, whether in the form of mental anorexia, where the hypothalamus actually does not allow the person to eat at all, and they slim down until their weight is extremely low, or, by contrast, bulimia, which means overeating, where the person eats enormous quantities of food daily and never feels full. Of course, what troubles us, the “normal” ones, is only a certain disorder of this function, which manifests itself in us not being properly aware of whether we feel full or not. Children and animals have these feelings, but the adult loses them. The hypothalamus even regulates sexual activity and, during a certain period, decides on sexual orientation.

And it also takes care of managing the extremely complex nervous system, which is not generally discussed and which people are not familiar with. This system is called the autonomic or vegetative nervous system. Autonomic because it is not controlled by will, and functions independently. But without an order from this nervous system, absolutely nothing will happen in our body. It controls the behaviour of our body and our organs, down to the last cell. This is very important for understanding the issue of menopause, because at a certain point the hypothalamus, the “programmed gland”, begins to suppress the activity of the reproductive hormones. But if there is a disorder in the hypothalamus, then this change also affects all other affairs, i.e. disharmony occurs in the vegetative nervous system, which then causes sweating, poor thermoregulation or flushing. The changes affect women's sex drive, and they also put on weight because they lose the regulatory ability to limit their food intake; in short, the menopause can influence all of the hypothalamus' functions, resulting in a whole range of possible problems and unpleasantnesses. To a certain extent, the hypothalamus even looks after our mood, because it produces a substance called serotonin

which, as is now generally known, is quite an important antidepressant, and that is why women can also suffer from psychological problems during the menopause.

The hypothalamus also controls another gland which is connected to it by both nerve fibres and cells, and that is the hypophysis. The hypophysis produces actual hormones, meaning both reproductive hormones and hormones which stimulate the ovaries to produce those well-known reproductive hormones such as oestrogen and progesterone. And as soon as the hypothalamus issues an order that hormonal activity should be suppressed, the hypophysis obeys. It begins to suppress the activity of the ovaries; the ovaries no longer create hormones, which stops not just the menstrual cycle but also egg maturation, and the ovaries no longer contain eggs which would be capable of maturation and ready for fertilization. But these hormones, particularly oestrogens, are hormones which, for natural reasons, maintain the woman in a very good condition. The children's upbringing and the functioning of the entire family always depends on the woman's health, abilities and vitality, which is why nature arranged for oestrogens to cover any possible shortcomings in this regard, so that the woman can manage all these things. And during menopause this can suddenly disappear, to such an extent – and I have encountered this in practice – that the woman suddenly announces that she has forgotten how to cook, i.e. an activity which she has performed her entire life. Or she cannot cope in work, suddenly becomes tearful, undergoes overall changes etc. That is because the covering effect of the reproductive hormones is disappearing; the organism must switch to some new regime, and it can no longer rely on reproductive hormones.

We have used this knowledge as a foundation for our detoxification options, which are very beneficial for the woman and which will help her pass through menopause almost imperceptibly, without any major swings. Of course, as always, we start with the **Activ-Col** supplement, possibly **Embrion**, if we prefer drops, and then the **Activ-Acid** or **Biosalz** preparation in alcohol form, because the organism's overall condition and the reduction of the toxins produced in it are elements which are extremely important - in this case, they are essential. And then comes a separate specific supplement called **Hypotal**. This is a supplement for the detoxification of the hypothalamus and hypophysis. In addition, I would recommend the **Vegeton** supplement for the afore-mentioned vegetative nervous system. And with that I would conclude the basic set of preparations which are designed to enable the woman to undergo menopause at the right time, rather than suffering a false menopause, i.e. a disorder. These supplements will also enable her to undergo menopause without unpleasant and long-term difficulties.

However, if menopause also causes other problems, such as depression or some internal or joint problems, then obviously help is needed in the form of other supplements, but that is not the point of today's talk. The point of today's talk is for the woman to understand how her hormonal world is managed, that this world may suffer certain disorders, and that the menopause period can pass completely smoothly. Some difficulties during menopause are certainly not natural; they always represent some disorder and they can always be eliminated, or – even better – preventively avoided.

Source: www.youtube.com/watch?v=mu0mlHuy-jc

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