

What You Should Know About the Pill (Part One)

By Dr. Tasleem Kassam, BSc, ND

About 100 million women worldwide currently take birth control pills, and hundreds of millions of women have used them since they were first introduced in 1960. In the United States alone, 16 million American women are using birth control pills, fueling a \$2.8 billion industry. A whopping eighty percent of U.S. women have used oral contraceptives at some point in their lives, and often, women are on them for years at a stretch, stopping only to conceive and have children. The hormones in the Pill are synthetic, there is nothing natural about them, and it is not healthy to be exposed to them. Their long term use invariably compromises health and well-being. Women



often use them out of convenience, with little regard of the serious health risks involved. The world cancer authority lists it as a Class 1 carcinogen! The listing was made in 2005 by the Agency for Research on Cancer (IARC), a division of the World Health Organization.⁽³⁾

Initially, oral contraceptives were celebrated as the end of unplanned pregnancies and has been considered the major cause of the sexual revolution of the 1960s. Only a few years passed before discoveries of high estrogen birth control pills were linked to breast cancer, embolisms and stroke. After fifty years of usage, we now have more evidence than ever why this might not be the best choice in any woman's health care, yet "the pill" continues to be as popular as ever.

Is preventing pregnancy more important than your health?

Consider the evidence:

- The pill increases your risk of cervical and breast cancer, and possibly liver cancer.
 - As carcinogenic agents, they are closely related to the listing of HRT drugs, which are very similar in their nature. When HRT use dropped by 68% between 2001 and 2003, breast cancer rates dropped by 11%, a decrease never before seen in breast cancer rates.
 - The Mayo clinic published a meta-analysis linking the Pill to cancer. The researchers looked at 39 studies published since 1980, and concluded that the pill increases the chance of breast cancer in young women by 150%.
- One of the synthetic hormones – desogestrel – found in some pills more than doubles your risk of **fatal blood clots** and others may increase your risk of heart disease
- Women who use the Pill have lower bone density than women who do not
- It causes to *weight gain* – by affecting insulin resistance, suppressing thyroid function and contributing to the deposition of cellulite
- It impairs muscle gains from resistance weight training
- They can increase your blood pressure
- The pill has been shown to affect mood - increases aggression and anxiety
- It may damage your libido *permanently* by decreasing levels of testosterone
- Pill use has been linked to autoimmune disease – one study showed a correlation between the use of oral contraceptives and a 50% higher risk of Lupus

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How does the Pill work?

By consuming the pill, you ingest synthetic estrogens into your system that tricks your body into thinking it is pregnant. In simple terms, what's wrong with the pill, birth control injections and hormone patches is it promotes continuous high levels of estrogen in a woman's body. A woman's body is designed to experience a natural rising and falling of levels of estrogen and progesterone throughout the cycle. At present, we do not have sufficient evidence to know what the long term effects of daily hormones will do to fertility or to health. What we do know is that fertility has decreased substantially in the last five decades, the same amount of time the pill has been in popular use. One thing most people do not consider is that part of the pill's metabolism is that these estrogens are then eliminated by all of these women using them, entering our environment and water supply, and effectively estrogenizing the population at large - men and children included.

Newer versions of the pill tell women they can just stay on the medicines and thereby prevent having a monthly bleed altogether, or reduce the number of bleeds to four times a year. That means the person's body never gets a break from the effects of the estrogen. The bleeds you experience on the Pill aren't a true bleed, they have nothing to do with your body's natural hormonal balance. When you are on the Pill, your ovaries cease to secrete any of your own natural hormones – they are effectively shut off. The pharmaceutically induced monthly bleeds are more about reassuring women they still have a "period," but of course, it is not a true period.



Detox Seminar

Lighten Up for Spring!

A talk designed to educate you on the hows and whys of detoxification on April 17 at 1pm.

There is no cost to attend, but please call the clinic to register as seating is limited.

Light refreshments will be served.

We look forward to seeing you there.

Why the pill isn't effective for regulating your cycle

Irregular and painful periods is caused by a condition termed "estrogen dominance."

That means your body has more estrogen than it needs relative to progesterone.

There are many reasons for this, one of which is there is a lot of estrogen and estrogen-like

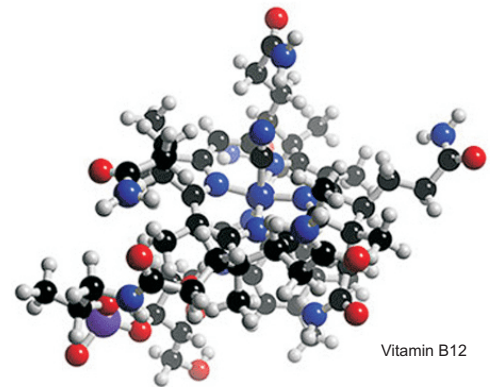
substances in the environment being used, especially in our food supply. So taking the pill for irregular periods actually adds to the underlying imbalance, not correcting it.

Many women also report awful side effects from the pill, which are undoubtedly due to the artificial hormones running through your body.

These include:

- Migraines and nausea
- Weight gain and mood changes
- Irregular bleeding or spotting
- Breast tenderness
- Problems with orgasm and painful intercourse
- Yeast overgrowth and infection

Additionally, using the Pill also contributes to nutrient deficiencies of B vitamins (especially B6 and B12), folic acid, vitamin C, magnesium and zinc. Weight gain, fluid retention, mood changes, depression and even heart disease can all arise from nutrient imbalance.



Vitamin B12

What about contraception?

There is no doubt that birth control pills have provided an easy and convenient way to prevent unwanted pregnancies, but their safety is questionable at best. There are many other options to consider that are considerably safer than using the Pill, which I will address in our next month's newsletter.

