



Menopauza, detoksikacija i mikronutricija – trijada u zdravlju žena

Menopause, Detoxification and Micronutrition – the Triad in Women's Health

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Apstrakt

Trajni prestanak menstruacije usled prirodnog gubitka folikularne funkcije jajnika je prirodna menopauza. Javlja se između 40. i 60. godine života. Srednja starost je 48,8 godina, na osnovu sveobuhvatne metaanalize 46 kliničkih studija, sprovedenih u 24 zemlje i predstavlja ne samo marker reproduktivnog starenja, ali i pokazatelj zdravlja i zdravstvenih rizika. Raniji ulazak u menopauzu je povećan sa smanjenim rizikom od raka dojke i raka jajnika, ali i sa povećanim rizikom od ateroskleroze, osteoporozе, moždanog udara i kardiovaskularne bolesti. Posle 65. godine kardiovaskularne bolesti češće su kod žena nego kod muškaraca istih godina.

Faze u životu žene pre, u toku i posle menopauze su: premenopauza, perimenopauza, menopauza i postmenopauza. Rane posledice nedostatka estrogena su: suva koža i kosa, psihički problemi i vazomotorni simptomi, srednjoročne: genitourinarni problemi, osteopenija i pad kognitivnih funkcija, a kasne: disbalans u lipidnom profilu, osteoporozа, osteoartritis i demencija. Najozbiljnije su kardiovaskularni problemi i smanjenje gustine kostiju (50% verovatnoće da će doći do preloma).

Opravdana je suplementacija vitaminima B grupe, vitaminom D, C, fitoestrogenima, cimigugom, žalfijom, melatoninom, ekstraktom korena valerijane, suvim ekstraktom cvetova hmelja i lista matičnjaka, herbom kantariona, kalcijumom, vitaminom K2, magnezijumom, cinkom, selenom, koenzimom Q10. Po principima mikronutricije, neophodno je uključiti mešavinu hladnoceđenih ulja repice i masline u određenom odnosu svakodnevno u ishrani i pridržavati se principa francuske mediteranske ishrane. Neophodno je usmeriti se na tretman detoksikacije dva puta u toku godine. Dokazana je nadmoć prvenstveno zeolita, pa brašna rogača i gline u apsorpciji toksina i teških metala iz organizma.

Kombinacijom dokazanih i medicinski opravdanih postulata zapadne medicine sa stavovima komplementarnih grana medicine, umerenošću u svim segmentima življenja i pozitivnom orijentacijom, žene mogu puno uraditi na prevenciji bolesti i održati zdravlje.

Abstract

The permanent ending of the menstrual period due to the natural loss of ovarian follicular function is natural menopause. It occurs between the age of 40 and 60. The median age is 48.8 years, based on a comprehensive meta-analysis of 46 clinical studies, conducted in 24 countries, and is not only a marker of reproductive aging but also an indicator of health and health risks. Early menopause is associated with a reduced risk of breast and ovarian cancer, but also with an increased risk of atherosclerosis, osteoporosis, stroke, and cardiovascular disease. After the age of 65, cardiovascular diseases are more common in women than in men of the same age.

The stages in a woman's life before, during, and after menopause are premenopause, perimenopause, menopause, and postmenopause. The early consequences of estrogen deficiency are dry skin and hair, psychological problems, vasomotor symptoms, medium-term - genitourinary problems, osteopenia, decline in cognitive functions, late - imbalance in the lipid profile, osteoporosis, osteoarthritis, and dementia. The most serious are cardiovascular problems and a decrease in bone density (50% probability of fracture).

Supplementation with group B vitamins, vitamin D, C, phytoestrogens, cymiguga, sage, melatonin, valerian root extract, dry extract of hop flowers and lemon balm leaves, St. John's wort, calcium, vitamin K2, magnesium, zinc, selenium, coenzyme Q10 is justified. principles of micro nutrition, it is necessary to include a mixture of cold-pressed rapeseed oil and olive oil in a certain ratio every day in the diet and adhere to the principles of the French Mediterranean diet. It is necessary to focus on detoxification treatment twice a year. Primarily, the supremacy of zeolite, then carob flour and clay in absorbing toxins and heavy metals from the body has been proven.

By combining the proven and medically justified postulates of Western medicine with the attitudes of complementary branches of medicine, moderation in all segments of life and a positive orientation, women can do a lot to prevent disease and maintain their health

