



cayenne

wellness center and children's foundation

A Quarterly Newsletter

Issue No 8 - Winter 2009

SPECIAL ISSUE: WOMEN'S HEALTH & WELLNESS

Stress and Women's Health (Part Two)

In this issue, we will focus on stress reduction via foods to eat, deep breathing exercises and the art of rest. Aaahhhhhhh!

Page 1 and 7



Calendar of Events
Page 4 and 5

The Menopause Experience (Part 1 of a 3 part series)

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Page 2 and 3



Cayenne Wellness Center

208 South Louise Street • Glendale, CA 91205
818.377.5120 • carolyn@gilderfluke.com
URL: www.cayennewellness.org
Open Sunday - Friday by appointment only

Quote:

"I'm trying very hard to understand this generation. They have adjusted the timetable for childbearing so that menopause and teaching a sixteen-year-old how to drive a car will occur in the same week." Erma Bombeck



Stress and Women's Health :: Part Two

In Part One, we focused mainly on the definition of stress. In this issue, we will focus on stress reduction via foods to eat, deep breathing exercises and the art of rest.

Negative Stress Management. If you tend to deal with stress in less than healthy ways, you are compounding the negative impact of stress on your health by exacerbating the stress levels and creating new problems in your life and health. The following are some common unhealthy ways of coping with stress. These techniques include: consuming too much caffeine, drinking alcohol, compulsive spending, denying the problem, taking drugs, overeating, and smoking cigarettes, to name a few.

Healthy/Positive Steps to Reduce Stress. Because stress causes great physical damage, it's important for women to

relieve stress in ways that nurture our bodies and souls.

☞☛ - Here are the top 5 foods that will help relieve stress.

Number 5 - Almonds. They are packed with vitamin B2, vitamin E, magnesium, and zinc. B vitamins and magnesium are involved in the production of serotonin, which helps regulate mood and relieve stress. Zinc has also been shown to fight some of the negative effects of stress, while vitamin E is an antioxidant that destroys the free radicals related to stress and heart disease.

Number 4 - Broccoli. Yet another food that is chock-full of stress-relieving B vitamins, broccoli has the added benefit of containing folic acid, which is also part of the B vitamin family. Folic acid helps relieve stress, anxiety, panic, and even depression.

Number 3 - Brown rice. Complex carbs boost serotonin levels and thus have a calming, soothing effect.

Number 2 - Cantaloupe. Cantaloupe is an excellent source of vitamin C, which is crucial in combating stress. In fact, prolonged periods of stress deplete levels of vitamin C in the adrenal glands, so it's important to consume foods that contain high levels of it.

Number 1 - Blueberries. These little blue miracle workers are jam-packed with antioxidants and vitamin C, which are potent stress busters. As an added bonus, they're low in calories, so they won't make you blimp-like. Blueberries are also a good source of fiber, which can help relieve the cramps and constipation that can occur in times of stress.

Stress causes the body to quickly burn through its stores of magnesium. Great sources of magnesium include sunflower seeds, spinach, and black beans.

Obviously, stay away from caffeine, alcohol, sugar, excess salt, and simple carbs as they can exacerbate the symptoms of stress.

continued on page 7



The Menopause Experience

On average, the menopause transition lasts an average of four years. Most women will spend 1/3 to 1/2 of their life in post menopause. It stands to reason that during our 'wise' years, we should also make wise decisions as to how to manage through this period. In this three part series, we will talk about the different phases of menopause, what foods to eat and those to avoid, natural treatments and hypnotherapy. We'll also discuss 'Mentalpause' or the mental and emotional issues associated with menopause.

Menopause 101

Menopause, "change of nature", "turn of life" or the "vapors" is the point in a woman's life when menstruation stops permanently, signifying the end of fertility. It is considered to have occurred when a woman has been without her menstrual period for twelve consecutive months. On average, this occurs at about age 50. There are at least three natural phases: perimenopause, menopause and postmenopause.

Perimenopause - or menopause transition, is the stage of a woman's reproductive life that begins several years before menopause - usually beginning three to five years prior to a woman's final menstrual period. Fluctuations in hormone levels commonly characterize this phase. The ovaries gradually begin to produce less estrogen. It usually starts in a woman's 40s, but can start in the 30s as well. Perimenopause will last right up until menopause, the point when the ovaries stop releasing eggs. In the last one to two years of perimenopause, this decline in estrogen will accelerate. It is at

this stage that many women may begin to experience menopausal symptoms. So it seems as if you are in menopause, but not quite yet.

The average length of perimenopause is four years, however, for some women this stage may last only a few months or continue for 10 years. Perimenopause ends the first year after menopause (when a woman has gone 12 consecutive months without having her period).

What Are the Signs of Perimenopause?

Not all women experience symptoms. If you are one of the blessed ones to experience one, two or all of the symptoms, you are not alone. If they do occur, you will know you are transitioning into menopause.

- Hot flashes
- Breast tenderness
- Worsening of premenstrual syndrome
- Decreased libido (sex drive)
- Fatigue
- Irregular periods
- Vaginal dryness; discomfort during sex
- Urine leakage when coughing or sneezing
- Urinary urgency (a pressing need to urinate more frequently)
- Mood swings
- Difficulty sleeping

Can I Get Pregnant If I Am Perimenopausal?

Oh yes. Despite a decline in fertility during the perimenopause stage, you can

still become pregnant. For some women, getting pregnant can be difficult once they are in their late 30s to early 40s due to a decline in fertility.

Menopause - is technically confirmed when a woman has not had her menstrual period for twelve consecutive months. At this stage, the ovaries have stopped releasing eggs and producing most of their estrogen.

What Causes Menopause?

A woman is born with a certain number of eggs, which are stored in the ovaries. The ovaries produce the hormones estrogen and progesterone, which regulate menstruation and ovulation. Menopause occurs when the ovaries no longer produce an egg every month and menstruation stops.

Other Common Menopause Symptoms Include:

- Irregular or skipped periods
- Insomnia
- Mood swings
- Fatigue
- Depression
- Irritability
- Racing heart
- Headaches
- Joint and muscle aches and pains
- Changes in libido (sex drive)
- Vaginal dryness
- Bladder control problems

Again, as in perimenopause, not all women will experience these symptoms.

The Menopause Experience :: Menopause 101 CONTINUED

Postmenopause - is the stage in a woman's life that follows menopause. A woman is considered to be postmenopausal when she has not had her period for an entire year. Having your doctor measure your follicle stimulating hormone (FSH) level is another way to help confirm if you are postmenopausal. FSH is a hormone produced by the pituitary gland (located at the base of the brain). Your FSH levels will dramatically rise as your ovaries begin to shut down; these levels are easily checked through one blood test. Once you hit postmenopause, you may regain your energy and feel emotionally normal once again, but you may also be at higher risk for certain conditions such as osteoporosis and heart disease.

Food and Menopause

During menopause, women often experience symptoms that they may deem uncomfortable. Symptoms like hot flashes, night sweats, loss of sexual desire, mood swings and the list goes on. If you, or someone you know, is going through menopause, you need to have a good grasp of the foods that will be your allies in ensuring that you emerge from menopause unscathed and beautiful.

Black cohosh has been used for centuries to help women with menopausal symptoms, and is most effective in treating hot flashes. It appears to be able to mimic estrogen in the body, relieving the hot flashes and mood swings.

Reducing your intake of caffeine helps in menopause relief as well.

Herbal teas, and using onion, garlic and lemon and instead of salt should help as well.

Another issue that is affecting post-menopausal women is weak bones and osteoporosis. It seems that bone loss is dramatically fast after menopause. You also need to take plenty of Vitamin D, which is important for the proper absorption of calcium in the body.

So once your sex hormone production plummets, you will be at a higher risk of getting heart-related diseases. What you need to minimize your risk of getting heart problems is to eat low-fat diet.

Soy helps with menopausal symptoms as well. Soy has a natural estrogen-like compound that helps balance hormones.

Chickpeas, lentils and tofu are also recommended for menopause relief. Complex carbohydrates like brown rice help to regulate the amount of estrogen in your system.

Last, but not least, get plenty of rest as you go through menopause.

Menopause and laughter go hand in hand. Check out www.squidoo.com/menolaugh

Annual Fee Schedule for the EAP Health and Wellness Corporate Program

Peace Plan: The cost of your annual membership is \$1,800.00. This includes receiving our quarterly newsletter, and a Cayenne Wellness Center professional presenting a health and wellness seminar twice a year to your employees at your office. With the Peace Plan, we will provide your employees emotional support for a wide range of personal and work-related problems that may otherwise interfere with their daily lives. A total of twelve sessions are available to your staff, either at our Glendale office or at yours.

Joy Plan: The cost of your annual membership is \$3,240.00 (a 10% savings) and would include all of the above, offering 24 (instead of 12) psychotherapy sessions to your staff, either at our Glendale office or at yours.

Happiness Plan: The cost of your annual membership is \$4,860.00 (a 10% savings) and would include all of the above, offering 36 psychotherapy sessions to your staff, either at our Glendale office or at yours.

¹ Each plan consists of a minimum number of sessions available throughout the year. Contact us if you wish to purchase more sessions for your employees.

Cayenne Wellness Center and Children's Foundation (a non profit organization) mission statement reads:

Cayenne Wellness Center is dedicated to health promotion and disease prevention in children, adolescents, their families and the general population. The mission of Cayenne Wellness Center is to improve the nutritional and mental health of the public. We achieve this mission through education, research, and public awareness initiatives and community outreach programs that promote good nutrition and mental health. We practice the science of helping people make changes in their lifestyle to improve their overall health and quality of life emotionally, physically, and spiritually.

December / January / February / March 2009-2010

Community Health Programs

Cayenne Wellness Center partners with other health care practitioners, offering community programs and events to assist our neighbors lead healthier lives through wellness education and the prevention of illness and injury.

Cancer

Breast Cancer

Wednesday, Jan. 13 / 6:00 - 8:00 pm

Liza Boubari, CCHt, CSMC, CMT, a Certified We will discuss the inner powers you possess to begin healing at the most cellular levels within.

WHERE: InnerSite Building
208 S. Louise Street, Glendale, CA 91205

TO RSVP: (818) 551-1501

Menopause

Menopause 101

Wednesday, March 3 / 6:00 - 8:00 pm

Heal Within offers a three-week program that discusses how you can control your own body to remain in harmony and balance naturally.

WHERE: InnerSite Building
208 S. Louise Street, Glendale, CA 91205

TO RSVP: (818) 551-1501 or
lizab@healwithin.com



Find More Online

www.cayennewellness.org/calendar

www.healwithin.com/calendar

Miscarriage

Miscarriage Support Group of Southern California

Thursday, Jan. 14 / 7:00 - 8:30 pm

Cayenne Wellness Center offers a twelve-week therapeutic support group for women who have miscarried or had a still born. Cost: \$240.

WHERE: Cayenne Wellness Center
208 S. Louise Street, Glendale, CA 91205

TO RSVP: (818) 377-5120 or
carolyn@gilderfluke.com

Nutrition

Creating Your Ultimate Self: The Body

Wednesday, Feb. 10 / 7:00 - 9:00 pm

Dr. Carolyn Rowley, co-author of *Creating Your Ultimate Self: The Body* will discuss nutrition and the 3-4-4 Nutritional Method of Eating, followed by a cooking demonstration and book signing.

WHERE: Cayenne Wellness Center
208 S. Louise Street, Glendale, CA 91205

TO RSVP: (818) 377-5120 or
amy@gilderfluke.com

Sickle Cell Disease

Sickle Cell Disease Adult Support Group of Southern California

First Thursday of every month - Location: Glendale, CA

Last Saturday of every month - Location: Culver City, CA

Cayenne Wellness Center offers two on-going support group for adults with sickle cell disease.

WHERE: Cayenne Wellness Center
208 S. Louise Street, Glendale, CA 91205

INFO: (818) 377-5120 or
carolyn@gilderfluke.com

Stress Management

Celebrate YOU - a Woman

Tuesday, Feb. 2 / 6:00 - 8:00 pm

Join Liza and others in celebrating YOU, embrace all your inner and outer beauty and accept yourself - this wonderful woman that you are inside and out!

WHERE: InnerSite Building
208 S. Louise Street, Glendale, CA 91205

TO RSVP: (818) 551-1501 or
lizab@healwithin.com

December / January / February / March 2009-2010

Calendar Of Events

Cayenne Wellness Center presents *Healthy Happenings* around town. The Calendar and Community Events exist to help bring as many individuals as possible to the level of nutritional knowledge and action required for achieving and maintaining optimum health.

December, 2009

Colorectal Cancer Education and Awareness Month

January, 2010

[Cervical Cancer Screening Month](#)
Poverty in America Awareness Month, Natl

February, 2010

Black History Month, Natl
[Children's Dental Health Month, Natl](#)
Heart Disease Awareness Month

March, 2010

Chronic Fatigue Syndrome Awareness Month, Natl
[Colorectal Cancer Awareness Month, Natl](#)
Nutrition Month, Natl

Nutrition: 10 tips for weight loss

Weight Loss Tip #1: Eat 7 fruits and vegetables a day

Weight Loss Tip #2: Eat breakfast daily

Weight Loss Tip #3: Eat every 2-3 hours

Weight Loss Tip #4: Eat at regular intervals

Weight Loss Tip #5: Eat a fistful of food/know your portions

Weight Loss Tip #6: Never skip meals. NEVER!

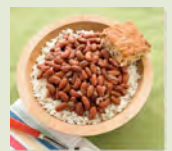
Weight Loss Tip #7: Drink approximately 8 glasses of water a day

Weight Loss Tip #8: Eat slow. chew well; at least 20 times

Weight Loss Tip #9: Move your body; EXERCISE

Weight Loss Tip #10: Don't do it alone. Get a friend, co-worker, or relative to get on the band wagon with you.

These 10 tips can all be found in *Creating Your Ultimate Self: The Body* based on Dr. Rowley's 3-4-4 Nutritional Method of Eating and Dr. Grice Laue's Thoughtful Movement and Exercise. Order your copy now (see the page 6 of this quarter's newsletter for details).



Find More Online

www.cayennewellness.org/calendar

www.healwithin.com/calendar



Dr. Carolyn Rowley

Carolyn Rowley, Ph.D. is the Founder of Cayenne Wellness Center and creator of the 3-4-4 Nutritional Method of Eating. She has been a clinical psychologist for over 10 years as well as an expert speaker/educator on Sickle Cell Disease. She is also the Founder of The Machao Orphanage (www.machaoorphanage.org). For more information, please go to www.cayennewellness.org

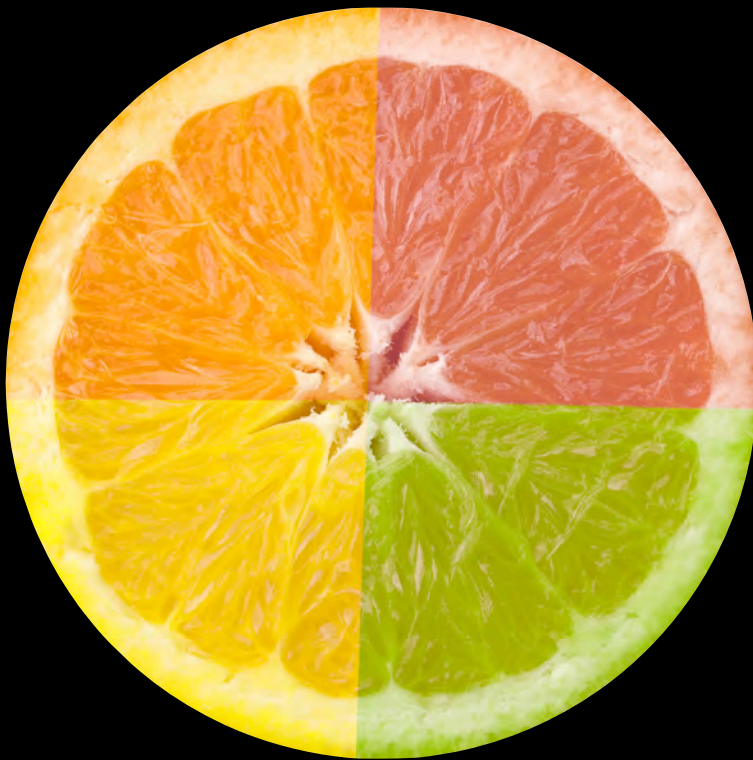


Dr. Brenda Grice Laue

Brenda Grice Laue, D.C. has been a chiropractor for over 22 years, specializing in sports injuries and body awareness. She integrates her knowledge of dance, Alexander, Pilates, yoga, Graston Technique and chiropractic to help you increase your freedom of movement. She is also available for speaking engagements and has completed her Competent Communicator series through Toastmaster's International. For more information, please go to www.drbrendagrancelaue.com

On Sale Now

Creating Your Ultimate Self: The Body



Dr. Rowley's
3-4-4
Nutritional
Method of
Eating and
Thoughtful
Movement
and Exercise

To purchase your copy:

call 818 377 5120
email amy@gilderfluke.com
via paypal at www.creatingyourultimateself.com

For speaking engagements:

contact Amy Tori
tele 818 840 9484
email amy@gilderfluke.com

Stress and Women's Health :: Tips for Reducing Stress

Prioritize. Simplify. **Delegate.** **Exercise.** **COMMUNICATE.** *Breathe.* *Rest.* ∞ .



Breathe - When anxiety levels rise, many women subconsciously adopt a rapid, shallow breathing pattern, which can overtake the neck and shoulder muscles. Fortunately, deep breathing can normalize respiration, ease muscle aches instantly, and place your body back into a state of homeostasis. We recommend you do this deep breathing technique every day, whether you are in anxiety mode or not. The more you do it, the easier it is to get into 'relax mode' and tackle whatever comes before you with clarity, wisdom and calmness.

How to breathe:

- Close your mouth and inhale through your nose to a mental count of 2 or 3.
- Exhale completely through your mouth to a count of 6 or 8 (double of that which you inhaled).
- Do this a few times.

It's that simple, takes no time, requires no equipment and can be done anywhere. When done correctly, deep breathing can be therapeutic and have noticeable health benefits. With enough practice it can even become your standard way of breathing. Deep breathing is very often used as therapy for problems like hyperventilation and anxiety disorders. By simply adding a few minutes of deep breathing here and there through your day you can greatly increase your health while decreasing your stress.

Try to make deep breathing a habit. You can do it while driving to work, sitting at your desk working, waiting in line sitting, while watching television, just about anytime. at the computer, standing in line at the grocery store, sitting in traffic. It can help deal with the stress of daily life.

COMMUNICATE - Conventional wisdom (and research) says that good communication can decrease stress, improve relationships, increasing intimacy, trust and support. The converse is also true: poor communication can weaken bonds, creating mistrust and even contempt! Here are some examples of negative communication patterns. How many of these sound like something you'd do?

1. Avoid Conflict Altogether.
2. Being Defensive.
3. Overgeneralizing.
4. Being Right.
5. Forgetting to Listen.
6. Mind Reading.
7. Playing the Blame Game.
8. Trying to Win the Argument.
9. Making Character Attacks.
10. Stonewalling.

Next time you're dealing with conflict, keep these tips on effective communication skills in mind and you can create a more positive outcome.

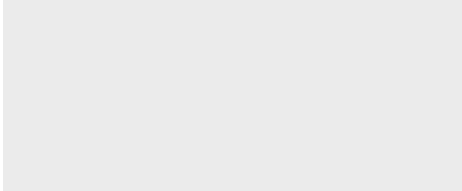
1. Stay Focused
2. Listen Carefully
3. Try to See Their Point of View
4. Respond to Criticism with Empathy
5. Own What's Yours
6. Use "I" Messages
7. Look for Compromise
8. Take a Time Out
9. Don't Give Up
10. Ask For Help If You Need It



cayenne

wellness center and children's foundation

208 south louise street
glendale, california 91205
www.cayennewellness.org



Grateful for Your Gifts

Cayenne Wellness Center and Children's Foundation is grateful for the referrals and gifts received from our patients, their families and friends. Your support makes it possible for our staff and healthcare partners to improve lives by providing quality mental and nutritional health in a quiet, calm and private atmosphere. Your donation to Cayenne Wellness Center will help us continue to deliver essential services, like the Miscarriage Support Group of Southern California and the Sickle Cell Disease Support Group of Southern California. These, and other programs, mend the body and heal the mind and spirit.

To make a gift,
call (818) 377 5170,
e-mail:
amy@gilderfluke.com or
mail your donation to:
Cayenne Wellness Center
Attn: Development Office
P.O. Box 3204
Beverly Hills, CA 90212
USA



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News You Can Use

WINTER 2009 | NO. 8

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