



WOMEN'S HEALTH

**WHAT ARE THE MAIN
HEALTH CONCERNS**
for Women?

*The Questions
You Should Ask
Yourself for*
**OPTIMAL
WELLNESS**

**EXPERT
ADVICE**
*and Where
to Get More*

BE GOOD TO YOUR

WHOLE
BODY

HOW DO WE CARE FOR our caregivers?

THE ANSWER LIES IN THE QUESTIONS



Between 2003 and 2006, 33% of women 20 years & older had hypertension.* In 2005, only about 50% of women said they did at least 10 minutes of “moderate leisure-time physical activity” per week.**

Women are generally considered the caregivers; granted, with many exceptions. But women need caring for, too. If we ask the right questions, we'll understand how to better care for ourselves, as well as our girlfriends, mothers, daughters, sisters, aunts and grandmothers.

Exercise is just one of the natural ways that women address their health concerns. In this guide, we're just touching the surface of natural health care for women. Drop by and let us help you learn more about how to be good to your whole body.

*www.cdc.gov/nchs/fastats/womens_health.htm

**www.mchb.hrsa.gov/whusa_07/healthstatus/behaviors/0303pa.htm

the big 5

questions to ask yourself

{and 5 small suggestions}

1 AM I REALLY EATING WELL MOST OF THE TIME?

Eat an everyday menu of a variety of whole foods that includes mainly nutrient-dense fruits, vegetables, whole grains, beans, legumes, nuts and seeds. Limit saturated fats, sodium and sugars. Eliminate hydrogenated fats and artificial additives.

2 AM I TAKING MY VITAMINS?

Take a daily multivitamin as “insurance,” and as doctors recommend. Look for multis made specifically for women and specific age groups.

3 AM I GETTING ENOUGH EXERCISE?

Make physical activity a regular habit. It's hard to come up with a facet of health that doesn't benefit from getting out there and getting moving.

4 AM I MINIMIZING STRESS?

Focus on managing stress in a healthy way. It's just as important as good-for-you foods and exercise. Even a deep breath here and there can make a difference.

5 AM I DRINKING ENOUGH WATER?

Stay hydrated. It's necessary for immune function, energy, satiety, digestion, metabolism and so much more, including helping to keep headaches at bay.

FOCUS ON FOOD & NUTRIENTS

A Few More Questions to Ask Yourself

Are you getting real benefit from what you choose to eat?

Artificial preservatives, flavors, colors and sweeteners do nothing good for your health. And, compared to whole foods, most processed foods are nutrient-poor. **Check out our Healthy Eating Principles at wholefoodsmarket.com/nutrition.**



EXPERTS
SAY...**

Soy foods offer clear health benefits due to their isoflavone content, but just like all foods, they are best consumed as just one part of a balanced diet, not as one's sole source of protein.

Are you giving your body the nutrients it needs to operate optimally?

Look at these common nutritional deficiencies for women and carefully evaluate what you eat on a daily basis. You may want to consider supplements.

Iron

food sources: Iron is in whole grains, beans, seeds, nuts, vegetables, raisins, wheat germ, dried apricots, fortified cereal, potato skin, egg yolks, oysters, red meat

notes: choose meat from animals not given antibiotics or added hormones; women after menopause don't need as much iron; vitamin C increases iron absorption

Calcium, Magnesium & Vitamin D

food sources: Calcium is in almonds, dark greens, fortified non-dairy milks, dairy; Magnesium is in beans, nuts, whole grains, vegetables, greens; Vitamin D is in cod liver oil, fish oil, salmon, mackerel, sardines, egg yolks, fortified foods, beef liver

notes: sources other than dairy or fortified foods are best; choose meat and dairy from animals not given antibiotics or added hormones; it is difficult to ingest sufficient amounts of vitamin D from food sources alone

B-vitamins & Vitamin C

food sources: B vitamins are in dark leafy greens, whole grains, beans, nuts, seeds, enriched grain products; Vitamin C is in broccoli, peppers, citrus, strawberries, tomatoes

note: B vitamins are depleted by stress

Essential Fatty Acids

food sources: EFAs are in certain fish, walnuts, flaxseeds, dark leafy greens

notes: omega-3s and omega-6s are essential fatty acids

WOMEN & HEART HEALTH

Among all U.S. women who die each year, one in four dies of heart disease.

AM I DOING WHAT I CAN TO LOWER THE RISK OF HEART DISEASE?

Start by making changes based on the 5 Big Questions at the beginning of this booklet.

DO THE FOODS I EAT MAKE A DIFFERENCE?

Eating poorly is linked to poor blood circulation, which can lead to a heart attack or stroke. Eat smart for your heart!

SHOULD I GET REGULAR TESTS AND CHECKUPS?

After age 20, have your blood cholesterol and triglyceride levels checked at least once every 5 years.

RESOURCES

HEART HEALTH POCKET GUIDE:
www.wholefoodsmarket.com/products/good-whole-body.php

FAQS ABOUT HEART DISEASE:
www.womenshealth.gov/faq/heart-disease.cfm

SIGNS OF HEART ATTACK:
www.womenshealth.gov/faq/heart-disease.cfm

WOMEN'S BONES

Of the 10 million Americans estimated to have osteoporosis, eight million are women.

DO I GET THE RIGHT NUTRIENTS FOR BONE HEALTH?

Learn the recommended amounts and best sources of calcium, vitamin D and magnesium.

AM I EXERCISING ENOUGH AND THE RIGHT WAY?

Weight-bearing exercises are important to support and protect women's bones. Find the details and find the time!

WHAT ARE OTHER RISK FACTORS FOR OSTEOPOROSIS?

Get the facts about the potential effects on bone health from sodium, protein, caffeine and smoking.

RESOURCES

HEALTHY AGING POCKET GUIDE:
www.wholefoodsmarket.com/products/good-whole-body.php

BONE HEALTH: www.nof.org/osteoporosis/diseasefacts.htm

JOINT HEALTH: www.niams.nih.gov/Health_Info/Osteoarthritis/default.aspx

WOMEN & HEALTHY WEIGHT

In 2007–2008, the prevalence of obesity was 35.5% among adult women.

DO I BALANCE CALORIES IN WITH CALORIES OUT?

To maintain weight, use as many calories as you consume. Physical activity and higher muscle mass increases burned calories.

AM I EATING RIGHT?

Eat sufficient levels of certain nutrients for proper metabolism, digestion, detoxification and weight control.

DO I GET ENOUGH QUALITY SLEEP AND KEEP MY STRESS LEVELS IN CHECK?

Weight is tied to both sleep and stress. Learn more about stress and how to manage it.

RESOURCES

WEIGHT CONTROL POCKET GUIDE:
www.wholefoodsmarket.com/products/good-whole-body.php

OVERWEIGHT, OBESITY AND WEIGHT LOSS FAQ: www.womenshealth.gov/faq/overweight-weight-loss.cfm

DIGESTIVE SUPPORT FOR WOMEN

Digestion is the foundation of health, say many practitioners, both western and eastern.

AM I DRINKING PLENTY OF PURE WATER? It's needed throughout the day to support digestion. Just drink it.

DO I GET ENOUGH FIBER?

Daily intake of whole grains, beans, vegetables, fruits, nuts and seeds is crucial for healthy digestion.

SHOULD I CONSIDER SUPPLEMENTS THAT SUPPORT HEALTHY DIGESTION?

Learn why digestive enzymes, probiotics and “cleanse” products may be helpful.

RESOURCES

HEALTHY AGING POCKET GUIDE:
www.wholefoodsmarket.com/products/good-whole-body.php

WEIGHT CONTROL POCKET GUIDE:
www.wholefoodsmarket.com/products/good-whole-body.php

WOMEN & STRESS

Many women experience stress often without realizing it increases free radicals.

AM I GOOD AT MANAGING STRESS? Relax, make down time, eat well, get enough antioxidants, breathe deeply, exercise, communicate, laugh!

DO I SUPPORT MY ADRENAL SYSTEM? With chronic stress adrenal glands can't properly manage energy, blood pressure and blood sugar. Look into adaptogenic herbs.

SHOULD I GET MORE B VITAMINS? Stress quickly depletes Bs and they need to be replenished daily from food sources or supplements.

RESOURCES

STRESS POCKET GUIDE: www.wholefoodsmarket.com/products/good-whole-body.php

STRESS FAQS: www.womenshealth.gov/faq/stress-your-health.cfm

WOMEN, MOOD & MENTAL HEALTH

Depression occurs most frequently in women aged 25 to 44.

AM I FEELING DOWN MORE THAN OFTEN THAN NOT? It's normal to have a bad day or feel blue once in awhile; if it's more often, don't hesitate to get help.

DO I GET THE NUTRIENTS I NEED? Healthy mood levels and brain function rely on B vitamins, inositol, magnesium, iron, vitamin D and EFAs.

HOW DO I FIND HEALTHY MOOD BALANCE? Start by taking time for yourself, for a bath, a book, a massage, a walk, a friend, yoga, a cup of tea, a little sun.

RESOURCES

HEALTHY MOOD POCKET GUIDE: www.wholefoodsmarket.com/products/good-whole-body.php

PROFESSIONAL HELP: National Hopeline Network for suicide prevention and emotional crisis toll free nationwide at 1-800-784-2433

HORMONAL CHANGES IN WOMEN

Hormones help to regulate every action and reaction in bodies of all ages.

WHAT DO I DO TO HELP BALANCE MY HORMONES? Adequate nutrients including healthy fats, plus exercise, sleep and stress reduction are all crucial.

COULD I USE HERBAL SUPPORT? When hormone balance seems elusive, there are indeed supportive herbs available.

IS IODINE SOMETHING I NEED TO CONSIDER? The thyroid gland releases hormones that help regulate many bodily functions, and it needs iodine to function properly.

RESOURCES

MENOPAUSE: www.womenshealth.gov/faq/menopause-treatment.cfm

HEALTH & WELLNESS FOR KIDS & YOUNG ADULTS POCKET GUIDE: www.wholefoodsmarket.com/products/good-whole-body.php

WOMEN & PREGNANCY

It just makes sense; the health of the mother affects the health of the unborn child.

AM I TAKING A QUALITY PRENATAL VITAMIN EVERY DAY? These are specially formulated for pregnant women, including higher levels of crucial folic acid.

SHOULD I TAKE DHA? Healthy brain and nervous system development relies on this omega-3 fat found mostly in fish. Due to recommended seafood limits a supplement might be considered.

DO I GET ENOUGH REST? Lots of downtime—rest, sleep, stress-reduction activities—is needed to effectively support the changes in both mother and baby.

RESOURCES

PREGNANCY: www.womenshealth.gov/pregnancy/

WHOLE BABY POCKET GUIDE: www.wholefoodsmarket.com/products/good-whole-body.php

WHOLE BABY: www.wholefoodsmarket.com/nutrition/whole-baby.php

MERCURY IN SEAFOOD: www.epa.gov/fishadvisories/advice/

SKIN CARE, BODY CARE & COSMETICS FOR WOMEN

Fragrances and preservatives are the most common source of skin problems.

WHAT AM I PUTTING ON MY SKIN? Many body care ingredients are unnecessary, others are potentially harmful. Some can be beneficial. Learn more!

ARE MY SKIN CARE, DEODORANT, TOOTHPASTE AND HAIR CARE NATURAL? “Natural” is not a regulated term and can be used without meaning much of anything. Check out our standards.

DO I USE COSMETICS THAT MIGHT HARM MY HEALTH? Don't just believe the claims in the ads, take a closer look at what is in your cosmetics.

RESOURCES

THE ENVIRONMENT & WOMEN'S HEALTH: www.womenshealth.gov/faq/environment-womens-health.cfm

COSMETICS & YOUR HEALTH: www.womenshealth.gov/faq/cosmetics-your-health.cfm#1

NATURAL SKIN CARE, COSMETICS & HOME SPA POCKET GUIDES: www.wholefoodsmarket.com/products/guide-bodycare.php

WOMEN AGING GRACEFULLY

The longest recorded human life is 122, but if you're not healthy to enjoy it, what good is a long life?

AM I GETTING MY ANTIOXIDANTS? Antioxidants are good both in your body and in your personal care products to protect cells from free-radical damage.

IS MY EVERYDAY DIET ENOUGH? Doctors recommend a daily multivitamin for everyone. Other supplements can fill in where daily nutrition falls short.

DO I EXERCISE AND GET CHECK-UPS REGULARLY? Put health checkups on your calendar; make appointments with yourself and/or friends to exercise!

RESOURCES

HEALTHY AGING POCKET GUIDE: www.wholefoodsmarket.com/products/guide-bodycare.php

NATIONAL WOMEN'S CHECK UP DAY: www.womenshealth.gov/whw/check-up-day/



FINAL QUESTIONS

Scientists are studying the ways toxins may play a role in breast cancer, endometriosis and menopause.

DO I GO FOR ORGANIC FOODS AND PRODUCTS? National Organic Standards prohibit the use of synthetic and persistent pesticides on organic crops.

ARE THE PLASTICS AND CLEANERS I USE OKAY? Chemicals such as phthalates and Bisphenol A (BPA) in plastics may affect human health. And, there are safer alternatives to most cleaners.

AM I EXPOSED TO CIGARETTE SMOKE? Both smokers and nonsmokers exposed to secondhand smoke are at increased risk for lung cancer.

RESOURCES

THE ENVIRONMENT & WOMEN'S HEALTH: www.womenshealth.gov/faq/environment-womens-health.cfm

ORGANICS & YOU: www.wholefoodsmarket.com/values/organicsandyou.php

WHAT IS BISPHENOL-A?: <http://www.wholefoodsmarket.com/nutrition/bisphenol-a.php>



LOOKING FOR MORE HEALTH & WELLNESS INFORMATION?

Visit our online pocket guide archive at wholefoodsmarket.com/products/good-whole-body.php.



2 Reasons to Shop for Supplements **HERE & NOT THERE**

- ① At Whole Body™ we're very careful with our selection and your health! It's important to purchase supplements from a trusted source because studies of commercial products have revealed that you may not always get what the label promises.
- ② Our team members are thoroughly trained and educated about the products we offer. They're not doctors, but they are here to help you and guide you in making the most informed decisions for your needs.

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Printed on FSC™ 100% post consumer waste recycled paper manufactured with windpower. FSC-C-SW-COC-1730 www.fsc.org Printed with vegetable inks.

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