

# PMS to MENOPAUSE – Part 1 of 4 (Part 1-Endometriosis and Uterine Cancer)

After 10 years, Margaret and her husband had their PhDs and tenures at our local university and were ready to start a family. However, seeking answers to why Margaret was not getting pregnant at age 31 resulted in her being medically diagnosed with Endometriosis and Pre-Cancerous Uterine Tissue, AND being told a hysterectomy was her only option. However, for this educated couple, that was the last resort so they began to inquire as to other options and were referred to me.

Because of her pre-cancerous diagnosis, I informed Margaret that I would only accept her case if her gynecologist agreed that her life would not be at risk by her postponing the hysterectomy for at least three months... knowing, generally, that is the least amount of time needed to grow new healthy uterine cells and tissue.

Her gynecologist agreed, and I provided the therapeutic nutrients (aka Clinical Nutrition Therapy) indicated by a Clinical Nutrition Analysis (CNA) of her Laboratory Reports from testing her biochemistry.

Two months later, Marga-

ret's gynecologist called her in for a hysterectomy pre-exam, which revealed no Endometriosis and her uterine tissue was healthy, with new pink uterine skin cells growing, and no sign of cancer. Margaret was delighted to cancel the hysterectomy.

One month later, I gave Margaret more GOOD NEWS! – i.e., after three months in Clinical Nutrition Therapy, as expected, her latest clinical nutrition evaluation indicated that her healing was sufficient for her and her husband to start actively pursuing their plans for a family.

**How did Margaret develop Endometriosis and pre-cancerous uterine tissue? Have you or someone you know received these same diagnoses and were told a hysterectomy was your only alternative?**

Whether you are interested in healing as Margaret has or

simply preventing the above from happening to you or a loved one, you must first understand the three phases in a woman's menstruating cycle, four phases if you count the five-day bleeding period of menstruation, which are:

1) The Follicular Phase, where Estrogen levels are elevated to make eggs, begins on the first day of menstruation and ends on the first day of the 2) Ovulation Phase where the eggs are released and the 3) Luteal Phase that develops the fetus (baby) begins at the end of Ovulation through the first day of the next Follicular Phase.

During the 10-17 days of Ovulation, the signal to lower the Estrogen level to stop the production of more eggs occurs when there is a simultaneous elevation of Progesterone, which develops the egg into a fetus (baby) if the male's sperm has mated with the egg. If not, the undevel-

oped eggs are released from the body through the bleeding days of menstruation.

**ADVERSE EFFECTS OF SOME BIRTH CONTROL:** However, when a woman's birth control method blocks or inhibits the elevation of Progesterone in the Luteal Phase, the high levels of Estrogen continue to produce more and more eggs, every day for months and years, until that method of birth control is discontinued.

The uterus then becomes so overloaded with eggs, that it cannot release them all through menstruation. So, these excessive amounts of eggs attach to the endometrial lining where, in time, the eggs decay (rot) and infect the endometrial tissue, which is called "Endometriosis," until years of rotting eggs inflaming endometrial tissue leads to "Cancer" within the uterus.

**EXCESSIVE BLEEDING?** After the average five days of menstruation, do you or someone you know experience breakthrough bleeding, spotting, or prolonged menstrual bleeding that may last for weeks or longer? In Part

2 of this 4-Part article series, I will explain the causes of and healthy clinical nutrition solutions to excessive bleeding.

**NO MATTER WHAT YOUR AGE,** whether you are menstruating, have had a partial or complete hysterectomy OR you are in menopause, please read all four parts of this article so you can see the whole picture and so you can share this information with your family and friends.

For help with any female issue, please call me at (940) 761-4045. First Consultation Free!

Dr. Smith is the owner of **ADVANCED CLINICAL NUTRITION** (Est. 1981) in Wichita Falls, Texas, with clients residing in 37 U.S. states and seven international countries. Since opening her business, she has continued to hold a successful track record of over 90% in helping her clients improve their health, and she can help you, too, no matter where you live.

Information for Nutritional and Bioenergetic Education only and not for the diagnosis or treatment of any medical condition or disease.



by **Dr. Donna F. Smith**  
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AdvancedClinicalNutrition.com

*"Take Time for Your Health or Make Time for Your Disease!"*

## Let's Talk!

**We encourage your feedback**

Letters may be edited for length, clarity & libel

The contributor's name, hometown and phone number must accompany all letters to the editor for verification and we reserve the right to edit contributions for space. We attempt to verify all matters of fact but hold contributors liable for the content, accuracy and fairness of their contributions. Letters deadline 10 am Monday. Please limit to 300 words.

**Be sure to include your name and phone number.**

**Submit your letters by email to:**  
[gerri@villagerpublishing.com](mailto:gerri@villagerpublishing.com)  
**303-773-8313**

# Public Notices

COURTS

**DISTRICT COURT  
COUNTY OF ARAPAHOE  
STATE OF COLORADO**  
7325 South Potomac Street  
Centennial, Colorado 80112  
(303) 649-6355 Telephone

PEOPLE OF THE STATE OF COLORADO  
Petitioner,

In the Interest Of:

ZAHIR WORKU, ZAFIR WORKU, ERMIA S WORKU, and LUNA BENSIMMOU, Children,

and concerning

SHEMSIA WORKU, DONALD MILES, ADAM BENSIMMOU, and JOHN DOE, Respondents.

Kiley Schaumleffel, Esq. #46107  
Attorney for Petitioner  
14980 East Alameda Drive  
Aurora, CO 80012  
Telephone: 303.636.1308

Case No: 21JV548  
Division: 22

**NOTICE OF ADJUDICATORY**

**HEARING AND DEFAULT JUDGMENT**

**PLEASE TAKE NOTICE** that an **Adjudicatory Hearing and Default Judgement** regarding Respondent Father, **JOHN DOE** is set for **August 29, 2022 at 11:30 a.m.** in Division 22 at the Arapahoe County District Court, 7325 South Potomac Street, Centennial, Colorado 80112. You have the right to be represented by an attorney during these proceedings; if you cannot afford an attorney, one will be appointed to represent you. In the event you fail to appear for said hearing at the date and time indicated, the Petitioner, the People of the State of Colorado, will request that the Court enter a default judgment against you and adjudicate the child dependent and neglected in accordance with the Colorado Children's Code.

*Due to COVID 19, the Arapahoe County District Court is holding some hearings via Cisco WebEx Meetings to allow for audiovisual and/or audio participation. Participants may use any computer, tablet or smart phone equipped with a camera and microphone for audiovisual participation. Parties should use the following link:*

\*www.judicial.webex.com/meet/

CHERRY HILLS VILLAGE

**Public Notice of Contractor's Final Settlement**

Pursuant to C.R.S. 38-26-107, notice is hereby given that on/ or after the 9th day of September 2022 final settlement with **Vance Brothers, Inc.** will be made by the **City of Cherry Hills Village**, for the **2022 Street Improvement Chip Seal Project**, and that any person, co-partnership, associa-

tion, company, or corporation who has an unpaid claim against any of the contractors for or on account of the furnishing of labor, materials, team hire, sustenance, provisions, provender, or other supplies used or consumed by such contractors, or any of their subcontractors, in or about the performance of said work may file at any time up to and including said time of such final settlement on/or after, September 9th, 2022, a verified statement of the amount due and unpaid on account of such claim with the City Council of the City of Cherry Hills Village, at the office of:

City Manager  
City of Cherry Hills Village  
2450 E. Quincy Avenue  
Cherry Hills Village, CO 80113

Failure on the part of a claimant to file such statements prior to such final settlement will relieve said City from all and any liability for such claimant's claims.

**CITY OF CHERRY HILLS VILLAGE**  
STATE OF COLORADO

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SPECIAL DISTRICTS

**00 65 33  
NOTICE OF FINAL PAYMENT**

**STONE TREE DRAINAGE IMPROVEMENTS  
(Contract No. CPR20-00004-C-2)**

Notice is hereby given that at 10 a.m. on September 12, 2022, **Southeast Metro Stormwater Authority** shall make final payment to **L&M Enterprises Inc.** 735 E. Highway 56, P.O. Box W, Berthoud CO 80513 in connection with full payment for all services rendered, materials furnished and for all labor performed in and for the above-referenced PROJECT.

1. Any person, co-partnership, association of persons, company or corporation that has an unpaid claim against the said PROJECT for or on account of the furnishing of labor, materials, team hire, sustenance, provisions, provender or other supplies used or consumed by such CONTRACTOR or any SUBCONTRACTOR in or about the performance of said WORK contracted to be done or that supplies rental machinery, tools, or equipment to the extent used in the

prosecution of the WORK whose claim therefore has not been paid by the CONTRACTOR or the SUBCONTRACTOR may at any time up to and including said time of such final settlement file a verified statement of the amount due and unpaid on account of such claim.

2. All such claims will be filed with **Southeast Metro Stormwater Authority**, 7437 South Fairplay Street, Centennial, Colorado, 80112, on or before the above-mentioned date and time of final settlement.

3. Failure on the part of a creditor to file such statement prior to such final settlement will relieve **Southeast Metro Stormwater Authority** from any and all liability for such claim.

**OWNER:**  
**Southeast Metro Stormwater Authority**  
Name: Jon Nelson  
Title: CIP Project Manager

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— End of Legals —