

PMS to MENOPAUSE

Part 4 of 4 (Biological Hormone Back-ups)

JOLENE's diagnosis of Menopause had been more than two years, when she started Clinical Nutrition Therapy to correct the causes of other health concerns at that time. So, she was quite surprised to resume regular menstruation again!

She wasn't happy about that, as she enjoyed life without menstruation, but she understood that her overall body health was being restored through clinical nutrition therapy, and her lack of menstruation was actually another symptom of being unhealthy, not due to Menopause.

KELLY shared that after eight months of bio-identical hormone replacement therapy, all of her menopausal symptoms resurfaced, which is what led her to balance her hormones through our clinical nutrition therapy. Over the years, a significant number of other female clients have shared with me that they had the same experience.

In Part 1-3 of this 4-Part series, I have shared information on how Clinical Nutrition Testing and Therapy provide safe and effective solutions for female challenges, such as hormone imbalances, irregular

menstruation, long-term menstrual bleeding, severe headaches or migraines, mental and emotional dis-

classified as menopausal (women) or andropausal (men).

too. This is why people begin looking for hormone replacement therapy.

a Clinical Nutrition Analysis of the Lab Reports from testing blood, saliva and hair.



Take Time for Your Health Now or Make Time For Your Disease Later!

by **Dr. Donna F. Smith**
Ph.D., N.D., C.C.N., C.D.N., C.H.
AdvancedClinicalNutrition.com

Factors such as hormonal interferences from the chemicals, metals, plastics and other toxins ingested through food, water, beverages and drugs and/or exposures from the air and environment.

However, a Clinical Nutrition Analysis of the Lab Reports from testing saliva, blood and hair identifies the therapeutic whole food supplements your body requires to 1) produce sufficient hormones on its own, whether they are thyroid, adrenal or female/male hormones, as well as 2) detoxify the chemical, metals and other toxins interfering with hormone production.

This concludes my article series on the causes of symptoms and healthy solutions through Clinical Nutrition Testing and Therapy for both female and male hormonal systems. You may access these articles on our website, through the "Education" Menu by selecting "Villager Publications."

turbances, endometriosis, prevention of breast and ovarian cancer, and more. So, now, let's talk about Menopause. Menopause is generally defined as not menstruating for 1-2 years. The months or years leading up to menopause are called perimenopause (or pre-menopause), the years after menopause are called post-menopause, and the most common symptoms are hot flashes, night sweats, mood swings, difficulty sleeping and weight gain.

KEYS TO HORMONE BALANCE: Since opening my business in 1981, I have observed two keys to helping women balance their hormones:

#1 There are a number of other factors, not just hormone imbalances alone, that lead to the development of the symptoms typically

#2 The human body has what I call "Biological Hormonal Back-ups" for hormone production.

In other words, if anything happened, such as an injury or surgery (such as a partial or complete hysterectomy), where the female (or male) reproductive organs were no longer able to produce sufficient Estrone (E1), Estradiol (E2) and Estriol (E3), Progesterone or Testosterone (which both genders produce), the thyroid and adrenal glands are designed as biological back-ups to produce these hormones for you.

However, quite often, by the time their biological back-ups are needed, these glands are exhausted and having difficulties producing their own primary hormones, which can compromise their ability to produce female and male hormones,

BLOOD HORMONE TESTING IS NOT ENOUGH: Additionally, testing blood hormones alone does not provide a complete hormonal picture. For example, hormone levels in the blood may appear normal, yet be deficient at the cellular level, as identified through saliva hormone testing.

And even if your blood and saliva hormone levels are sufficient, a Tissue Mineral Hair Analysis is essential, because if you do not have the minerals that transport your hormones, they will not get into the cells. Hormones that do not reach the cells are recirculated back into the blood, which then leads to more blood hormone imbalances. This is why for a complete hormonal picture, I provide

For hormone balancing, call me at (940) 761-4045, to obtain a Clinical Nutrition Analysis of the Lab Reports from testing your blood, saliva and hair! 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.

COURT

DISTRICT COURT COUNTY OF ARAPAHOE, STATE OF COLORADO
7325 S. Potomac Street
Centennial, Colorado 80112

PEOPLE OF THE STATE OF COLORADO,
Petitioner,

IN THE INTEREST OF

JACQUELYN MORALAS and
JASMINE MORALAS
Children,

and concerning

TAMMY PREVOST and NOEL MORALAS,
Respondents.

Linda Arnold, Reg. No. 16764
Office of the Arapahoe County Attorney
Attorney for the People
Arapahoe County Department of Human Services
14980 East Alameda Drive, Aurora, CO 80012
larnold@arapahoegov.com
Tel: 303-636-1882
Fax: 303-636-1889

Case No: 22JV30117
Division: 23

NOTICE OF ADJUDICATORY COURT TRIAL AND DEFAULT JUDGMENT REGARDING TAMMY PREVOST AND NOEL

MORALAS

To The Respondents:

PLEASE TAKE NOTICE that an **Adjudicatory Court Trial and Default Judgment** regarding **Tammy Prevost and Noel Moralas** is set for **December 16, 2022 at the hour of 10:30 a.m. (MST)**, in Division 23, of the Arapahoe County District Court. The Arapahoe County District Court is holding 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:

- <https://judicial.webex.com/meet/D18-ARAP-Div23>
- Enter your name and email address (so we know who you are). You will then be in the virtual courtroom.
- Select your audio setting. If the audio on your computer or tablet does not work, please use the alternate audio option of calling in to the number below.

If you do not have a device that will support a video connection, you may still participate by audio only by calling 720-650-7664 and enter access code 2598 320 5548

(followed by #, #).

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 will request that the Court enter a default judgment against you and adjudicate the child(ren), dependent and neglected in accordance with the Colorado Children's Code.

/s/Linda Arnold #16764
Linda Arnold, Reg. No. 16764
Senior Assistant County Attorney
14980 East Alameda Drive
Aurora, CO 80012
(303) 636-1883

Published in The Villager
Published: November 10, 2022
Legal # 10911

DISTRICT COURT COUNTY OF ARAPAHOE, STATE OF COLORADO
7325 South Potomac Street
Centennial, Colorado 80112
(303) 645-6600 Telephone

PEOPLE OF THE STATE OF COLORADO,
Petitioner,

IN THE INTEREST OF:

NAKHI LEE-WILLIAMS BUTLER,

A'YONNI REYNOLDS, and
ENRIQUE WILLIAMS,
Children,

and concerning

MONIQUE WILLIAMS, LANCE BUTLER, ALBERT REYNOLDS II, and JOHN DOE,
Respondents.

Jordan Lewis, Esq. #50198
Assistant County Attorney
Attorney for Petitioner
14980 East Alameda Drive
Aurora, CO 80012
303-636-1883

Case No: 22JV360
Division: 14

NOTICE OF ADJUDICATORY HEARING AND DEFAULT JUDGMENT

PLEASE TAKE NOTICE that an Adjudicatory Hearing regarding **JOHN DOE**, is set for **December 1, 2022 at 2:30 p.m.** in Division 14 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(ren) dependent and neglected in accordance with the Colorado Children's Code.

Due to COVID 19, the Arapahoe County District Court is holding 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:

- <https://judicial.webex.com/meet/bonnie.mclean>
- Enter your name and email address (so we know who you are). You will then be in the virtual courtroom.
- Select your audio setting. If the audio on your computer or tablet does not work, please use the alternate audio option of calling in to the number below.

If you do not have a device that will support a video connection, you may still participate by audio only by calling 720-650-7664. When prompted enter code 2594 251 5432.

If you elect to appear in person, you must be at the Courthouse a half hour before the hearing is scheduled to begin.

Dated this 27th day of October, 2022.

Jordan Lewis, Reg. #50198
Assistant County Attorney

Published in The Villager
Published: November 10, 2022
Legal # 10912

NOTICE TO CREDITORS

NOTICE TO CREDITORS Estate of Constance Kay Sturgesleski, also known as Connie Kay Sturgesleski, also known as Connie K. Sturgesleski, also known as Connie Sturgesleski, Deceased Case Number 2022PR31134
All persons having claims against the above named estate are required to present them to the personal representative or to District Court of Arapahoe County, Colorado on or before March 17, 2023, or the claims may be forever barred.
Dennis R. Stemen,
Personal Representative
c/o Stewart B. Grant,
Attorney at Law, LLC
12265 W. Bayaud Avenue, Suite 210
Lakewood, CO 80228
Published in The Villager
First Publication: November 3, 2022
Last Publication: November 17, 2022
Legal # 10905