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The Risks of Modern Woman in the 21st Century

Modern women have risks that didn't exist before

The modern woman in the 21st century is different from the woman in the "good old days".

Never in human history have women had so many menstrual periods. The blood loss goes hand in hand with the loss of trace elements such as iron and calcium as well as vitamins for blood formation.

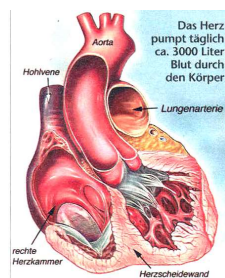
While women used to have numerous pregnancies at a young age and then breast-fed for many years, the modern woman today has the first of a maximum of 2 children at an average of 30 years.

You can do more for yourself ...

Taking birth control pills, menstrual periods and our diet increase the need for vitamin B and calcium.

Conclusions 1 and 2:

1. Women are more likely than men to have heart attacks today!



Unterschätzter Risikofaktor
Homocystein ist für die Gefäße gefährlich

2. Women are more likely than men to suffer osteoporosis!



Conclusions 1 and 2:

Avoid menstruation and compensate for deficits, B vitamins lower homocysteine and thus the risk of heart attacks, calcium maintains your bone density from 35.

... make life more pleasant and avoid risks!

Late pregnancies promote endometriosis and make it difficult to have children; many menstrual cycles strain the mammary gland-tissue.

Conclusions 3 and 4:

3. Women today are more likely to have endometriosis and unfulfilled desire to have children!



4. Breast cancer is increasing!



Conclusions 3 and 4:

Avoid unnecessary menstrual periods until you want to have children and afterwards, use long-term contraception, reduce obesity - your health insurance company and we will help you!