

## **Women's Health: Oral Contraceptives**

Many women in today's hectic world choose to take oral contraceptives as a convenient method of birth control. However, what many women do not know is that oral contraceptives deplete folic acid, Vitamins B1, B2, B3, B6, B12 and C, zinc, and magnesium. They also deplete nutrients needed for healthy thyroid function.

**Folic acid depletion** causes anemia (abnormal RBC growth), birth defects, cervical dysplasia (causing painful intercourse), elevated homocysteine, and increases risk of breast and colorectal cancer.

**Vitamin B-6 depletion** causes reduced serotonin synthesis, depression, anxiety, sleep disturbances, reduced melatonin synthesis (think sleep issues), and elevated homocysteine.

For anyone taking oral contraceptives, consider the following protocol to offset the nutrient depletions:

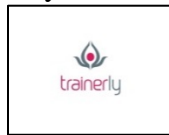
- Methyfolate Plus™ - Supplies folate in its active form with Vitamin B12 in a phytochemically rich vegetable culture base.
- B12-2000™ Lozenges - Naturally flavored Vitamin B12 with folic acid and Vitamin B6.
- Meda-Stim™ - A proprietary, broad-spectrum vitamin/mineral with trace minerals, amino acid, glutathione, and herbal formulation to support thyroid function.

Please contact us for more information.

**Please review our business at:** [Yelp](#) [City Search](#) [Google +](#) [Angie's List](#)

Get proven strategies that will help you unleash your inner power! You can do it! CCFL works to heal, unite and empower individuals, families and communities, equipping them with the necessary tools to strengthen personal standards, ethics and values while, together, raising the next generation. Go to [Creating Champions For Life](#) and check it out.

Trainerly allows you to workout and exercise at your home, office, hotel room or pretty much anywhere in the world through live 2-way webcam. [Sign-up](#) for a class with me today. Use the promotional code "trainerly20" to save 20% off any service.



Your suggestions are appreciated to make our business better. Please take the survey by [clicking here](#) and provide your input.

Want to know your metabolic power? [Click Here](#) to find out if your metabolism is working for you or against you.

Do you know someone who might be interested in our products or services? [Click Here](#) to fill out our referral form and, as our way of saying thank you, you will receive \$15 off and of our products or services. We appreciate your support.

[Click Here](#) to sign-up for our e-mail list so can receive all of our articles & download your free copy of our Dietary Information e-book.

[Like us on Facebook](#)/[Connect with us on LinkedIn](#)/[Follow us on Twitter](#)  
[Follow us on Google+](#)/[Pinterest](#)

**(Hold down the Ctrl key & click the underlined words or logos)**  
**Make sure to forward to friends and followers.**