

Aug, 1978 - Retired from teaching. Had lost <sup>unintentionally</sup> 20 lbs during the <sup>previous</sup> ~~spring~~ <sup>↑</sup> ~~premises~~, because we had thought it was a good idea to go on a red meatless and low carbohydrate diet so Elbat would lose weight. I was the one who lost weight and also lost my muscle tone, which had always been good. In addition to this, I was exhausted, at times dizzy, and occasionally experienced irregular heart beat, also, my back was causing problems. I finally decided to go to a naturopath. <sup>For the past 5 yrs during</sup> ~~menopause~~ <sup>↑</sup> ~~I had~~ indicated this <sup>↑</sup> ~~to my~~ <sup>↑</sup> ~~gynecologist~~ and ~~perhaps~~ <sup>↑</sup> ~~no~~ <sup>↑</sup> ~~suggestion other~~ than <sup>↑</sup> ~~to take~~ <sup>↑</sup> ~~estrogen~~ <sup>↑</sup> ~~for hormone~~ problems without any lab tests being done. At this time, many articles were being published suggesting the carcinogenic effects of estrogen. Since cancer took my mother's life as well as her father, <sup>or my brother</sup> <sup>↑</sup> I refused to take this drug treatment. I was still <sup>at the time of this doctor's</sup> ~~teaching~~ <sup>↑</sup> ~~so had little time to follow~~ <sup>↑</sup> ~~his advice to rest.~~ <sup>↑</sup> ~~prescription~~