

Women's Equality Day: Women's Health – should push a product

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SUBJECT LINES:

1. Dr. Stork's top health suggestions for Women's Equality Day
2. Dr. Stork's message to you on Women's Equality Day

PREHEADER:

- Here's the advice you need to overcome your health challenges as a woman
- We've made so much progress, but there's still a long way to go!

BODY:

Dear {{first_name|default:'friend'}},

In recognition of Women's Equality Day, I wanted to take a moment to discuss a topic that is not only near to my heart, but also central to the idea of equality...

Women's health.

Today serves as a powerful reminder of the progress we've made towards achieving **gender equality**, and nowhere is this more evident than in the strides made in women's health.

The past few decades have seen significant advancements, from **improved healthcare access** to pioneering research into diseases that disproportionately affect women.

(Conditions like PCOS are now household terms when they wouldn't have been recognized in the 2000s.)

It's heartening to see the recognition of women's health **as a priority**, and the shift towards more personalized, *gender-specific* care.

The internet has certainly democratized access to health information unique to women that was much harder to find even a decade ago.

I'd also like to think that my show, The Doctors, made a difference, too ;)

With that said, and in the spirit of Women's Equality Day, it's also important to acknowledge the work that still needs to be done.

Despite the progress, disparities persist in the accessibility, quality, and outcomes of care.

Many women, particularly those from underserved communities, continue to face barriers to vibrant health and well-being.

So much research on lifestyle and pharmaceutical interventions is still predominantly male-participant focused.

There's also a lack of understanding about female-specific symptoms for common diseases.

In short, we've still got ground to cover.

But I firmly believe that education and community involvement is the way forward.

I'd like to share some natural health advice for our female community members here at NatureM.D.

From hormonal fluctuations linked with menstrual cycles, pregnancy, and menopause,

to the higher risk of osteoporosis and iron-deficiency anemia...

Women face different health and nutrition challenges than men.

Here are some of the top ways women can rise above their health challenges:

1. Lift weights occasionally

Now these weights don't have to be heavy duty.

But studies consistently show that weekly resistance training can be a big supporter of bone health, and can even ward off osteoporosis.

Important to note:

Once you've exercised, your body needs a quality protein source to repair damaged tissue and grow.

[I recommend NutriProtein](#), which is easy to blend into a shake before and after workouts.

It promotes lean muscle support and keeps you energized during activity.

2. Get more omega-3's

Omega-3 fatty acids are involved in the production and balance of sex hormones including estrogen and progesterone.

These support women's health through each phase of life –

During menstruation, pregnancy, and menopause.

Take a high quality fish oil daily and incorporate more fish in your weekly meal plans.

3. Listen to your body

At various stages in her cycle and life, a woman's body is going to be more or less able to withstand stress.

For instance, the estrogen boost during the follicular phase is a prime time for working out hard and getting things done.

During the luteal phase after ovulation, though, you're more likely to experience fatigue because of extra progesterone.

I think we'll really be close to equality when schools and workplaces promote women recognizing where they're at in their cycles and pushing harder or giving themselves more rest depending.

In celebrating Women's Equality Day, let's remember that equality extends to health as well.

Each woman deserves access to the information and resources she needs to make informed health choices.

By focusing on dietary health and lifestyle changes, women can be better equipped for a life of radiant health.

And as for the information part...

Our team at NatureM.D. will continue putting out the best content for you to help you reach your health goals.

Let's get healthier one day at a time,

Dr. Travis Stork