

International Women's Day (IWD) 2009

An Inspiring Newsletter
by Dr. Keely Killpack

Believing in Ourselves:
The Wisdom of Women

Join me **TODAY** in celebrating women & our mission for equality!

I hope you enjoy the newsletter and share it with women you encounter. This year marks the 9th anniversary of my IWD newsletter! I'm so excited to share my thoughts with you – together we can make a difference!

This year is all about women's health, in ways you may not readily consider. So, brew the cup of tea, kick your feet up for a few minutes and read on!!!

“Either do or do not; there is no try” -Yoda



This year, my guardian angel found an amazing woman, Kaytlyn Sanders.

We both share a vision of creating a sustainability focused women's network. Kaytlyn's vision blossomed into SOSTANE (The Sisters of Sustainability Network). Sostane provides a nurturing environment for green women to take action in sustainable practices. Through local meetings, festival participation, member-written articles and online resources, we are inspired to take that extra step to make a difference in our community, economy, households, businesses & in the environment.

Sostane has local chapters in Seattle, Portland & we are now launching the San Francisco chapter!!

If we have sparked your interest, check out the website (www.sostane.com) and sign up today! Membership is free this year & there are many marketing & networking opportunities if you are interested. Above all, it is an opportunity to connect & learn from other amazing women who share a sustainable personal vision.

Kaytlyn – I'm so glad we met; you are an amazing woman & I love your energy !!

BREAST
CANCER
FUND

Are we giving ourselves cancer? Yes.

Can we better protect ourselves? Yes.

Another heartfelt connection I made this year was with the women of the Breast Cancer Fund. They collaborate with the Environmental Working Group & The Campaign for Safe Cosmetics to educate women about the hazardous chemicals in cosmetics & hygiene products. The Skin Deep Cosmetics database that I have listed in the 'resources' section of this newsletter for the last 2 years is the impressive result of their collaboration & infinite research. This year I have been more deliberate about where my money goes, and I realized that I pick these kinds of products most haphazardly. So, I grabbed my shampoo, body wash, facial cleanser, toner, moisturizers, eye shadow, mascara, lipstick, lip balm, deodorant all of it – and put it in a big pile next to my laptop. Then I went to the Skin Deep Cosmetics Database (www.cosmeticsdatabase.org) and looked up each of my beauty care products. Please do this TODAY! Please. I found out that some of my products are totally safe, while others are about as toxic as wiping nuclear waste on my face! I cannot regret what I have done in the past, but I vowed to never put carcinogens on myself intentionally again. I thought about the countless times I have slathered some of these products on & I threw away everything that isn't safe. I want you to be safe too. I hope that each of you invest in yourself today and make sure you aren't accidentally exposing you or your family to carcinogenic chemicals in body care products. We research so many other purchases and try to make smart decisions for our health in many other ways....add this to your list of things to safeguard yourself & our planet!

- They also list baby & men's products so everyone can be safe

"Ask for what you want and be prepared to get it."

- Maya Angelou

Another feminine highlight of this year was a picnic in Central Park with Dr. Sarah Cimperman. One of my most trusted friends & women's health expert; I had to ask her about birth control. We talked about women of our generation (and yours) and how we started taking the pill early on and had been on it for years.... now reaching the 20 year mark! She enlightened me about the risks associated with long-term use of BCPills. Along with her wisdom, I found this:

- 1) "Numerous studies have shown an increased risk of breast cancer in women using oral contraceptives. Risk is greatest among current and recent users, particularly those who have used them for more than five years and especially those who started using birth control pills earlier in life, premenopausal women & those with a family history of breast cancer. Significant increases in breast cancer was magnified for women when BCPill use had continued for more than 20 years." - Breast Cancer Fund Fact Sheet on Oral Contraceptives
- 2) "There is broad agreement that exposure over time to estrogens in the body increases the risk of breast cancer. Hormone replacement therapy (HRT) and steroidal hormones in oral contraceptives (OC) also increase this risk." - Breast Cancer Fund State of Evidence Report 09
- 3) The National Toxicology Program now lists steroidal estrogens as known human carcinogens.
- 4) The International Agency for Research on Cancer (IARC) has listed both steroidal and non-steroidal estrogens as known human carcinogens since 1987

For those of us who have consistent trouble with BCPills or who have taken them for too long; consider an IUD for pregnancy control, regulating cycles, flow & cramping reduction. An IUD requires a much smaller dose of synthetic hormone (because it is not orally ingested & filtered by the liver) and is also more effective than the pill for all of these issues in most women. I also discovered.....

"The IUD is the most inexpensive, long-term and reversible form of birth control available. An IUD has an upfront cost ranging from \$175 - \$500 which includes initial medical exam, either type of IUD product, insertion & a follow up visit - all of which is covered by most insurance plans. That cost pays for protection that can last from 5 to 12 years. Fertility returns immediately following removal of the IUD also." - Planned Parenthood IUD Health Topic

I hope this information inspires you to review your reproductive health choices.

"I'm looking right at you and I'm asking myself, where are your brains?"
- Judge Marilyn Milian (People's Court)

Share my Network

I've met so many amazing women this year; it has been uplifting! I am honored to know all the great women who surround me. My family matriarchs top the list. Your wisdom is such a part of me, it defines who I am and the legacy of where we all came from. Thank you for making me an independent, self-sufficient, funny gal that can really cook up a storm! My longtime friends, I cherish you. I am a better person because you have been a part of my life forever and have shared your great attributes! To have amazing friends all over the world is awesome!!

Beth Garstka - This year is for you!! Beth & I are working on 10 years..... I hope everyone has a friend like her. She is so smart & courageous, happy & hilarious! I love that Beth is authentic, confident, adventuresome & never compromises her values.

Beth owns Spoonfed Group - a web company that hosts, designs & develops websites. She is wonderful to work with (I'm also a client) and always puts her best into everything. If you're looking for anything web marketing related; she is my best referral!

Share my Network

Fabulous Web Resources

www.killpackgroup.com

- Check out the new women's page on the site with more resources & IWD silver jewelry coming soon!

www.drSarahCimperman.com

- My naturopathic physician & resources galore for female health, recipes & more!

www.spoonfedgroup.com

- Fantastic website design & development company!!!

www.tinylegacies.com

- All kinds of chic baby accessories for moms!

www.sostane.com

- Sisters of Sustainability Women's Networking site!

www.pinkmagazine.com

- Professional Women's magazine, full of wisdom, role models, products & amazing things to learn!

divacup.com

- innovative new menstrual product, check it out!

www.cosmeticsdatabase.com

- Research & discover all the harmful things in cosmetics & hygiene products you use!

Internationalwomensday.com

- the source for all IWD info, events, history & more!!

