

# Women's Health Issues: MENOPAUSE

## Harmony & Health

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Quality Products for Health

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Menopause typically occurs between ages 45 and 60. Age-related changes in the ovaries and adrenal glands cause a gradual decline in hormone production. The type and severity of menopause symptoms vary among women and may be influenced by various factors. Many women sail through this change of life without any symptoms at all. Others experience a wide range of discomforts, such as: hot flashes, night sweats, mood swings, insomnia, vaginal dryness, fatigue, and water retention.

### Some Products that may help:

**Black Cohosh** is noted for providing relief from hot flashes, night sweats, and vaginal atrophy. Its sedative properties provide a calming effect for anxiety, nervousness, and muscle spasms.

**NSP's Flash Ease** is an extract of Black Cohosh w/ Dong Quai to focus on relieving hot flashes and easing menopausal symptoms. (Time-released formula for maximum effectiveness.)

**Dong Quai** provides relief from hot flashes and vaginal dryness. It acts as a tonic to promote good health and to strengthen the blood and uterus. Its mild sedative effect helps to offset mood swings and promote relaxation during this stressful time.

**Wild Yam & Chaste Tree** (Vitex) diminishes cramps and uterine discomfort; indirectly helping to nourish bones. Sterols in wild yam can be effectively utilized by the body to produce mild progesterone-like effects, which reduces estrogen dominance.

**Natural Changes** is packaged nutritional supplements for mature women to nourish the body and help maintain balanced hormone levels. Each packet contains two **C-X** (for glandular support), one **Skeletal Strength** (structural support), one **Wild Yam w/Chaste tree**, one **Flax Seed oil** (EFA's) and one **NutriCalm** (an excellent source of B vitamins & herbs for stress & tension). These can all be taken individually, but it is so convenient to have it prepackaged.

**DHEA-F** is a base hormone used by the adrenals to produce cortisol, aldosterone and sex hormones. It supports the production of estrogen and aids with menopausal symptoms. Low levels are associated with aging.

**Essential Oils**, such as **Changes**--a blend which can be misted or applied to pulse points and **Clary Sage** which has a side benefit of balancing and lifting mood. Both can be helpful in relieving menopausal symptoms.

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



*Help Your Body Stay Healthy with Natural Remedies.*