



EASING MENOPAUSE SYMPTOMS HAS NEVER BEEN EASIER OR MORE AFFORDABLE!

By Dr. Bo M. Nielsen

If you are going through menopause, you know it can be an overwhelming process; hot flashes, mood swings; water retention; low sexual drive, fatigue and not to mention night sweats that have surely kept you up at night on one too many occasions.

Menopause is an inevitable natural process, but that doesn't mean you should suffer with the bothersome symptoms. In this newsletter read about natural and side effect-free alternatives to hormone replacement therapy and our special offer to help you get your "life-before-menopause" back!

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FEMIVITAL DOUBLE DOSE SPECIAL OFFER

Don't let menopause get the better of you; there is no better day than today to start getting your menopause symptoms under control!

Because we know that double dose Femivital is that much more effective, we want to continue to make it easier for you to relieve your menopause symptoms.



Purchase 2 bottles of Femivital (double dose) and get one of them half price!

How much will you save?

Regular double dose Femivital: £63

Special price double dose Femivital: **£47.25**

You save: £15.75!

For more information call one of our health advisors on 0207 043 1256 or visit our website: www.doctorsnatural.com

DOCTOR'S NATURAL FEMIVITAL



Doctor's Natural Femivital contains plant isoflavones - natural compounds which have oestrogen-like effects. These phyto-oestrogens, as they are generally called, **do not have any side effects and do not increase the risk of cancer**, which make them a perfect alternative to hormone replacement therapy. Read about the risks of hormone replacement therapy on page 3.

Red clover and black cohosh are the most researched and popular phyto-oestrogens used in supplements today and guess what? These two ingredients are featured in our menopause supplement Femivital!

HOW CAN FEMIVITAL HELP YOU?

Numerous scientific studies show that the ingredients in Femivital (black cohosh and red clover) help:

- Reduce hot flashes
- Ease anxiety and depression
- Ease insomnia
- Ease night sweats
- Reduce vaginal dryness during intercourse
- Enhance sexual desire
- Ease tension headaches
- Lower the risk of osteoporosis

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RED CLOVER EASES POST-MENOPAUSAL BLUES

The bad news is that many women know only too well that depression and anxiety are common symptoms of menopause. The good news is that red clover can help!



The Scientific Study

Background information:

This randomised study recruited 109 post-menopausal women aged 40 and over. One group received 80 mg of red clover while the other group received placebo every day for three months. Anxiety and depressive symptoms were measured at the start of the study and then after 90 and 187 days. Symptoms were assessed using the Hospital Anxiety and Depression Scale (HADS) and Zung's Self Rating Depression Scale (SDS).

Results:

Based on the HADS score, anxiety was reduced by 76% and depression by 78.3% in the group receiving red clover supplements. On the total SDS score, depression was lowered by 80.6%. In contrast, women taking placebo only experienced a 21.7% (average) reduction in anxiety and depression.

These results were achieved with only 80 mg of red clover a day. In Doctor's Natural Femivital you get **200 mg of red clover a day in a normal dose and 400 mg in a double dose**.

What is red clover?

Red clover, or trifolium pratense, is a plant belonging to the clover family. It is one of the richest sources of isoflavones and contains four types: genistein; daidzein;

biochanin A; and formononetin. These isoflavones have oestrogen-like effects, which is why they are so effective against menopause symptoms. They also have powerful antioxidant properties and have been linked to cancer protection.

SAY GOODBYE TO HOT FLASHES AND NIGHT SWEATS WITH BLACK COHOSH



Do hot flashes and night sweats keep you up at night and leave you feeling flustered and frustrated? Your days of suffering may soon be over, according to new scientific research.

The Scientific Study

Background information:

Fifty pre and post-menopausal women aged 44 to 65 years participated in a randomised, double-blind, placebo-controlled study. One group received various standardised extracts of phyto-nutrients containing black cohosh and red clover.

Results:

The women taking the phyto-nutrients experienced: a 73% reduction in hot flashes (in 47% of the women, hot flashes stopped completely); a 69% reduction in night sweats; and a significant improvement in quality of sleep.

What is black cohosh?

Black cohosh, also known by its scientific name *cimicifuga racemosa*, is a plant of the buttercup

family, whose roots and rhizomes (underground stems) have been used medicinally for centuries by Native Americans. Today, because

black cohosh contains compounds with oestrogen-like effects, it is primarily used to ease menopause symptoms.



What does Sigrid Dam Skovrider say about Femivital?

"I highly recommend Femivital to women going through menopause!"

"A year ago I started experiencing the irritating symptoms of menopause such as hot flashes. I had terrible sweats, especially at night. Just 15 days after taking Doctor's Natural Femivital, Vitamins and Minerals, my night sweats improved a lot. I also felt an overall improvement in my well-being and I had a lot more energy than before. Four months later, all my symptoms disappeared! At my age, it is important to keep fit and my daughter encourages me to run and stay fit. Since I have been symptom-free, I don't dare to stop taking Doctor's Natural nutritional supplements and I can't believe that I didn't

even get my usual cold this winter! I highly recommend these nutritional supplements to all women going through menopause!"

Don't let menopause control your life and start feeling great like Sigrid with Doctor's Natural menopause package!

To find out which of our menopause packages is best for you call one of our health advisors on 0207 043 1256 or visit our website: www.doctorsnatural.com

The dangers of synthetic hormone replacement therapy (HRT)

HRT increases risk of:

- Cancer, particular breast
- Cerebral haemorrhage
- Stroke
- Blood clots
- Heart disease
- Gall bladder disease
- Alzheimer's disease and dementia

HRT side effects:

- Bloating
- Diarrhoea
- Breast soreness
- Headaches
- Nausea
- Mood swings
- Water retention
- Dizziness
- Weight gain
- Lowered sex drive



FEMIVITAL INCREASES YOUR BONE DENSITY



Osteoporosis is a bone disease that causes thinning of bone tissue and the loss of bone mass over time. Women are more susceptible to osteoporosis because they have smaller, weaker bones than men and experience hormonal changes during menopause that contribute to the loss of bone density.

During menopause, some women can lose as much as 6% of their total bone mass in just one year. As a result, one in three women

suffers from an osteoporosis-related fracture. Red clover and black cohosh, ingredients in Doctor's Natural Femivital, **decrease the risk of fractures in women by 48%**, says a scientific study. In the study, daily supplementation with these isoflavones **increased spine bone mineral density by 28.5 mg per sq. cm. Menopausal women who took isoflavone supplements for six months increased their spine mineral bone density by almost 1 gram.**

Maca enhances sexual health



Loss of libido is experienced by many women going through menopause. With it can come associated psychological symptoms such as depression and anxiety. Taking maca supplements (Doctor's Natural Erotin) will help boost your libido and ease depression and anxiety. Studies also show that maca prevents bone loss associated with declining levels of oestrogen as a result of menopause.

FOR BETTER EFFECT COMBINE FEMIVITAL WITH GRAPAVIN

If your menopause symptoms are just too much to put up with, then try taking Femivital AND Grapavin for an even better effect. Why? Because resveratrol, a compound in grape seed extract (Grapavin) has been found in studies to have high oestrogenic-like effects. A bit of scientific explanation: resveratrol binds to the oestrogen receptor (alpha), which in turn allows it to display estadiol-like effects. Estadiol or 17 β -estadiol is a hormone that represents the major oestrogen in humans. The ability of resveratrol to mimic 17 β -estadiol makes it a safe and effective HRT alternative to reduce menopause symptoms.

Also, resveratrol was found to have significant anti-tumour effects and is effective at increasing apoptosis (programmed cell death). In simple terms, cancer can develop if there is not enough apoptosis occurring because in the absence of programmed cell death, cancer cells can grow uncontrollably.

Also remember, for best effect, always combine Doctor's Natural supplements with Vitamins and Minerals.

To find out which of our menopause packages is best for *you* call one of our health advisors on 0207 043 1256 or visit our website: www.doctorsnatural.com

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