



# PHP Monday Morning Health Minute

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Super Male Formula For WOMEN

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[Click here to download the New & Improved Menopause Battleplan](#)



### *A WORD FROM DAVE...*

#### **Viagra for women? Who needs it?!**

Who's the man? Well, in today's gender and politically correct way of speaking, maybe we should ask, who's the wo-man? We all know that women can do anything men can do- and now that includes taking Super Male Formula! That's right, Super Male Formula is great for women, too! [Insert your own joke here]... but seriously!

The hormone pre-cursors, mood enhancement, stem cell stimulation, and anti-aging properties make it a *Super Female Formula*, as well! Improved sex drive, a reduction in stress, increased hair growth, better sleep and better menstrual regularity and flow have all been reported. My favorite story comes from an anonymous source who reports her husband is "now tolerable again."

IN FACT, we will soon change the name to reflect its wide appeal to athletes, the elderly, and yes, even to women.

Please continue reading to learn more about how the Super Male Formula will directly benefit peri-menopausal, menopausal and post menopausal women, and then tune in Wednesday for an in-depth discussion on this exemplary product. In order to tune in, please dial (212) 461 5800 at 6pm PST/ 9 pm EST and hit pin code #8246 when prompted .

Please do everything you can to help us bring this information to any women you know that may benefit, especially your loved ones.

*-Dave Sandoval*

*Author of The Green Foods Bible*

*Founder of PHP*



With stress taking a greater toll on our daily lives, more and more men find that they suffer from reduced performance and many have turned to one or more of the chemically composed libido formulas on the market. Unfortunately, most of these have documented and potentially severe side effects. PHP believes that you can reject those in favor of Super Male Formula.

Science and nature now provide safe, effective, and powerful testosterone enhancing alternatives that come from all natural sources. Whether you are interested in increasing muscle mass, building endurance, speeding recovery, or increasing your libido, Super Male Formula will provide your body with the support it needs.

Super Male Formula is available in gelatin capsules and contains Velvet Antler, Long Jax, American Ginseng, Ginkgo Biloba, Ginger, Oat Grass, Cordyceps, and Green-lipped Mussel.

**Velvet Antler:** This remarkable ingredient's use can be traced back to China in 206 BC where it was used to treat that and a host of other ailments.

**American Ginseng:** Traditional Chinese and Korean Medicine has used Ginseng for centuries. Evidence exists that Ginseng can increase testosterone levels, sperm production, and enhance sexual activity.

**Ginkgo Biloba:** Used to increase blood flow throughout the body to reverse impotence related to poor circulation.

**Ginger:** This herb has been used for thousands of years in Asia and in Ayurvedic medicine as a sexual stimulant creating a warm sensation during sexual activity.

**Oat Grass:** Contains unique proteins and lipids that positively affect the nervous system.

**Cordyceps:** This ancient Chinese mushroom is used to help the body increase endurance, strength, and potency.

**Green-Lipped Mussel:** Studies have shown this to increase the level of Human Growth Hormone (HGH).

**Yucca:** This has been added in order to break down the surface tension of water molecules in the stomach allowing the other ingredients to be absorbed more readily.

**\*\* Buy 1 bottle of Super Male Formula and get 1 bottle half price \*\***

**Click [here](#) for more info or to purchase Super Male Formula at this special price. Please note: Offer expires July 31, 2009**

Listen on  
Wednesday, July 15  
to learn all  
about Super Male  
Formula and its  
benefits for Women

## *Testosterone Levels Women*

Yes. Testosterone is primarily a male hormone. Women have estrogen and progesterone as their primary hormones. However, women also have small amounts of naturally occurring testosterone. This serves many functions.

Testosterone production in men mostly takes place in the testes. In women, testosterone takes place in two separate glands. The ovaries are responsible for half of the production while the adrenal glands are responsible for the other half.

### **Normal Testosterone Levels in Women**

Some men have natural serum testosterone levels exceeding 1000 ng/dl. Women have much less. Prepubescent boys and girls have similar amounts, less than 30 ng/dl. When men hit puberty, the testes begin producing testosterone in high amounts. The ovaries in women begin increasing testosterone levels when puberty hits, albeit at a much lower rate.

When puberty first hits, [testosterone levels](#) in women raise gradually, maybe to 40 or 50 ng/dl by age 15. By age 20, normal testosterone levels for women are around 70 ng/dl. Like men, testosterone levels in women decrease with age. After age 20, levels will begin to decrease. By the time a woman experiences menopause, testosterone levels may be half of what they were when they were 20.

### **Testosterone Levels and It's Function in Women**

Testosterone does much more than bulk up muscle. Testosterone levels in women are not high enough to create a load of muscle mass. The functions of this hormone are similar to the function they serve in men, but not always to the same degree.

Testosterone helps a woman maintain physical health. Women are more prone to osteoporosis and other bone conditions than men. This may have a lot to do with testosterone levels. This hormone helps increase bone mass and bone density.

Like in men, testosterone in women has a lot to do with libido, or your sex drive. It helps women maintain muscular strength and muscular mass. It also helps give you a better quality of life. Testosterone will give both men and women an "I feel great" attitude.

# Importance of Increasing Testosterone Levels in Women

By Joshua P. Taylor

Testosterone is an important hormone that is often overlooked in women, because most people only see it as the "man's" bodybuilding steroid, and cringe at the thought of looking like a man.

But, testosterone plays a massive role in women's health. It helps rebuild and repair damaged cells, increase muscle strength, protect your skin, and boost metabolism. Not only that but increasing your testosterone will help increase sexual satisfaction and libido.

Several studies have show that in postmenopausal women, testosterone and estrogen treatment will effectively restore libido. Yet, now a yearlong study with over 800 subjects has shown that just increasing their testosterone is enough to enhance sexual wellbeing in postmenopausal women.

All of the subjects in the study were diagnosed as having hypoactive sexual desire disorder. One group received a small amount of testosterone replacement, while the other group received placebo.

The outcome of the study showed that the women who had received the testosterone replacement had a three times higher increase in satisfying sexual episodes compared to the placebo group. The women who were on testosterone experienced an increase in satisfaction and desire.

One way to increase your testosterone (and libido) naturally is with resistance training. This can be done with weights or simply with bodyweight workouts. All strength training is will increase testosterone levels in women, but high intensity strength workout with higher weights and lower reps are going to give you the most efficient results.

Start with this Bodyweight workout, and start increasing your libido and your quality of life:

- Exercise 1: Bodyweight Squats (10 reps)
- Exercise 2: Standing Bodyweight Rows (10 reps)
- Exercise 3: Back Step Lunge (8 reps/leg)
- Exercise 4: Push Up/kneeling push-up (10 reps)

Repeat up to 4 times.

Low testosterone affects millions of men and women every day. Don't let it affect you and your quality of life.

Remember Aging is Inevitable, but Looking and Feeling Old is Optional.

## Product Knowledge Call

July 15, 2009 - SUPER MALE  
FORMULA - Benefits for  
Women

Wednesday @ 6pm PST

Call 212-461-5800 pin 8246#

Listen to the July 8th Call:

Click [here](#) - Super Male  
Formula

Remember...

**Knowledge is Power!!**

**Do you know PHP's staff Naturopathic Doctor?**

*PHP is proud to have naturopathic doctor **Dr MICHAEL WOHLFELD, ND** on staff- the best part is that health and nutrition consultations with Dr Wohlfeld are **ABSOLUTELY FREE** of charge with no strings attached! Make sure you take advantage of this valuable resource...*

*He can be reached via his toll-free number **(800) 962 LIFE (5433)** and/or via e-mail at **askphpdoc@gmail.com***

***Get to know Dr Wohlfeld- you will be glad that you did!***

*PHP is based on the tradition of Naturopathics which operates on the premise that our bodies are self-healing if given the right tools and environment. This has been well practiced for over 5000 years! Every "body" is different, please keep in mind that this condition did not occur overnight and will not be defeated overnight.*

*These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. Purium Health Products recommends consulting your physician on this or any nutritional regimen, preferably a physician specializing in integrative medicine.*

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