

Menopause Battle Plan

What is Menopause?

Menopause is the permanent end of menstrual bleeding. Menopause occurs when the ovaries are depleted of eggs, and causes decreased levels of estrogen and progesterone. When a woman goes for six to twelve months without a menstrual period, she is diagnosed as menopausal. The average age when menopause occurs is 51 years.

Causes of Menopause:

- Normal decline in ovarian function resulting in decreased levels of the female hormones, estrogen and progesterone.
- Surgical removal of both ovaries.
- Symptoms may be exacerbated by stress placed on a woman's body by an unhealthy traditional American diet and exposure to several environmental toxins.

Facts you should know:

- According to the 1991 U.S. Census Bureau, the number of menopausal women, age forty-five to fifty-four, numbered 13 million and is expected to grow by 73 percent before 2010.
- Women can expect to live one-third of their adult lives after menopause.
- Women who feel valued in their workplace have the lowest risk of menopause associated with heart disease. Women that work stressful jobs and have no autonomy or control of their environment, low recognition, accomplishment, and low pay have a much greater risk for heart disease.

Signs and Symptoms:

As the body attempts to maintain its former state of hormonal balance, hormone levels (particularly estrogen levels), may fluctuate widely causing the following symptoms:

Menstrual irregularity (having periods more frequently, going months without one, heavier or lighter periods, spotting between periods)	Hot flashes or flushes (raised skin temperature and flushing with chills following)
Headache, forgetfulness, inability to concentrate	Dizziness, rapid irregular heartbeat
Hypoglycemic symptoms (sudden feelings of weakness, shaking, breaking out in a cold sweat)	Thinning or drying of the vaginal lining termed Atrophic vaginitis (may cause pain during intercourse, itching, burning, susceptibility to infection)
Bloating in the upper abdomen	Frequent urinary tract infections or bladder irritability (15% of menopausal women report frequent urinary tract infections)
Breast tenderness	Cold hands and feet
Mood changes, pronounced tension and anxiety, or depression	Fatigue or sleeping difficulty

Treatment and Prevention:

Menopause is a normal part of life that cannot be avoided. However, the majority of its negative effects can be largely prevented or alleviated. The goals of any menopause treatment should be to eliminate the bothersome symptoms and to prevent the degenerative ailments: osteoporosis and heart disease. Due to the possible serious adverse side effects including its cancer-causing potential, menopausal women should consider a natural alternative approach to the standard hormone re-placement therapy. A successful natural approach focuses on improving the body's physiology to naturally counteract menopausal symptoms. Menopause does not signal the end of an active, healthy life.

1). Diet

- Increase consumption of plant foods, particularly those high in phytoestrogens (plant estrogen). These include: flaxseed, nuts, whole grains, apples, carrots, yams, green beans, peas, potatoes, red beans, brown rice, whole wheat, rye, sesame seeds, fennel, parsley, and alfalfa.
- Phytoestrogens- plant foods ease a woman's transition through menopause, protect the body from associative diseases, decrease hot flashes, inhibit osteoporosis, and promote vaginal health.
- Keep well hydrated by drinking at least 1.5 L of filtered water each day.
- Avoid refined sugars, high amounts of protein, dairy, fats, salt, caffeine, and tobacco.

2). Nutritional Supplements

- **Organic Flax Advantage**-Flaxseed contains linolenic acid, which has been shown to greatly inhibit the progression of less severe forms of an autoimmune disease. Also, a great source of phytoestrogens. (*Measure a ½ cup of golden blonde flaxseeds and then grind fresh before eating- take daily. Add to hot/cold cereal, smoothies, salads, use in baking, etc.*)
- **Super Male Formula**- Contains Velvet Antler, American Ginseng, Ginkgo Biloba, Ginger, Oat Grass, Cordyceps, and Green-lipped Mussel, which contain hormone pre-cursors, mood enhancement, stem cell stimulation, and anti-aging properties that 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. Be on the lookout for a name change in the future! (*Take 3 capsules daily*)
- **Organic Kamut Blend**- Green foods contain amazing phyto-estrogens that help balance the body's production of testosterone, estrogen, and progesterone particularly benefiting women as they age. (*Take at least 2 full servings per day- mix with pure alkaline water for best results, or mix with organic unfiltered apple juice, or other non-acidic juice to sweeten.*)

3.) Additional Supplements that may be beneficial

- Vitamin E – essential for the absorption of nutrients and healthy metabolism. **Rice Bran Solubles™** contain tocotrienols, a natural vitamin E type nutrient – studies show these fat-soluble antioxidants to be more potent than vitamin E in maintaining the body's healthy absorption of nutrients.

- Vitamin C – the body’s primary antioxidant. Vitamin C protects against cardiovascular disease by lowering the total cholesterol level and blood pressure, and preventing clogged arteries. *(We recommend our **C From Nature™** which is rich in Vitamin C and Bioflavonoid – Take 3-9 capsules daily)*
- Ferulic Acid – effective in alleviating menopausal symptoms including hot flashes. Lowers cholesterol and triglyceride levels.

4). Herbs

- PHP’s **Revive-It-All™** contains Ginkgo, Alpha lipoic Acid, N. Acetyl Carnation, and Super Oxide Dismutase, all of which improve blood flow to the brain and nervous system, enhance nerve cell function, and help to relieve colds hands and feet and the forgetfulness that can accompany menopause. *(Take one capsule with each meal daily)*
- Dong Quay (*Angekuca sinensis*) – this traditional Asian woman’s remedy is used to treat menopausal symptoms, particularly hot flashes, as well as menstrual difficulties.
- Licorice (*glycyrrhizin glabra*) – increases the estrogen-to-progesterone ratio, thus restoring hormonal balance.
- Black cohosh (*Cimicifuga racemosa*) – the most widely used and thoroughly studied natural alternative to HRT. A study involving 629 patients found Black cohosh extract produced clear improvement in menopausal symptoms in over 80% of patients within 6-8 weeks.

Recommendations:

1. Regularly exercise a minimum of 30 minutes, four times a week. Three to four hours of exercise per week is best.
2. Do not smoke. Avoid caffeine and sweets.

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.

If you need advice on how to approach your doctor on health/ nutrition, please see our archived Consumer Education Conference Call on www.phporder.com (under Education section) titled “How to talk to your Healthcare Provider”.

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 tradition has been well practiced for over 5,000 years!



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 it's wide appeal to athletes, the elderly, and yes, even to women.

Please do everything you can to help us bring this information to anyone that may benefit, especially those you love and care about!

The foods I recommend are unprecedented in their potency, purity, and in the complexity of their contribution to your body's well-being. Within 90 to 120 days of embracing the knowledge you find revealed within the pages of The Green Foods Bible, you'll feel your body awakened and thrive as it never has before...

Dave Sandoval
Author of The Green Foods Bible
Founder of PHP

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PHP's CONSUMER EDUCATION CALL

Wednesday nights 6 pm PST/ 9pm EST dial (212) 461-5800,

Enter pin code # 8246 when prompted

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Visit us on the web! All conference calls and *Monday Morning Health Minutes* (e-newsletters) are archived on www.phporder.com

Did you know? PHP is proud to offer **FREE health/nutrition consultations** with **staff naturopath, Dr MICHAEL WOHLFELD-** ABSOLUTELY FREE of charge with no strings attached!
Contact Dr Wohlfeld via his toll-free number **(800) 962 LIFE (5433)** and/or via e-mail at askphpdoc@gmail.com