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hormonehelp.com



THE BEST OF

3 STEPS TO beautiful HAIR, SKIN AND NAILS

You may have noticed lately that your skin is showing more wear and tear. Maybe you see tiny lines crossing the delicate skin around your eyes and mouth. Or your skin may lack that youthful glow or be sagging.

Collagen is the key to smooth, wrinkle-free skin. Youthful skin is abundant in collagen and elastin fibers that lock in moisture and make the skin smooth and firm. As we age, however, collagen production naturally declines and to make matters worse, women in menopause are especially susceptible

to collagen loss. Research shows that women lose as much as 30 percent of collagen in the first few years following menopause. It is the loss of collagen that causes sagging skin and wrinkles.

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bust BELLY FAT lose weight & stop cravings

If weight loss were as simple as reducing calories and exercising we would all be slim. Many factors contribute to our expanding waist line and that is why diets generally don't work. Most dieters gain all the weight they have lost and more within 60 days of halting a calorie-reduced diet. But the good news...weight loss can be effortless when we adopt a healthy diet and add



a couple of research-backed nutritional supplements to boost success.

Food that Fights Fat

Eat protein at every meal and eat only protein for breakfast – an egg, a chicken breast, a protein shake, protein powder in yogurt for example. Stop eating all white foods – white bread, white pasta, white sugar, white flour, white potatoes.

Get a large Ziplock freezer bag and fill it every morning with vegetables: broccoli, celery sticks, carrots and more. Eat vegetables throughout the day – your blood sugar will be balanced and you will never feel hungry.

There are only a few nutritional supplements licensed by Health Canada for weight loss and balanced blood sugar. Clinical research is the only way to be sure that supplements work and my favorite weight loss supplements are as follows:

PROTEINsmart with CLA Melts Fat

Conjugated linoleic acid (CLA) is a fatty acid supplement that literally melts fat. In a 90-day, double-blind, randomized, placebo-controlled study published in 2000 in the *Journal of Nutrition*, CLA users experienced fat loss with an average weight reduction of seven pounds with a 20 percent decrease in body fat. CLA also stops fat from coming back once dieting stops.

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ARE YOU stressed, wake up at night and have no energy?

You may have adrenal exhaustion. Chronic stress negatively affects the adrenal glands. In women the adrenals are the back-up hormone system making estrogen, progesterone, DHEAS and testosterone when the ovaries take a much needed rest at menopause. Women who have good functioning adrenals have virtually no menopause symptoms. And if your adrenals are tired you just can't handle stress, you develop belly fat weight gain, you fall asleep fine but wake up several hours later and can't fall back to sleep until 4 am and you need coffee to keep you going. ADRENAsmart helps reverse adrenal exhaustion fast and helps us deal with stress better. ♥



Global Stock/Stock



NO MORE DRY EYES

Dry eye occurs when the eye does not produce tears properly, or when the tears are not the correct consistency and evaporate too quickly. Not only are dry eyes irritating, but if left untreated, they can lead to pain, ulcers, or scars on the cornea, and are a predictor for age-related macular degeneration the leading reason for vision loss. Symptoms of dry eyes include:

- stinging or burning of the eye
- pain and redness of the eye
- episodes of blurred vision
- uncomfortable contact lenses
- a sandy or gritty feeling as if something is in the eye
- decreased tolerance of reading, working on the computer

The best treatment for dry eyes is CALA-Q plus which contains a combination of calamari oil a special omega 3 and coenzyme Q10. Unlike other omega 3 supplements CALA-Q plus does not cause 'fishy burps'. CALA-Q plus nourishes the photoreceptors and corneal sensory nerves in the eye thereby rapidly relieving dry eyes. ♥

shutterstock

BUST BELLY FAT, LOSE WEIGHT & STOP CRAVINGS continued from page 1

Incredibly, CLA has also been found to help with weight loss even if people don't change their diet. In June 2009, the *American Journal of Clinical Nutrition* reported on 45 post menopausal women (the group that has the biggest challenge losing weight). For 16 weeks they took 5,000mg of CLA per day. The women were told not to diet or exercise any differently. CLA significantly reduced the women's body fat and they lost weight. Just think if they would have eaten for fat loss too! To speed up weight loss, eat a delicious PROTEINsmart with CLA shake for breakfast containing 20 grams of protein and 2500mg of CLA. Add another PROTEINsmart with CLA shake mid afternoon for optimal fat burning results. When you eat PROTEINsmart with CLA for breakfast the fat burning effect lasts 4 to 6 hours.

Drink Your Way to Weight Loss

For fast weight loss you must drink water but water is, as we know, *boring*. SHAPESmart containing SVETOL is a clinically researched, water enhancer that has 9 clinical studies proving its ability to enhance weight loss, reduce sugar absorption, mobilize fat to drain out of fat cells, and improve cardiovascular health. It is one of the few supplements that is licensed by Health Canada for weight management and that is because SHAPESmart works quickly. Studies have shown an average 10 pound weight loss in 12 weeks. A randomized, placebo-controlled, double-blind study over 12 weeks, with 40

volunteers, found SHAPESmart reduced the absorption of sugar in the gut. Participants lost over 10 pounds vs the placebo group that lost 2.4 pounds. SHAPESmart contains no caffeine or sugar and comes in individual packets that can be added to cold or hot water.

Bust Belly Fat with GLUCOsmart

Now for belly fat, the most stubborn problem. No end of sit-ups and crunches make it disappear. You have probably figured out there is a connection between belly fat and your hormones – and that hormone is insulin.

Elevated insulin promotes weight gain, diabetes and excess belly fat. Thankfully, busting belly fat and balancing blood sugar and insulin just got easier. The nutrient Chiroitol found in GLUCOsmart has been researched in over 30 studies at the Virginia Medical School where it was shown to manage blood sugar. GLUCOsmart also enhances our happy hormone serotonin which halts sugar cravings and controls appetite. But where GLUCOsmart really shines is in busting belly fat in both men and women.

Combine the healthy eating plan and add two scoops of PROTEINsmart with CLA, add SHAPESmart to your water bottle and take GLUCOsmart and weight loss will be effortless. ♥

When you purchase GLUCOsmart you receive A Smart Woman's Guide to Weight Loss book free (\$24.95 value).



yum Multismart Recipes

Energy Packed Drink

In a shaker cup, shake well with MULTIsmart:

- With 8 oz (250 mL) of water or orange/mango juice or coconut water or Rice Dream

Add more juice or water for desired flavour.

Children and teenagers love MULTIsmart too!

Fruit Smoothie

In a blender, add:

- 4 oz (125 mL) citrus juice or water or coconut water
- 1 packet of MULTIsmart
- 1 banana, a few frozen mango cubes, raspberries or any seasonal fruit

Optional: Add one scoop of your favourite protein powder (PROTEINsmart).

Mango Yogurt

Mix together:

- 125 mL of organic French vanilla yogurt or coconut yogurt
- 1 packet of MULTIsmart powder
- Chia seeds or nuts and blueberries to top

Reduce Deep Wrinkles in 28 Days

European women have been using a marine collagen and elastin supplement to successfully build collagen. And research shows it works. In a study of 43 women between the ages of 40 and 55 with deep crow's feet wrinkles, taking 2000mg of ACTIVE COLLAGEN was found to decrease lines and wrinkles as well as increase moisture content. Subjects were either given ACTIVE COLLAGEN or a fake pill for 84 days during the harsh winter months. By day 28, seventy-eight percent of the women had an over 20% reduction of their deep wrinkles. By day 84 there was a dramatic increase in skin moisture and protection from the dry winter weather. No other nutrient or skin topical has been found to reduce the depth of deep wrinkles. There are many types of collagen supplements on the market from pig and cow parts but none has the research to back up the effectiveness like the hydrolyzed collagen and elastin polypeptides found in ACTIVE COLLAGEN.

The Silicon/Collagen Connection

We can also get the body making collagen. Silicon is a trace mineral required by the body to make collagen. Silicon is converted into silicic acid which the body uses to manufacture

LORNA'S BEAUTIFUL SKIN PROGRAM

- ▶ Take 10 drops of Collagen Plus.
- ▶ Drink 2 to 4 tsp of GLA SKIN OIL.
- ▶ Take 2000mg of Active Collagen.
- ▶ Apply 10% Celadrin Super Rich Skin Therapy Cream containing hyaluronic acid and squalene.



collagen and elastin. Unfortunately, silicon from food, herbs and colloidal silica supplements is poorly absorbed, resulting in a lack of the building blocks required to make collagen. COLLAGEN PLUS contains silicic acid, which is directly used to make collagen. Within two to three months, you will notice an improvement in the smoothness of your skin and in the strength of your hair and nails.

Make Your Skin Glow

Your skin needs a very special essential fatty acid called GLA. GLA is called "essential" because we have to get it from the food we eat. Sadly the North American diet is made up predominantly of bad fats and devoid of "good" fats. And even if you eat well, an enzyme that makes GLA from our food is often impaired which means you can't

make GLA from the foods you eat. The only way to get this important fatty acid is from a bottle. GLA is not found in fish or flaxseed oil so those oils don't have the same skin benefit as GLA. The main source of GLA is found in borage oil (24%). Consuming GLA SKIN OIL is the fastest way to gorgeous skin.

GLA, Menopause and Skin

The reason we wrinkle and develop dry, dull skin after menopause is that we can no longer make GLA from our food. To return your skin to its youthful glow after menopause you must supplement with GLA SKIN OIL. GLA also reduces inflammation in the skin associated with rashes and rosacea. GLA also treats eczema, psoriasis and acne. Take 2 to 4 tsp per day of GLA SKIN OIL to quickly restore glowing skin. ♥

GLA FOR PSORIASIS, ECZEMA, DERMATITIS, ROSACEA AND BEAUTIFUL GLOWING SKIN

If you have eczema, dermatitis, psoriasis, rosacea or dry, wrinkled skin you need a very special skin fatty acid called Gamma Linolenic Acid (GLA). Getting enough GLA can be challenging because the only human food to contain GLA is breast milk and after we are weaned we have to make GLA from the food we eat. Cradle cap in babies is one of the earliest warning signs of GLA deficiency. People with skin disorders and women who have gone through menopause can not make GLA from the food they eat. And this inability to make GLA is the reason post menopausal women have dry, wrinkled skin lacking that youthful glow.

GLA deficiency is at the root of most skin disorders. GLA is not found in fish or flax seed oil and the highest source of GLA is found in borage oil.

Look for GLA SKIN Oil a liquid borage oil supplement. If you want to change the look of your skin quickly take the GLA Skin Challenge and eat 2 tablespoons of GLA per day and apply a small amount to the wrinkles on your face at bedtime. Your friends will be asking if you had "work done".

HALT HOT FLASHES & NIGHT SWEATS

This is the first time in history that we have more women over the age of 50 than under. And these don't have time for menopause symptoms. Menopause means one year with no menstrual periods. The average age of menopause is 52 years. At menopause the ovaries take a much needed rest and no longer secrete eggs. I am often asked 'what makes the difference between the woman who has no symptoms at menopause and the woman who suffers with endless hot flashes, night sweats, angry outbursts, insomnia and brain fog? The answer is those that sail through menopause have great functioning adrenal glands.

When the ovaries take a much needed rest the adrenal glands are supposed to kick in and make DHEA, testosterone, estrogen and other hormones. If you have been under chronic stress your adrenals may be too tired to take on this transitional role. Symptoms of exhausted adrenals

include insomnia where you fall a sleep fine and wake up several hours later but can't get back to sleep, salt and stimulant cravings and difficulty handling stress.

Treating menopause symptoms involves a two prong approach – one we support the adrenal glands to help us deal with stress and enhance hormone function using ADRENAsmart to support healthy adrenal function. And two take MENOsmart Plus to stop hot flashes, night sweats and mood swings quickly. MENOsmart Plus is a fast-acting, comprehensive formula that contains several tried and true herbs that raise progesterone naturally and control night sweats, balance moods and aid vaginal dryness. Licensed by Health Canada MENOsmart Plus works fast to alleviate the symptoms of menopause. ♥

Women who sail through menopause have great functioning adrenal glands



When you purchase GLA SKIN Oil you will receive my book *Beautiful Skin Begins Within* FREE (16.95 value). ♥



STOP HORMONAL ACNE


In women hormonal acne occurs mid cycle and clears for a few days only to reappear again. Women with hormonal acne secrete testosterone in excessively high amounts during ovulation causing acne on the face, hair line, chin, chest and the back. Hormonal acne is not just a teenage problem. Hormonal acne is very common during the perimenopause years when incompetent ovulation occurs as you head towards menopause. ESTROsmart solves hormonal acne by balancing hormones naturally. Four capsules daily of ESTROsmart will eliminate hormonal acne within 2 full menstrual cycles. ESTROsmart not only clears acne but makes periods effortless and controls endometriosis, PCOS, breast and ovarian cysts and so much more. EVERY WOMAN EVERY DAY? ♥

End Endometriosis and Fibroids FOREVER

Heavy menstrual bleeding and spotting leading to anemia caused by uterine fibroids, is the number one reason for hysterectomy in Canada today – and Canada has the highest hysterectomy rates in the world. Even a partial hysterectomy done through a small incision can induce infection, hormone changes and a month long recovery. If the uterus and ovaries are removed women are thrown into early instant menopause with often debilitating severe hot flashes, night sweats and mood swings.

Estrogen dominance, where we have too much estrogen in relation to our other hormones is the cause of endometriosis and uterine fibroids. ESTROsmart, a combination of I3C, DIM, d-glucarate and other hormone balancing nutrients quickly normalizes hormones and stops abnormal cell growth. Within two to three menstrual cycles women notice their periods normalize with the flow being reduced. ESTROsmart balances estrogen to progesterone naturally using safe, effective nutrients approved by Health Canada. Periods become effortless, and PMS disappears.

ESTROsmart is so effective that I am on a mission to have every woman take it from the time she is twelve



“ESTROsmart is so effective that I am on a mission to have every woman take it from the time she is twelve years old to prevent all the hormone problems women are suffering.” – Lorna

years old to prevent all the hormone problems women are suffering. Women should not have to suffer with the “curse” and women should not be having hysterectomy for heavy periods. Make sure if you are anemic that you also supplement with IRONsmart as low iron causes heavier periods. ♥

What causes brown spots, rashes and aging skin?

Skin cell turnover is the underlying cause of brown spots, rashes and wrinkled skin. Infant and children’s skin cells turnover every 14 days but over the age of 50 cell turnover slows down to 1½ to 3 months causing skin to look aged. The fastest way to improve skin cell turnover is to take a complete multi-nutrient formula that contains vitamins A, B, C and E and the minerals selenomethionine and zinc. Look for MULTIsmart powder to add to your yogurt, shakes and smoothies or shake it in water or juice. MULTIsmart is a gluten, GMO and soy-free formula that contains 30 nutrients including all your vitamins, minerals, cofactors and antioxidants for enhanced absorption that:

- Neutralize agents responsible for premature aging
- Enhance cell turnover thereby preventing brown spots
- Calm inflammation responsible for red, rough skin
- Aid collagen formation for smoother skin
- Improve wound healing
- Support optimal nutrition. ♥



help for PCOS

Acne, oily hair, infertility, pelvic pain, male facial hair growth in women (above the lip or under the chin), belly fat, weight gain, period problems, anxiety or depression and skin tags are all associated with polycystic ovarian syndrome (PCOS). PCOS is a pre-diabetic condition that affects 1 in 20 North American women of childbearing age. PCOS is diagnosed when a woman has elevated blood sugar, insulin, DHEA and testosterone along with several of the symptoms mentioned above. They called the disease PCOS before they realized half the women with the condition do not have cysts in the ovaries which can lead to misdiagnosis or a lack of diagnosing the condition.

GLUCOsmart containing chiroitol is the only supplement licensed by Health Canada for the treatment of PCOS. Nine clinical studies have proven this super-star nutrient can balance blood sugar and insulin, normalize testosterone and DHEA, regulate ovulation, stop male facial hair growth and improve fertility. GLUCOsmart is the best news for PCOS sufferers. ♥

PERIODS SHOULD BE



effortless

A normal menstrual cycle involves complex hormonal interactions that stimulate the ovaries to produce and release estrogen, progesterone and eggs. Day one is the first day of bleeding in a menstrual cycle. In the first half of the cycle estrogen rises to make the uterine lining thicker. Around day 10-15 ovulation occurs whereby an egg is secreted. In the second half of the cycle progesterone rises and its job is to keep you pregnant. If pregnancy does not occur, progesterone declines signaling the uterine lining to pull away, tearing capillaries and causing bleeding. Cycles continue until an average age of 52 years and would normally only be interrupted by pregnancy and breastfeeding. Hormone imbalances can occur due to man-made, environmental estrogens in our food, water and cosmetics. Stress also causes estrogen levels to increase which can interfere with normal cycles. Problems with menstruation include absent, heavy, clotting, long, painful or irregular periods. Whether you are experiencing heavy periods, painful periods or no periods you should ask for an ultrasound to help rule out cancer. Abnormal bleeding, pelvic pain or abdominal fullness should not be ignored.

Thankfully, period problems can be resolved within two full menstrual cycles. Start by ensuring you avoid hormone-containing foods such as commercially produced dairy and animal products that contain estrogens and testosterone. Reduce

the intake of these foods or eat only organic. Reduce stress. The stress hormone cortisol causes a corresponding increase in the hormone estrogen. Heavy, clotting periods are caused by too much estrogen. Estrogen is a powerful hormone that makes the uterine lining thicker. Ensure the cosmetics you use are free of parabens as parabens are highly estrogenic.

I developed ESTROsmart to make periods effortless. ESTROsmart brings your estrogen to progesterone ratio back into balance. ESTROsmart also stops your healthy estrogen from converting into harmful estrogens. ESTROsmart keeps your uterine lining from getting too thick. Within two full menstrual cycles ESTROsmart will resolve most menstrual problems. All young women from the day they start menstruating should take ESTROsmart every day. If you also have painful periods add GLA from borage oil either two teaspoons per day or four capsules. Doctors offer the birth control pill as a solution for period problems. But the low dose estrogen birth control pill contains seven times the amount of estrogen that is given to post menopausal women. And if you had period problems before you went on the birth control pill you will still have them when you come off and sometimes they are far worse after using the pill due to the excessive exposure to the estrogens in the pill. ESTROsmart is a girl's best friend eliminating period problems fast. ♥

Perimenopause

The Hormone Havoc Years

For many women, peri-menopause is a more challenging time than the menopausal years. In some women, hormones can start to shift as early as age 35; other women do not experience hormone fluctuations until five years before menopause (the average onset of menopause is age 52). Prior to that, the relatively consistent up-and-down rhythm of hormones can start shifting as wildly as they did during puberty – estrogen becomes high, progesterone low, and at other times, there are steep increases and drops in estrogen.

During the peri-menopausal years weight gain, breast tenderness or lumps (cysts), heavy or long periods, acne, mood changes (including PMS, which may not have been a problem in younger days), fatigue, uterine fibroids, endometriosis, problems staying asleep, thinning hair, occasional sweats at night, low libido, or fatigue, fibromyalgia or joint pain may occur.

The key to solving peri-menopause problems is ESTROsmart. ESTROsmart contains plant and food nutrients designed to balance hormones naturally by controlling excess estrogen and enhancing low progesterone. Breast lumps and fibroids start shrinking, peri-menopausal acne and PMS disappear and periods are effortless. Women who take ESTROsmart for years before menopause tend to have few menopause symptoms. ♥



THANK YOU, I AM PREGNANT

I am writing to let you know that after being diagnosed six years ago with PCOS and told I could never get pregnant without fertility treatment, I am the proud mother of a healthy 10 month old baby boy. It's probably a story you hear quite often, but I am eternally grateful for the products you have created. I only took maybe a third of the bottle of ESTROsmart Plus before finding out I was pregnant. I had been off all contraception for about two years, but within two months of taking ESTROsmart Plus I was pregnant. – AW, AB



DO YOU HAVE LOW THYROID?

Over 26% of the population have low thyroid and are currently taking thyroid medication. Another 30% of people are walking around with low thyroid that have yet to be diagnosed due to our inadequate blood test.

Symptoms of low thyroid include:

- hair loss
- depression
- dry skin
- constipation
- no energy
- feeling cold
- recurring miscarriage
- and in menopausal women never-ending, severe symptoms
- low mood
- weight gain
- stubborn
- weight loss
- no sex drive
- heavy periods

Getting a proper diagnosis of low thyroid can be a challenge. Our TSH (thyroid stimulating hormone) test range of normal is 0.5 to 5.5. To be diagnosed and treated for low thyroid you would have to be over 5.5.—the higher the number on the test the lower your thyroid. But research has shown that a TSH above 2.0 can cause the symptoms of low thyroid. Your doctor won't give you thyroid medication until your TSH is over 5.5. You have to ask for your TSH number and if it is above 2.0 you need to take thyroid support nutrients in THYROsmart.

THYROsmart Supports Optimal Thyroid Health

THYROsmart enhances T4 thyroid hormone and improves the conversion of T4 to the more potent T3 hormone. Ninety-five percent of all cases of low thyroid are due to impaired conversion of T4 into T3 in the tissues of the thyroid gland. THYROsmart supports healthy thyroid hormone levels. THYROsmart which is licensed by Health Canada for the support of thyroid health. ♥

HAIR LOSS, DARK CIRCLES, PEELING FINGERNAILS?



YOU NEED IRON

You can't open a newspaper or magazine without seeing advertisements for hair loss solutions for men, but very few options are offered to women who are losing their hair. Over two-thirds of women have hair loss, and hair loss can be quite extreme – from thinning to bald patches.

Low Iron and Hair Loss

One of the least known causes of hair loss is low iron. You do not have to be anemic to lose your hair. Your doctor may advise you that your iron levels are normal, but low-normal levels of iron will cause huge hair loss. We see this in women after childbirth and in women during the perimenopausal years when heavy periods may occur. Simply being a woman of childbearing age automatically puts you at risk of low iron. Up to 60 percent of women have low iron and it is often undiagnosed. Due to higher iron requirements as a result of menstruation, women need 20 milligrams of elemental iron daily yet most of us are only getting 8 mg per day from our diet. Now that we are not eating as much red meat, even men, children, postmenopausal women and seniors are suffering from low iron.

Hair follicles contain ferritin. When ferritin stores decline in the hair follicle, it affects the ability of the hair to grow causing non-pigmented fine hairs to develop. These hairs are often mistaken for androgenic alopecia. Low ferritin also causes the hair to change structure, become dry, not hold the curl or color well and break easily. Hair loss can be gradual, a general thinning out over the years, or it can be sudden and startling.

Look for Ironsmart liposomal iron as it does not cause constipation, raises ferritin quickly and it has a delicious caramel flavor. Tests conducted on Ironsmart liposomal iron have found that two hours after ingestion, its absorption is five times greater than ferrous fumarate, the standard doctor-prescribed iron in tablets. After 12 hours,

Don't Believe a Normal Iron Test

Always ask for your test results. There are two iron blood tests: hemoglobin and ferritin. For hemoglobin, the test range suggested as normal by your doctor is 117-160g/L for women. Yet we know that a hemoglobin below 140g/L will cause significant hair loss. Ferritin, which is your iron storage, has a suggested test range of 15-160ug/L; but to prevent hair loss and ensure thick hair, your reading should be above 70ug/L.

the total absorption of liposomal iron was double that of all other forms of iron tested. You will need 1-3 teaspoons of IRONsmart liposomal iron (10-30 mg of elemental iron) for fast results. Once iron levels are restored to normal levels hair growth will occur.

Common symptoms of low iron:

- Fatigue or breathlessness upon minor exertion
- Thin or peeling nails
- Hair loss
- Dark under eye circles
- Dry, brittle hair ♥



Lorna's Gorgeous Hair Program

- 1 packet or 6 capsules of MULTIsmart nutrient formula
- 10 drops of Collagen Plus per day
- 1 teaspoon of IRONsmart liquid or 1 capsule

THYROSMART MAKES A DIFFERENCE

I have been on thyroid medication for 10 years but started to feel the low thyroid symptoms again – most notably extreme fatigue and hair loss. The doctor checked my thyroid levels and they came back in the normal range. I decided to try THYROsmart and what a difference. After a couple of weeks I am feeling good again. – LW, ON

Restless legs, twitching eyelids, not sleeping, heart palpitations, kidney stones

Headaches, high blood pressure, leg cramps and muscle pain all have one thing in common and that is magnesium. Magnesium controls over 300 reactions in the body. A deficiency of magnesium has been implicated in irregular heartbeat, depression, brain fog in menopause, migraines, headaches, fibromyalgia, osteoporosis, Alzheimer's and more. Since the 1950s magnesium in food and water has been so depleted that 82% of the population is deficient in this important mineral. Before the introduction of blood pressure medications magnesium was recognized as a very effective treatment. Blood pressure medications of today do not work that well in women and men don't like them because they cause impotence or erectile dysfunction. Magnesium has been extensively researched for the following:

- Reduce the frequency of heart attacks and deaths due to cardiovascular disease
- Reduce high blood pressure quickly
- Improve behaviour and concentration in children with ADHD
- Help diabetics improve insulin response
- Stop the formation of kidney stones

Vaginal Dryness, Painful Intercourse, Thinning of the Vaginal Wall?

LOVE personal lubricant is a soothing, natural lubricant that feels just like your normal secretions. It is free of parabens and alcohol and is safe for those trying to get pregnant. Don't use Vagifem, Estradiol cream or Premarin cream as they are all forms of estradiol and they are reported to cause abnormal cell growth of the breast and endometrial lining. Read the warnings on the drug websites. You want Estriol, the only safe form of estrogen that does not cause abnormal cell growth. Estriol is so safe that they have done studies using it for the reduction of wrinkles and to stop male facial hair growth in women. Use LOVE personal lubricant along with vaginal Estriol.

The only SAFE estrogen – ESTRIOL

The recommended dosage for intra-vaginal estriol is 0.5 mg to 1 mg once daily for three weeks, with 0.5 mg to 1 mg once weekly for six months. You should be examined to determine if vaginal atrophy is improving. If it has improved, you can discontinue use of estriol or use it 0.5 mg to 1 mg once every other week for another six months. ♥

- Control the pain and inflammation of fibromyalgia when given with 1500mg of malic acid (found in Magsmart)
- Alleviate migraine headaches and headaches due to muscle tension
- Stop muscle cramps, tics, restless leg syndrome, night time leg cramps
- Reduces brain fog and depression associated with menopause
- Eliminate constipation

- For PMS and PMDD

- The PILL and HRT and many other medications deplete the body of magnesium so you must supplement

Not All Magnesium is Created Equal

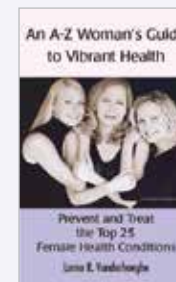
But you have to take the right type of magnesium. Most magnesium supplements are poorly absorbed and cause diarrhea when taken in optimal doses. The best forms of magnesium are bound to amino acids particularly glycine. Magnesium bis-glycinate, also called magnesium glycinate found in Magsmart, crosses the blood brain barrier aiding sleep, anxiety and headaches and it provides the highest level of absorption and bioavailability. You would have to take up to 4 times the amount of magnesium citrate to get the same effect as glycinate. Magsmart also contains taurine, needed to lower high blood pressure and stop edema (especially those puffy, bags under the eyes). Magsmart also contains B vitamins, malic acid and other nutrients to ensure proper muscle function. Magsmart is a delicious lemon-lime powder you can add to water, juice or your smoothie for a great tasting drink that works fast. For kids, the elderly, athletes – everyone! ♥

did you know?

Up to 23% of Canadian Women have low Thyroid. Do you have:

- Thinning hair and loss of eyebrow hair
- Dry skin
- Low blood pressure
- No perspiration
- Constipation
- Weight gain or difficulty losing weight
- Feel cold all the time
- Menstrual problems
- Infertility and recurring miscarriage
- Depression or just feel "flat"
- Never ending menopause symptoms

Get your thyroid tested and ask for the results. Your TSH should be below 2.0. If your TSH is above 2.0 you need Thyrosmart 2 capsules at breakfast. Look up thyroid in Lorna's free book called *An A – Z Woman's Guide to Vibrant Health* athormonehelp.com



SEX DRIVE BACK AGAIN

Sexsmart has bumped up my sex life once again. As a woman suffering from years of hormonal acne, I've been taking Yasmine birth control for years. This has decreased my sex drive completely. And while I'm still on birth control pills, taken in conjunction with Estrosmart (I take 8 a day), Sexsmart has made me feel normal once again. Someone once told me you don't even need a boyfriend if you're taking Sexsmart! It's a great product and I highly recommend it to everyone, men included (but don't take too many!) – ET, AB

LOST 30 LBS AND 4 INCHES

Dear Lorna, I've been following your book A Smart Woman's Guide to Weight Loss and taking GLUCOsmart containing Chirositol for the last 2 months. I've lost 30 pounds and 4 inches. I'm going to keep following all your advice...another 60 pounds to go. – AM, BC

1 BEAUTIFUL legs FOR SUMMER



**Within
90 days
you will see
a dramatic
difference
in your
veins.**

called hemorrhoids, can form in the vagina or around the anus.

Leg veins have the toughest job. The task of carrying blood from the bottom of the body up to the heart makes the legs a prime location for varicose, spider and hemorrhoid veins. Hormonal changes that occur during puberty, pregnancy, and menopause, as well as taking birth control pills or

Do you avoid wearing shorts due to the unsightly veins on your legs? Varicose veins are enlarged veins commonly found in the legs. The veins often appear dark purple or blue and twisted and bulging above the skin's surface. Varicose veins,

HRT containing estrogen and progesterone, also increase the risk of varicose or spider veins. Obesity and constipation can make vein problems worse.

Diosmin, horse chestnut, Butcher's broom and hesperidin, found in VEINsmart will quickly deal with swollen legs and ankles, hemorrhoids, varicose veins, chronic venous insufficiency and eventually spider veins. VEINsmart improves vein tone, increases lymphatic drainage, inhibits inflammation, strengthens capillaries, promotes healing of varicose ulcers and has been shown in clinical studies to eliminate acute and chronic hemorrhoids.

VEINsmart also reduces pain and heaviness in the legs, night-time cramps in the calves, itchy and swollen legs, hemorrhoids and varicose veins. No longer will you have to wear those constricting support hose, use nasty suppositories or creams and hide your legs under clothing. VEINsmart comes to the rescue. Take photos of your veins because the uglier the varicose veins are, the faster VEINsmart works. Within 90 days you will see a dramatic difference in your veins. ♥

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**Lorna Vanderhaeghe is the author of
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