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hormonehelp.com



ISSUE 11

LOSING YOUR HAIR, GAINING WEIGHT?

Is your thyroid LOW?

Over 23% of the population has low thyroid and it is estimated another 30% have not been diagnosed yet. Symptoms of low thyroid include weight gain and an inability to lose weight, hair loss, low moods, depression, constipation, feeling cold, no energy, low sex drive, dry skin, heavy periods, infertility, recurring miscarriages, and for those in menopause, never-ending hot flashes and night sweats.

Low thyroid is very common in Canada due to: not getting adequate sunshine on our skin to make vitamin D; our diets are low in iodine and protein needed to make thyroid hormone; and consuming soy and fluoride inhibit thyroid hormone. Drugs like the birth control pill and HRT also block thyroid hormone and can lead to low thyroid.

Get Tested – Know Your Number

Getting a proper diagnosis for low thyroid is often a challenge. The common test that doctors request is a Thyroid Stimulating Hormone (TSH) test. The range of normal for this test is too broad and you could have symptoms for many years before you test in the low thyroid range.

TSH test range the doctor calls normal: 0.4 to 4.2 (mcU/mL).

TSH should be: 0.4 to 2.0 (mcU/mL). Above 2.0 will cause symptoms.

continued on page 2

stop sugar cravings

Sugar, bread, pasta or other carbohydrate cravings are often the reason we simply can't lose weight. SHAPESmart contains Svetol, a clinically researched water enhancer that has nine clinical studies proving its ability to stop sugar cravings and reduce the absorption of sugar. SHAPESmart also improves weight loss by mobilizing fat to drain out of fat cells and it helps lower blood pressure and protect cardiovascular health. SHAPESmart is one of the few supplements that Health Canada has licenced for weight management. 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 that SHAPESmart reduced the absorption of sugar in the gut. Participants in the treatment group lost over 10 pounds vs the placebo group who lost 2.4 pounds. SHAPESmart contains no caffeine or sugar and comes in individual packets that taste like iced tea and can be added to hot or cold water.

BELLY FAT Blood Sugar Connection

Elevated blood sugar and insulin are the reason we have that excess fat around our middle. Blood sugar imbalances are caused by too many lattes, pasta and bread while not getting enough protein and healthy fats. Insulin is our fat storage hormone so when blood sugar and insulin are elevated, we simply can't lose weight and we start packing on the belly fat. Thankfully, balancing blood sugar and busting belly fat 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 and aid weight loss. GLUCOsmart also enhances our "happy" hormone serotonin which also helps control appetite. For optimal results, take one capsule of GLUCOsmart daily and if you weigh more than 165 pounds take two capsules daily. If you cheat and eat cookies or have a glass of wine take an additional GLUCOsmart to keep belly fat at bay. When you purchase GLUCOsmart you also get *A Smart Woman's Guide to Weight Loss* for FREE which provides a six week eating plan to get you on the road to life long weight management.





Can't Sleep, Anxiety, Stress EXHAUSTED ADRENALS?

Chronic stress negatively affects the adrenal glands causing adrenal exhaustion. In women the adrenals are the back-up hormone system making estrogen, progesterone, DHEA and testosterone. Women who have good functioning adrenals have virtually no menopause symptoms. If your adrenals are exhausted you just can't handle stress, you develop belly fat and gain weight, 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. ADRENAsmart keeps you calm and helps you deal with life's stressors. Men with tired adrenals develop a beer belly and breasts. ADRENAsmart can be taken daily to ease the effects of stress. ♥

LOSING YOUR HAIR, GAINING WEIGHT – IS YOUR THYROID LOW? *continued from page 1*

You would have to be over 4.2 (mcU/mL) to be diagnosed with low thyroid. The higher your TSH the lower your thyroid. Many doctors will not prescribe thyroid hormone until test results are well above 5.5 mcU/mL and by then you have probably packed on 20 pounds, your hair is falling out and you have no energy. Researchers all over North America have recommended that the test range be changed to 0.4 to 2.0 mcU/mL and anything above 2.0 should be classified as low thyroid and treated with thyroid hormone. But to date this has not happened. If you have the symptoms of low thyroid but can't get

thyroid medication you should support your thyroid with THYROsmart.

THYROsmart contains Sensoril ashwagandha and gugguls, two herbs that enhance the conversion of T4 thyroid hormone to the more potent T3 thyroid hormone. Ninety percent of all cases of low thyroid are due to impaired conversion of T4 into T3 in the thyroid gland. THYROsmart also contains tyrosine and potassium iodide which aid in the manufacturing of thyroid hormones. These nutrients and other cofactors found in THYROsmart will quickly help support optimal thyroid health.

Make sure you eat a breakfast that contains protein (an egg, an organic chicken breast, a protein shake like PROTEINsmart, or yogurt or oatmeal with added protein powder). Take 5000 IU of Vitamin D3 and two capsules of THYROsmart daily. Do not use fluoridated toothpaste or mouthwash and if you have fluoridated city water, get a water filter. Avoid x-rays of the thyroid and ask for a thyroid cover when you have a mammogram to protect your thyroid. Within weeks of taking THYROsmart you should start to feel good again. ♥



VITAMIN D3 for more than just bones

Despite reams of evidence vitamin D is still mainly recommended for healthy bones. But vitamin D receptors are found in virtually all tissues and it is the only vitamin that acts like a hormone in the body where it is particularly important in thyroid hormone manufacture. Vitamin D3 has been shown to activate leptin, a hormone that controls our appetite by telling our brain and stomach that we are full. Optimal vitamin D3 levels have been shown to reduce obesity and weight gain in postmenopausal women. Those women with the lowest levels of vitamin D3 had the highest amount of body fat. A six month study at Massey University showed that when women took 4000 IU of vitamin D3 per day their insulin and blood sugar balance improved. Research has also found that women with low levels of vitamin D3 are more likely to have urinary incontinence and a prolapsed bladder and/or uterus. We know that breast cancer and colon cancer rates could be lowered with daily vitamin D3 supplementation. Not all vitamin D3 is created equal. Look for vitamin D3 in droplets of MCT oil for the best absorption and take 5,000 IU per day during the winter months for optimal vitamin D3 status. ♥

Miki Lin, Thinkstock

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 women 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 release 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 who 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: (1) we support the adrenal glands to help us deal with stress and enhance hormone function using ADRENAsmart to support healthy adrenal function and (2) 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. ♥

Q

Question

I am a 39 year old woman. I used to have a thick head of hair. Now I am losing my hair and I am tired too. What can I do?

a Hair loss and fatigue are common symptoms of low iron along with dark under-eye circles, pale skin, thin peeling fingernails, dizziness, poor concentration, breathlessness and feeling weak. You do not have to be anemic to have these symptoms. Dramatic hair loss can occur in women with low “normal” iron levels.

We see hair loss in women after childbirth and in women during the perimenopausal years when heavy periods may occur. The second most common reason is low thyroid which we discussed in the article on page 1.

Hair follicles contain ferritin. Ferritin is the major iron storage protein in the body. When ferritin stores decline in the hair follicle, it affects the ability of the hair to grow and hair falls out, turns grey faster and feels dry.

The fastest way to increase ferritin is to take IRONsmart. Traditional iron supplements prescribed by the doctor cause constipation and can take up to a year to raise ferritin levels whereas IRONsmart increases ferritin quickly because of its

Hemoglobin

The test range is 117-160 g/L for women. For women **140g/L** is best.

Ferritin

The test range is 15-160 ug/L for women. Ferritin in women should be **70 ug/L**.

unique liposomal delivery system that targets the receptor in the small intestine. IRONsmart is a vegetarian liposomal iron that does not cause constipation or tummy upset. IRONsmart comes in a delicious liquid caramel flavor or in capsules. Both act to increase ferritin and hemoglobin to stop hair loss, fatigue and other symptoms of low iron. If heavy periods are the reason for low iron read *Stop Heavy Periods Now* on page 5 as two heavy periods in a row causes anemia and once you are anemic you end up in a vicious cycle of heavier bleeding. Eat iron-rich foods like free-range chicken, beef, liver, lentils, organic raisins, kale and oatmeal to name a few. ♥

NO MORE BREAST LUMPS AMAZED BY THE RESULTS WITH ESTROSMART

A couple of years ago at age 32 I found a few lumps in my breasts. After having them checked out they were found to be fibrous tissue. My options were live with them or have them removed. My mom listened to one of Lorna's lectures and purchased a bottle of ESTROsmart for me to try. I started taking 2 capsules a day and within a month the lumps were gone. WOW. I have been passing on this wonderful information to all my friends. Thank you for your products. -CB, MB

ANTIDEPRESSANTS NOT FOR HOT FLASHES

Certain types of antidepressants may double the risk of breast cancer

Since 2002, when scientists discovered that HRT has some serious side effects, physicians have been prescribing antidepressant medication in record numbers to ease menopause symptoms. According to several studies, including a landmark Canadian study, certain types of antidepressants may double the risk of breast cancer. It is one thing to take antidepressant medication when you are medically depressed but we are opening a Pandora's box when we use antidepressants to treat menopause symptoms. Other side effects of antidepressants include sexual dysfunction, dramatic weight gain (up to 60 pounds in a matter of months), increased sweating, sleep disturbances and urinary problems. SMILE 5-HTP is a much better option for low mood, mild depression, anxiety and panic attacks because it naturally raises serotonin, your “happy” hormone. 5-HTP is used by the body to make serotonin. Research has also found that 5-HTP helps with sugar cravings, aids sleep, and can be used for treating fibromyalgia and muscle pain. 5-HTP must be enteric-coated for it to work and it should be 99% pure. Look for SMILE to balance moods and don't forget to take MENOsmart Plus for rapid relief of hot flashes and night sweats. If you want to get off antidepressants safely listen to the recording at hormonehelp.com. ♥

& GLA, Menopause SKIN

Once a woman goes through menopause she can no longer make GLA from food. GLA makes your skin luminescent, dewy and glowing. The main reason our skin becomes dull, rough and prone to rashes after menopause is due to the body's inability to make GLA. GLA can reduce inflammation in the skin that is associated with redness, rashes and wrinkled skin. Without sufficient GLA the skin becomes dry, rough and wrinkled. To ensure beautiful, soft, glowing skin take GLA daily. ♥

Halt acne with GLA

GLA is an essential fatty acid found in abundance in beautiful, glowing, healthy skin. In those with a deficiency in GLA, dry and wrinkled skin occurs as well as acne. GLA is not only vital for keeping skin cells moist and strong by improving the barrier function of the skin but GLA has also been found to inhibit male hormones in the skin that cause acne. GLA can be taken both internally and applied externally to acne prone areas with excellent results. GLA is found in abundance in borage oil (24%) and that is why I recommend it over evening primrose oil which contains a small amount of GLA (less than 8%). Breast milk contains GLA and once weaned the body is supposed to make GLA from the food we eat. People with eczema, psoriasis and dermatitis and post-menopausal women cannot make GLA from their food.

If you have hormonal acne you need to take 1000mg of GLA orally per day and apply a small amount topically on acne at bedtime. Fish and flax oil do not contain GLA. For severe acne, take four capsules of ESTROsmart daily along with GLA. ♥

Dear Lorna,

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 baby boy. Within two months of taking ESTROsmart Plus, I was pregnant. – AW, AB



Making Babies?

Infertility is on the rise with 1 in 6 North American women of childbearing age experiencing unexplained infertility. To make matters worse, sperm counts have dropped by 50 percent since the 1970s. If you are over 30, don't wait to get tested to determine your fertility.

Step one: Have the following tests done and get a copy of the results: A TSH, a Day 3 FSH and a Day 20-22 Progesterone (day 1 is the first day of your period). Have your partner's sperm tested for quality and number. Don't just assume that all is fine with the man.

Step two: Buy fertility predictors and use them every day for an entire month, even during your period. This will tell you if you are ovulating. Once you have used them for an entire month and you have kept track of when you ovulate, just use the predictors in the following months to confirm that you are ovulating and that will keep the cost down.

Step three: If you are ovulating then you should not have sex from day 1 of your period until you ovulate. Then have sex morning and night through the 4 days that you are fertile (based on the fertility predictors). If you are not ovulating then you need to find out why. It may be because you are eating soy foods, have low thyroid, low iron, aging eggs or you do not have enough body fat which disrupts hormones. You may have polycystic ovarian syndrome (PCOS) and this is determined by having an ultrasound and the following tested: testosterone, DHEA, DHT and fasting blood sugar and insulin. Women with PCOS have facial hair growth, oily skin and hair, acne, weight gain, irregular periods and sometimes they have cysts on the ovaries.

Any woman not ovulating should have an ultrasound to ensure the ovaries are healthy.

I recommend ESTROsmart Plus to aid ovulation. Take GLUCOsmart as well because research shows it improves egg quality. This is the only product on the market that is approved by Health Canada specifically for improving egg quality. Eat lots of veggies and healthy fats like DHA and calamari oil. Avoid alcohol which reduces egg quality. Avoid fluoride and soy as they block thyroid hormones.

Low thyroid is the leading reason for infertility and miscarriages. Your TSH test should be below 2.0 in order to get pregnant and stay pregnant.

A day 3 FSH test will determine whether you have good ovarian reserve and good egg quality. Your FSH should be below 9.0 for the best chance of conceiving. If it is above 9 then you need to take GLUCOsmart and focus on getting your overall health improved. To maximize success in getting pregnant have these tests done, buy the fertility predictors and start trying. Remember fertility declines every year over age 30. ♥

ARE YOU ESTROGEN DOMINANT?

Estrogen dominance is caused by too much estrogen in relation to other hormones. When estrogen levels are high women develop abnormal cell growth (think lumps and cysts) and period problems along with the symptoms mentioned on the right. We are being bombarded with man-made estrogens in our environment. Pesticides fit into estrogen receptors in the body. BPA and other estrogenic compounds are found in plastics. Parabens and other preservatives in cosmetics are also estrogenic. Dairy products contain estrogen. Some drugs like statins, birth control pills and HRT can increase estrogen levels. When we are under stress our estrogen levels also increase. All of this estrogen is leading to common

female hormone-related conditions. I developed ESTROsmart to shrink my uterine fibroids. ESTROsmart contains clinically researched plant nutrients that safely balance hormones thereby stopping abnormal cell growth. Periods return to normal, fibroids and endometriosis go into remission and cysts in the breasts become a thing of the past. The ingredients in ESTROsmart help your liver detoxify all the bad estrogens and balance hormones. We will never be able to eliminate all the environmental estrogens but ESTROsmart can help protect you and your family. ♥

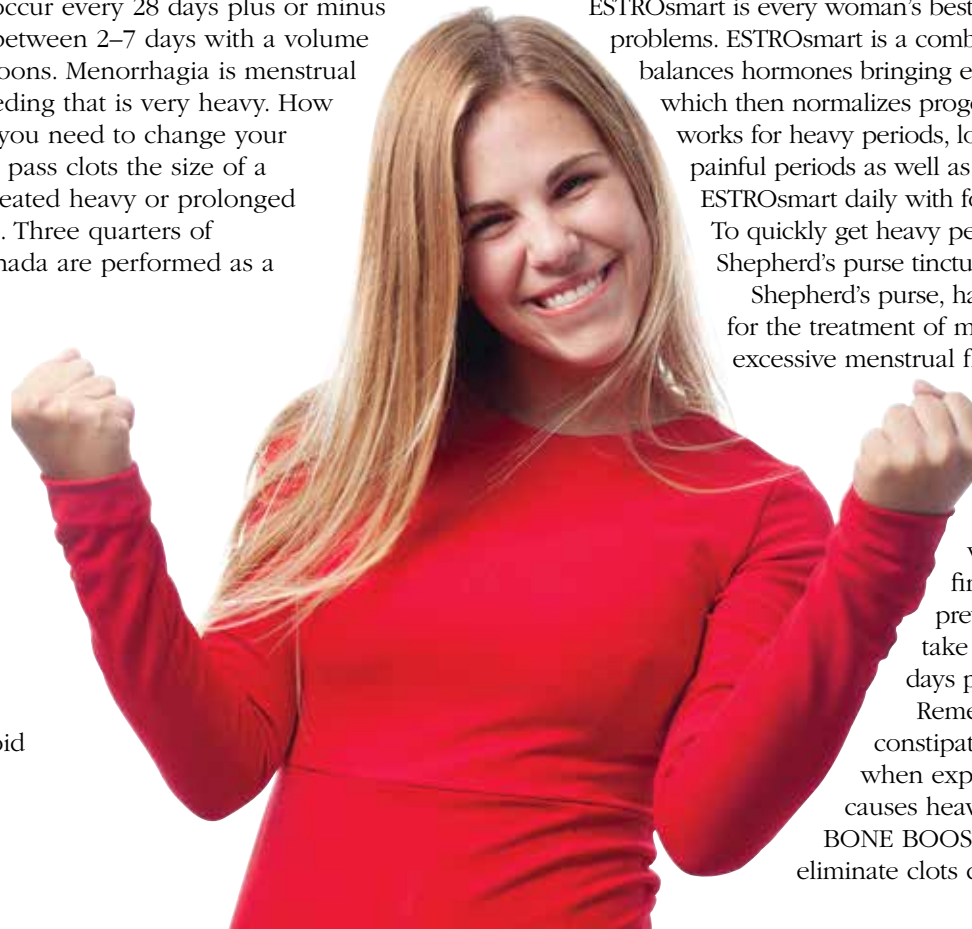
- Breast lumps
- Painful breasts
- Heavy periods
- No periods
- Irregular periods
- Endometriosis
- Uterine fibroids
- Uterine polyps
- Hormonal acne
- Precocious puberty
- Belly fat
- Ovarian cysts
- Early menstruation before 12
- Late menopause over 56

STOP HEAVY PERIODS NOW

A normal menstrual cycle should occur every 28 days plus or minus 7 days (21-35 days). The duration of flow is between 2-7 days with a volume loss of less than 80 mL or less than 5 tablespoons. Menorrhagia is menstrual bleeding that lasts more than 7 days and bleeding that is very heavy. How do you know if you have heavy bleeding? If you need to change your tampon or pad after less than 2 hours or you pass clots the size of a quarter or larger, that is heavy bleeding. Untreated heavy or prolonged bleeding can result in iron deficiency anemia. Three quarters of hysterectomies (removal of the uterus) in Canada are performed as a result of unresolved heavy periods.

What Causes of Heavy Periods?

- Non-cancerous growths of the uterus like uterine fibroids or polyps
- Leukemia or cancer of the uterus or cervix
- Intrauterine devices (IUD)
- Problems related to pregnancy, such as a miscarriage or ectopic pregnancy
- Not ovulating
- Ovarian cysts
- Endometriosis
- Too much estrogen which thickens the uterine lining
- Low thyroid (2/3 of women with low thyroid develop menorrhagia)
- Vitamin K deficiency
- Chronic low iron
- A deficiency of vitamin A



ESTROsmart is every woman's best friend when it comes to period problems. ESTROsmart is a combination of plant nutrients that balances hormones bringing estrogen back into the normal range which then normalizes progesterone naturally. ESTROsmart works for heavy periods, long periods, irregular periods, painful periods as well as PMS. Take 2 – 4 capsules of ESTROsmart daily with food to make periods effortless. To quickly get heavy periods under control also add Shepherd's purse tincture.

Shepherd's purse, has a long history in herbal medicine for the treatment of menorrhagia or heavy clotting and excessive menstrual flow. Shepherd's purse contains a protein that is similar to oxytocin, the hormone that causes constriction of the uterus. For very heavy periods add ½ teaspoon of Shepherd's purse tincture in water every three hours during the first 2-3 days of menstrual flow. To prevent dysfunctional uterine bleeding, take ½ teaspoon 3 times daily for 10 days preceding the onset of menstruation. Remember to take IRONsmart non-constipating iron to enhance iron levels when experiencing menorrhagia as anemia causes heavier bleeding. In conjunction take BONE BOOSTER containing Vitamin K2-MK7 to eliminate clots during menstruation. ♥

TAKE OUR Magnesium

Do you have?

- restless legs
- twitching eyelids
- disrupted sleep
- heart palpitations
- anxiety
- irregular heartbeat
- kidney stones
- headaches
- high blood pressure
- muscle pain
- migraines or headaches
- fibromyalgia
- osteoporosis
- depression
- constipation
- PMS

If you have any of these symptoms you need magnesium.



Magnesium controls over 300 reactions in the body. A deficiency in magnesium has been implicated in all of the symptoms above 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.

The Best Magnesium Supplement

But you have to take the right type of magnesium. Most magnesium supplements are simple laxatives and are poorly absorbed and cause diarrhea when taken in optimal doses. The best form of magnesium is magnesium bisglycinate (also called magnesium glycinate) which is found in MAGsmart. The magnesium in MAGsmart crosses the blood-brain barrier and aids sleep, anxiety and headaches. It provides the highest level of absorption and bioavailability. You would have to take up to four times the amount of magnesium carbonate or citrate to get the same effect as magnesium glycinate. MAGsmart also contains taurine, needed to lower high blood pressure and stop edema (especially in those with 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 a smoothie for a great tasting drink that works fast. For kids, the elderly, athletes – everyone! ♥

GET YOUR MEMORY BACK



This is the first time in Canadian history that we have had more people over the age of 50 than under. We are living longer but dementia and Alzheimer's disease are common. I developed BRAINsmart for myself because my mother developed dementia. To protect our memory we should all be taking the four nutrients found in BRAINsmart: acetyl-L-carnitine, lipoic acid, blueberry extract and 99% pure curcumin.

BRAINsmart Memory Booster

Acetyl-L-carnitine has extensive researching showing it can combat brain aging to prevent dementia. Studies of Alzheimer's sufferers have reported improvements in memory compared to patients receiving a placebo. Stanford University researchers stated that acetyl-L-carnitine slows the progression of Alzheimer's disease. Other studies showed acetyl-L-carnitine improved hearing, increased energy, improved age-related macular degeneration of the eyes, improved heart function and reduced fatigue.

Acetyl-L-carnitine should be part of everyone's brain boosting, dementia-Alzheimer's prevention program. Acetyl-L-carnitine and lipoic acid in combination are known as the dynamic duo in fighting dementia.

Anti-aging BRAINsmart

Found in every cell in the body, lipoic acid has also been studied

“Acetyl-L-carnitine slows the progression of Alzheimer's disease.”

for its blood sugar balancing effects. Diabetes type 3 is a newly discovered form of brain diabetes that researchers believe is the cause of Alzheimer's and dementia. The combination of acetyl-L-carnitine and lipoic acid in BRAINsmart are super stars at improving brain function and reducing memory decline.

Memory Enhancement with BRAINsmart

Research in humans has shown that those taking blueberry extract had a significant improvement on learning and memory tests. Twelve weeks of daily blueberry consumption improved the scores on two different cognitive tests involving memory in older adults. The study's authors suggested that blueberries could slow or postpone the onset of aging-related memory problems.

BRAINsmart Brain Protector

Curcumin, has been researched

for Alzheimer's disease because studies found there is a much lower incidence and prevalence of Alzheimer's in India than in North America. Researchers investigated the association between the curry consumption and cognitive level and found that those who ate curry performed better on a standard test (MMSE) of cognitive function than those who never or rarely ate curry. The process that Alzheimer's disease degrades the nerve cells in the brain is through inflammation in glial cells and the formation of beta-amyloid plaques. Several studies have found that curcumin is a powerful anti-inflammatory in the brain, that it can break down plaques and improve memory. The research will continue but it is compelling enough at this point take BRAINsmart containing these super star memory nutrients now. ♥



REDUCE DEEP WRINKLES IN 28 days

Babies' skin is abundant in collagen making it soft and smooth. But by our early 20s collagen production declines. Women in menopause are especially susceptible to collagen decline where they can lose as much as 30 percent of their skin collagen in the five years following menopause. Some menopausal women lose 30 percent in the first year, which is the reason why we see dramatic changes in the skin with increased wrinkling during this transition. And as if that is not bad enough, skin elasticity declines dramatically every year after menopause causing sagging skin. The effects of slowed collagen production are visibly obvious when skin loses its structure, sags and wrinkles. Look at the nasolabial folds at the sides of your nose to your mouth which is often the first area to see a loss of collagen.

A second yet equally important component of skin is called elastin. Elastin fibers form a matrix with collagen; together they allow the skin to flex and move. When we are young, the skin naturally renews its collagen and elastin. But with age and sun damage this renewal rate slows down. The good news is that we can build collagen in the skin quickly.

Naturally Enhance Collagen

Forty-three women, ages 40 to 55 with deep crow's feet wrinkles, were given either Active Collagen

containing hydrolyzed marine collagen and elastin polypeptides or a placebo over an 84-day period. The skin on the subjects' forearm and face was measured at day 0, day 28 and day 84. Day 28 through 84 were during winter months to simulate harsh winter conditions. After 28 days, the group taking Active Collagen showed up to a 20 percent decrease in the depth of the number of deep wrinkles in over 80 percent of the subjects.

Active Collagen was found to have a powerful

Lorna's Beautiful Skin Program

- ▶ 10 drops Collagen Plus
- ▶ 2000 mg Active Collagen
- ▶ ½ packet MULTIsmart
- ▶ 2 tsp GLA Skin Oil
- ▶ Apply Celadrin Super Rich Skin Therapy Cream

moisturizing effect on the skin whereas the placebo group had an increase in dryness. Women reported that the skin around the vagina improved as well and crepey skin was softer and smoother. There are many types of collagen sold in the marketplace today for beautiful skin; some are from slaughter house waste or from farmed tilapia and have no clinical

research to confirm they work. Active Collagen is a 99% pure hydrolyzed marine collagen and elastin polypeptide complex with excellent research to back its ability to reduce the depth of deep wrinkles. ♥

BROWN SPOTS BE GONE...

The younger you are the faster your skin cells turnover or regenerate. This is why babies and teens have that luminous glow to their skin. As we age this process slows down causing our skin to develop brown spots, look dull and feel rough. But we can speed up skin cell rejuvenation by taking selenomethionine, zinc, and vitamins A, C, E – all found in a good multivitamin with minerals like MULTIsmart. ♥

BABIES AND CHILDREN:
cells turnover every 14 days

TEENS:
cells turnover approximately
every 21 to 28 days

AGE 50 AND OVER:
cell turnover can slow down to
every 1.5 to 3 months

LESS STRESS AND BETTER SLEEP

Dear Lorna,

Just wanted to say thank you, thank you, thank you! I started with ADRENAsmart last spring to calm anxiety and sleeplessness. I am 48 and I just couldn't shake the feeling of worry and dread about nothing. But with ADRENAsmart, it just disappeared and I feel my normal happy self again. – TB, BC

BREAKDOWN CELLULITE FOR SMOOTH SKIN

Thin, overweight, young and older women are plagued with cellulite. Often nicknamed “orange peel skin”, cellulite causes the skin to look and feel bumpy. Women are more prone to cellulite than men because women have fat stored closer to the top layer of the skin. Too much estrogen, repeated weight loss or weight gain, inadequate nutrition and poor lymphatic drainage cause fat cells to be pulled in different directions distorting their appearance on the skin. If you have tried to get rid of cellulite you know it is a challenge. Finally we have a cellulite cream called CELLUsmart that is backed by science and works within 21 days. CELLUsmart promotes lipolysis which is the breakdown of triglycerides so that the fatty acids are free to leave the fat cell. When this occurs, the fat cell gets smaller which is the key to changing the appearance of cellulite.

Drain Those Fat Cells

CELLUsmart contains coffea canephora extract and 3% caffeine in a phospholipid matrix. Research using coffea canephora extract showed a 69% increase in the release of fatty acids from the fat cell with a corresponding 49% decrease in the diameter of the fat cell. Alkaloids from the 3% caffeine phospholipid matrix stimulate lipolysis causing fat cells to release stored fat. This special phospholipid matrix of caffeine increases the penetration of the active ingredients promoting rapid results. Research has shown a significant reduction in thigh

CELLUsmart reduced the diameter of fat cells by 49% and significantly reduced thigh circumference with twice-a-day application.

circumference when this type of caffeine is applied twice a day over several weeks. Caffeine also stimulates lymphatic drainage and reduces edema which is impaired in those with cellulite.

Massage Roller Busts Cellulite

CELLUsmart also has a unique multi-head massage roller attached to the CELLUsmart bottle. Applying the cream and rolling the massage head across the affected areas will quickly break-up disordered fat cells and adhesions. With the combined action of the active ingredients releasing fat from your fat cells and the multi-head massage roller, you will see results in 21 days with twice-a-day application. To speed up the process of reducing the appearance of cellulite eat protein, dark-coloured vegetables and gamma linolenic acid (GLA). A diet deficient in protein causes water retention and worsens the appearance of cellulite. Take epsom salt baths. Walk and jump to improve lymphatic drainage.

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GLUTEN-FREE • SOY-FREE • GMO-FREE

Lorna Vanderhaeghe is the author of 12 books. Visit www.hormonehelp.com for more information and to read some of her **FREE** books.



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