

## MENOPAUSE COMPLEX

*Shaklee Canada Inc. Last updated: April 23, 2012*

Between the ages of 40 and 55, women experience menopause: a time in their lives when their bodies stop their monthly production of eggs and preparation for fertilization. It's also a time when the ovaries decrease their production of the reproductive hormones – estrogen and progesterone – by about 75%, which can trigger in some women a number of uncomfortable symptoms.

These symptoms can include “hot flashes” (called “night sweats” when they occur at night), irregular menstrual cycles, fuzzy vision, forgetfulness, concentration difficulties, mood swings, dizziness, insomnia, vaginal dryness, urinary tract infections, incontinence, extra body hair, or thinning of scalp hair. Statistics also show that women are more susceptible to both osteoporosis and heart disease after menopause.

The most common current medical treatment for menopause is hormone replacement therapy (HRT). This replaces a woman's declining levels of estrogen and progesterone, and reverses many of the symptoms mentioned above. However, as with all drug therapies, some women may experience side effects such as drowsiness, nausea, and breast tenderness from estrogen therapy; some may experience side effects similar to premenstrual syndrome (depression, mood swings, headaches, bloating, weight gain, etc.) from progesterone therapy.

For women who are concerned about taking HRT, with its attendant side effects, there are a number of phytochemicals (natural chemicals derived from plants) that may assist in regulating a woman's hormonal balance during menopause. We recommend that any woman interested in these alternatives discuss them fully with her doctor when deciding on her own approach to dealing with the challenges of menopause.

First of all, soybeans contain a group of phytoestrogens called isoflavonoids or **isoflavones** that are similar to the estrogen in a woman's body but not as potent. Two isoflavones found in soy, called genistein and daidzein, can actually take the place of regular estrogen in the body at certain estrogen receptor sites on the surface of cells. This can help minimize the negative effects of regular estrogen, such as hot flashes. Soybeans have also been investigated for their overall benefit to bone, heart, and breast health, and for maintaining healthy cholesterol levels.

**Black cohosh** is a herbal ingredient that also contains compounds that will bind to estrogen receptors, giving relief to symptoms of premenstrual syndrome, menstrual cramps, and menopause. Complex phytochemicals in black cohosh are believed to suppress the secretion of luteinizing hormone (the hormone stimulating ovulation and the production of progesterone), which fluctuates during menopause.

**Dong quai** is another herb that eases the symptoms of menopause, especially hot flashes. It also appears to have the ability to relax the uterus, making it helpful in combatting menstrual cramps.

**Flax seed** is the richest whole-grain source of a second class of phytoestrogens called lignans. These compounds, which provide fibre, can also bind to estrogen receptors in the body, minimizing the negative effects of estrogen. Lignans may also have antioxidant properties that reduce the activity of free radicals and may play a role in lowering cholesterol and maintaining bone density.

**Red clover** and **licorice** also both contain phytoestrogens similar to those found in soybeans. Supplements that contain effective levels of one or more of these plant compounds will definitely help ease a woman's transition to menopause, providing many benefits without harmful side effects. Shaklee Canada's **Menopause Complex** is one of these.

Two Shaklee **Menopause Complex** capsules per day supply:

- 80 mg of black cohosh extract (standardized to contain 2.5% total triterpene glycosides)
- 30 mg of soy isoflavones
- 333 mg flax seed extract
- 600 mg of flax seed oil
- 50 mg dong quai extract

- 25 mg licorice root extract
- 25 mg red clover extract

## **COMMON AILMENTS MENOPAUSE - By Martha Wilmore 2009**

### **NOTE:**

1. To reduce toxin exposure, eliminate ALL AVOIDABLE TOXINS by choosing Shaklee toxin-free cleaners and personal care products.
2. To support more optimal fibre and raw essential oils-Lecithin, Omegaguard, GLA
3. With every ailment listed below, use the three items listed FIRST for support to one of the Starter Programs
4. **ALL programs should begin with ONE of the following three STARTER PROGRAM OPTIONS:**
  - A. Bare Essentials**
    1. 3 tablespoons of Soy Protein or 2 scoops of Shaklee 180 Smoothees
    2. 2 Vita Lea
    3. 1 Optiflora Pearl **PLUS** 1/8<sup>th</sup> to 1 teaspoon Optiflora Powder
  - B. Basic Program for Prevention**
    1. 3 tablespoons of Soy Protein or 2 scoops of Shaklee 180 Smoothees
    2. 1 Vitalizer Strip (with or without iron) **PLUS** 1/8<sup>th</sup> to 1 teaspoon Optiflora Powder
  - C. Better Program for Prevention and Symptoms**
    1. 3 tablespoons of Soy Protein or 2 scoops of Shaklee 180 Smoothees
    2. 1 Vitalizer Strip (with or without iron) **PLUS** 1/8<sup>th</sup> to 1 teaspoon Optiflora Powder
    3. 1 teaspoon of Vivix
    4. 2 NutriFeron

### **MENOPAUSE:** (investigate natural bioidentical hormone support options)

1. MENOPAUSE BALANCING COMPLEX: for hormonal stability; reduces hot flashes
2. EXTRA SOY PROTEIN: helps balance hormones
3. VITAMIN E + SELENIUM: prevents hormonal storms
4. GLA: helps balance hormones
5. VIVIX: supports hormone balancing
6. VITAMIN C: promotes glandular health; assists mineral absorption
7. B-COMPLEX: minimizes water retention, hot flashes & nervous disorders; anti-stress; increases glandular health
8. CALCIUM/MAGNESIUM: maintain bone integrity
9. STRESS RELIEF COMPLEX
10. CARAOTMAX: promotes healthy mucous membranes in the vaginal area; anti-oxidant

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# Menopause – Barb “Relief From Hot Flashes”

At the wonderful age of 46, I am acknowledging that menopause is knocking at the door and I view that as a wonderful time in my life. I have had hot flashes off and on for a couple of years along with other slight signs of menopause settling in. I have read a lot the last couple of years on the importance of supplements and soy protein helping women get through this stage and I am determined to not go on any type of hormone therapy to get me through this.

In August of this year I began preparing for a lot of changes in my life; getting ready to send Brandon away to college, getting ready for Becky to get her drivers license and deal with the nervousness of watching her drive away to school each day. Added to this was the extra worry of her being OK with her diabetes and hoping her blood sugars were at good levels when she was out on the road without us or without her brother close by.

My job was getting a bit more demanding with the company growing so fast. So with all this I noticed I was beginning to have HOT FLASHES, I was a bit on the cranky side, my sleep was not too great, and my memory was not what it had been. I ignored the symptoms for a bit, but soon the hot flashes were every day; I would have them at work, I would have them at home, I would even have to take a break in the morning while getting ready for work to stand in front of a cold fan. I would have to put my wrists under cold water, put an ice pack on my neck—anything to cool down. I was beginning to wake up every night, at least 2 if not 3 times. NOT FUN! I tried to keep my humor about it (when I was not cranky) in general. My energy level dropped, and I noticed I started to get a tummy pouch—not good.

One day I sat down and thought about what I was taking or what I was not taking. I decided I needed to get more soy protein in my daily routine, more Omegaguard, GLA, and B-Complex. So I started to take protein a second time every day after work around 4pm (it also gives me a lift for the evening). I added more GLA, Omegaguard, B Complex and Stress Relief complex.

By the end of the first week I noticed my hot flashes were coming less frequently and I was sleeping at night. Even my mood improved. I began to feel like taking my walks again and even did a bit of running. Within 2 weeks my hot flashes had stopped, I was sleeping every night, all night, and felt tons better. I have not had a hot flash since the end of September – but from mid August to the end of September life was a challenge. I feel much calmer as well. What worked for me may help some other women, so here is the regimen I follow:

### Morning

Shaklee Vitalizer

8 Alfalfa

4-5 Fiber Tabs

1 Menopause Balancing Complex

1 GLA

1 Omegaguard

1 Stress Relief

2 Glucose Regulation Complex

2 Lecithin

4 Calcium

Energizing Soy Protein in my Shaklee 180 Smoothee

Lunch

3-4 B Complex

8 Alfalfa

2 Glucose Regulation Complex

Late Afternoon

Energizing Soy Protein with juice

Evening

1 B Complex

1 Menopause Balancing

1 GLA

1 Omegaguard

1 Stress Relief

So I hope this will help someone out there.

Love,

Barb

## **Menopause – Beth “Transitional Time Of Life”**

Having entered menopause (that's not the great news, I decided to get a bone density scan done to check my bone health as I start this critical time of life. As most of you may know, your bone density is at its peak at about the age of 30, and then begins to slowly decrease as you age. That is true for both men and women. But as women enter menopause, they lose the benefit of estrogen in their system, and can lose bone density rapidly, leading to osteoporosis in 25% or more of women. Backs hunched-over and bone fractures are a common result.

So, I was very pleased when the doctor informed me that the results of my bone density scan were excellent. I have an average of 112% bone density of a healthy 30-year-old woman!!!! Instead of losing density over the last 16 years (yes, I'm 46!), I've actually gained!!!! We both agreed that the only explanation was the high quality calcium I've been taking for the last 7 years. I wish I could say I have been doing weight-bearing

exercise as well, which in combination with calcium increases density. But with Chronic Fatigue Syndrome for the past 4-1/2 years, I've not exercised much. So it has to be the Shaklee Calcium!!!

Taking Vita-Lea (our multi-vitamin) & Calcium Complex, I average 1300-1500mg. of calcium per day. Everywhere you turn, you see recommendations of 1200-1500mgs. of calcium per day. Don't take it lightly!!! Guard your bone health!! But make sure you use a product PROVEN scientifically to enter the blood stream and to be bio-available to your cells. We can count on Shaklee!!!

I also wanted to share the benefits I have received using Shaklee's latest innovation, Phytofem (Menopause Balance). Having taken EPA, GLA, Vitamin E and Soy protein for 7 years, I knew I was helping my body as best I could to regulate my hormones and help with PMS symptoms. But we need more help when menopause arrives. I wasn't sure I was entering this fun time of life until I started exhibiting some of the classic symptoms: night sweats, insomnia, mood swings, etc. I thought, "It's time to try Phytofem". Within 3 days, my night sweats were completely GONE. No Kidding! The insomnia is very rare now, and my mood swings are much better (& thank you to our friend, B-Complex).

Just to make sure it was not all in my head, I have occasionally not taken Phytofem for a couple of days (actually, I forgot!) My symptoms returned immediately and bothered me until I was back on it for 2-3 days. Then I was fine again. So I have learned not to forget the Phytofem!

Shaklee has a full Menopause System that I highly recommend. It consists of Shaklee Basics w/o iron (Vita-Lea, Vita-E, Vita-C, B-Complex, Energizing Soy Protein, Calcium Complex, GLA Plus, Optiflora and Phytofem). I take all the products and know they combine to protect my health and well being during this transitional time of life.

Beth Garcia

## **Menopause – Cathy “Couldn’t Take HRT”**

For the past two years, I've noticed increasingly that I've not been sleeping so soundly as I used to. Not being fretful, worried, or stressed, I simply didn't get to sleep quickly. (One night I remember welcoming the sun without my having really slept at all!) I'd wake up rather easily, or didn't really "konk out" as though I was somewhere in between asleep and awake. It was not unusual for me to wake up "sticky hot", throw off my covers, and sometimes move to another room that was cooler and quiet. The end result of such fitful nights is the same: I get up the next day feeling drained and sluggish.

This is not good for a busy school counselor who commutes forty miles one way to work with at-risk children in three different buildings!! I tried numerous things to help me get my rest: avoid exercise, caffeine or stimulating activities three hours before bedtime; take a warm bath; try some herbal preparations such as Valerian, more Cal Mag, B-complex; progressive relaxation, which I teach to others; mental imagery; meditation and prayer. Although such things might help some, nothing restored my old sleeping patterns....until I started taking Menopause Balance Complex. I do believe I must have been one of the very first to eagerly take it.

Within two days of my first dose on August 1, I began to notice that I was falling asleep faster, sleeping more soundly, and staying asleep. Within three days of starting the Menopause Balance Complex, I KNEW I was better. That was nearly six weeks ago...and the good news continues. I'm sleeping as I used to—falling asleep quickly, staying asleep, and waking up refreshed the next morning. It is miraculous to me—but the ONLY thing which could possibly account for the dramatic change is the Menopause Balance Complex. I am so grateful!

The year before last my physician alluded to the fact that he would probably be prescribing estrogen replacement therapy sometime in the future. Since then, I've done a great deal of reading and my response is "I don't think so." You see, both my mother and my aunt (mother's only sibling) have had a mastectomy for early stage breast cancer. Hormone replacement therapy is NOT recommended for me, according to what I've read. Furthermore, I learned that Premarin is made from the urine of pregnant mares (now you know how the substance got its pharmaceutical name...pre/mar/in) and I'd like to know how taking that is a sensible thing to do. I welcomed Menopause Balance Complex, desperate to find a way to deal with my intensifying sleep deprivation.

Some side benefits I've noticed is that I feel really "secure", confident, calm—like I typically have in the past. Hot flashes and night sweats have all but disappeared. When I do have a hot flash, it is very slight.

I'm cautious about testimonials which verge on euphoric—but mine is absolutely true. I am so thankful that I was rest-ready to begin another school year. Thank you Shaklee and my dear friend Ann Barry who supplied me with Menopause Balance Complex on August 1. I hope that many more women will benefit, as I have.

Just as an aside, my husband says HE should be selling Menopause Balance Complex to husbands who are sharing their wives distress.

Cathy

## **Menopause – Gloria “Hot Flashes Gone”**

“I'm often making presentations to groups of people. Can you imagine having a strong hot flash while speaking in front of others? My face went red, my shirt soaked through, and I felt drained.

Within weeks of using Shaklee Menopause Balance Complex, the hot flashes were gone, and I was myself again.”

Gloria Roe

## **Menopause – Kaaren Noticed Difference In 2 Days”**

I'm 58, I was taking premarin and provera for 12 years, started in 1987 after my first surgery. I started pre-menopause, the doctors figured out at the age of 38. So in 1987, when I was having hot flashes, my doctor suggested HRT. In the 12 years on HRT, the hot flashes and vaginal dryness, anxiety attacks and mood swings never stopped. So in 1999 when Shaklee introduced PhytoFem (Now Menopause Balance), I went to my Gynecologist, and he didn't want me to stop the HRT, but my family doctor, (she's a woman), told me to stop HRT and take Shaklee's PhytoFem.

So that's what I did, I started right away taking the PhytoFem, and stopped taking the Premarin and Provera. My hot flashes stopped, I lost weight, (you gain a lot of weight on HRT), my anxiety attacks stopped, vaginal dryness improved. My overall feeling of my body and mind (no more chemicals) feels great. Also, my hair is back to being easier to handle.

One of the side affects to HRT is Gallbladder disease. (Read the small printed information sheet that comes with your HRT). So that was just one more surgery I had. And a lot of women I know that are on the HRT, have had their gallbladders removed.

I have a lot of my member customers on PhytoFem, and it's saved them. A more recent member in our group has had all of her hot flashes and night sweats stopped since taking PhytoFem. She noticed the difference in just 2 days Hope this helps.

Kaaren Ann Mashura

## **Menopause – Kathy “My Head Is Clear”**

I went thru menopause almost 6 years ago and had been miserable until Menopause Balance Complex. I first tried a pill type estrogen – told my doctor that it wasn't working – he said to stay on it, that it might take a while for it to work. I called him every 3 months for a year and would be told to stay on it for another 3 months. Finally, I changed to a female doctor. She put me on the patch and it worked better than the pill. After about 1 year on the patch, I had to start cutting it in half.

I was having a continuous bleeding problem and cutting it in half helped some, but did not totally stop the bleeding. I was never free of hot flashes and my head always felt like it was in a fog. I tried several times to go off the patch, but with nothing to take it's place, I felt even worse. With the patch, the estrogen goes into the system continuously and diminishes in effectiveness. It had to be changed twice a week.

When I went off the patch and to the Menopause Balance Complex, it was at the diminished end of wearing the patch (plus, remember this was only 1/2 of a patch). There was probably still some synthetic estrogen in my system, but it would not have been as strong as when you first put on a new patch; so, I guess it was sort of like weaning myself off the patch. I don't know how else to explain it.

The Menopause Balance Complex kicked in much quicker than I expected it to. I had the air conditioning set so cold that I had to put on a sweater. My head cleared up and it was so wonderful to feel like a real person again.

My head is still clear and during a couple of cooler, rainy days, I again had to put on a sweater. It was wonderful !! I am taking 1 in the morning and 2 at bedtime. So far, that is all I have needed.

One of my business builders who is peri-menopausal started taking the Menopause Balance Complex at the same time as me. It took her about 2 weeks to start feeling the effects of it. She is singing it's praises also.

It really helps the personality in a positive way I'm sure there are many women out there who would love to get on a “safe” product that also works. Something else of great interest to me: I was researching Alzheimers for one of my downlines and ran across an article that stated “natural estrogens have been shown to slow down mental deterioration, improve blood circulation to the brain and stimulate nerve cell growth in areas of the brain affected by Alzheimers.”

Hope this helps.

Kathy

## **Menopause – Kathy C “My Body Is Cool & My Head Is Clear”**

The new menopause relief product from Shaklee (Menopause Balance Complex) is finally here, and none too soon. Wish I could have had it 5 years ago. This is the first time in 5 years that my body has been cool and my head has been clear.

As soon as I got my first bottle of Menopause Balance Complex, I took off my estrogen patch and started on it. I have been taking it for 1 1/2 weeks and have not missed the patch. As a matter of fact, it's the first time in 5 years that I realized how cold I had been keeping the house. I figure that I will save enough on air-conditioning to pay for the product.

Before Menopause Balance Complex, while on synthetic estrogen, my head was never clear. It was hard to concentrate or to finish a project. Since I have been taking Menopause Balance Complex, my head is clear and my concentration has improved tremendously. Because of this, my energy level has improved because I am not having to fight with an overheated body (heat really depletes energy) or concentrate on every little thing that I have to do.

Kathy Crum

## **Menopause – Marlene “Almost None Of The Symptoms”**

Very interesting study results ... Interesting to note that many women have been successfully taking a natural approach using Shaklee supplements and herbs with the following side effects – feel great/look great.

Speaking for myself. It has been my choice not to use HRT and I have been/am “breezing through” this time of life with almost none of the uncomfortable and annoying symptoms many of my friends experience. The fact that I have used the Shaklee Soy protein at least once and usually twice a day for the last 30 years is, I think, one of the most important factors. In addition to a basic vitamin/mineral program, I use EXTRA B-Complex, GLA, Cal Mag Plus, Lecithin and E Plus. I have found that doubling my E intake keeps the hot flashes away.

We did not have Phytofem (Menopause Balance) when I first started through menopause and I haven't seemed to need it along with the program I use. Many of my customers are using it with wonderful results, especially those at the “entry level” of this “glorious stage of life”. So share this information with those who are approaching or are going through menopause so that they have an alternative if they so wish, to the risks of HRT.

Marlene Egerer

## **Menopause – Mary “Hot Flashes Finally Disappear”**

I had a heart attack. My doctor took me off my estrogen that I had been on for 21 years cold turkey. She said it causes heart attacks and she would never put me back on them.

My hot flashes were so bad my neck got red, my face got red. My body heated up like a furnace. I never thought at the age of 60 I would be having hot flashes. At night I have a fan on all night. By my chair I sit in I have a fan.

I started taking black cohosh, flaxseed oil, vitamin C, evening primrose oil, St. John's, Vitamin E, hormone essentials, estrogen for hot flashes and hydrocodone menopause. Then I added from women to five other pills. I



took classic powder, fibrestore, innergize and estrogen cream you rub on your stomach, arms and breast. Every time someone would tell me to try this I would (That is 17 different things!)

I read an article about a woman that said it is so embarrassing to go to a meeting and be in front of people talking and all of a sudden your neck and your face turns red. Your body heats up and you break out in a sweat. I said that is me.

I called my friend and Shaklee distributor, Norma James, and told her to order me a bottle of Menopause Balance Complex. I have been on them for three months now and that is the only thing I am taking. I take two twice a day. A few time a day I feel a hot flash coming on but it starts and it's gone. No heat.

Also, when I had my heart attack the doctor doubled up on my Lipitor and it threw my liver off. For six months I took a blood test every two weeks and it was not going down. Norma brought me up some Shaklee pills for my liver (Liver DTX). The next time I did a blood test my liver was on its way to normal. I took them for three more months and my liver is okay.

Mary Martinez

## **Menopause – Nancy “Off HRT & I Feel Better Than Ever”**

I was on Prempro (Premarin and Provera) for 10 years before my introduction to Shaklee....I stepped down the hormone replacements gradually & increased my GLA (9) and EPA (12)(OmegaGuard) plus my basic nutrients daily....When I went completely off the Prempro I experienced some headaches I took more GLA, EPA and slowed it down some (not an easy thing for me to do!)

My doctor OK's this – wanted to give me estrogen cream but I declined....When PHYTOFEM (Menopause Balance) came out I began taking it and I can say my body temperature is cooler than ever! I have always been on the warm side but PHYTOFEM really cools me off!! I believe the trick for a transition like this is to find a M.D. (probably a woman, sorry guys!) who isn't so attached to their prescription pad and is willing to let nature do it's thing....I feel better than ever and cooler than ever!! Blessings,

Nancy and John

## **Menopause – Nancy H. “Kitten To Lioness in 4.5 Seconds”**

Thank you for this opportunity to share my experience with Shaklee's PhytoFem (Menopause Balance). I have to admit that of all the subjects I would love to give my testimony about, menopause would not have been my first choice!

When I turned 40, I started noticing some changes – changes in body temperature (hot flashes), changes in my sleep pattern (insomnia), and in my overall sense of well-being. I would also experience memory lapses or mental confusion. I often joked that if I were in school today, they would classify me as ADD, because I had such a hard time focusing or concentrating on one thing. I didn't like any of these changes, or the way I was feeling. Other people (like my poor husband) started noticing that I just didn't seem to be my self. (My husband said that I could go from kitten to lioness in 4.5 seconds!)

I began to wonder if I could be peri-menopausal. So, I brought it up to my doctor. Because of my age, it took a while to figure out that I actually was going through menopause. I wanted to regain my hormonal balance and get back to the way I felt before all these changes began. My doctor discussed some options for me to consider (like hormone replacement), but I told her I was a Shaklee distributor and I really wanted to take a natural route.

I was thrilled in January of 1999 when Shaklee asked me if I would be a field tester for PhytoFem. One week after I started the PhytoFem test, I was amazed at how much better I felt. The hot flashes and insomnia subsided. It really does help your energy level and your level of concentration when you have been able to get a good night's sleep! I felt great, my moods were much better balanced, and my sense of well-being made it a lot easier and much more fun to focus on my Shaklee business.

One week after finishing the two-month study and being off of PhytoFem, I was right back where I started – all my symptoms had returned. I wrote on the questionnaire that Shaklee asked me to fill out: “Could this product be that good that being without it for one week is making me feel like I’m going nuts today?”

At the end of my questionnaire, I asked Shaklee if they had any more PhytoFem samples lying around in the lab and begged them to send me some more! Bless their hearts, Shaklee sent me enough PhytoFem samples to last until the product became available for sale. A few days after starting back on PhytoFem, I felt great again. Today, I feel more positive and uplifted than I have felt for the last couple of years.

After sharing my PhytoFem story for the first time at a Shaklee meeting, a lady came up and told me that she could relate to all the symptoms I had mentioned, but she wondered if the product helped with my sex drive. I told her it definitely did! I didn't think that Shaklee wanted me talking about sex on the national conference call, so I had left that part out of my story! The next time I shared my story at a Shaklee meeting, I mentioned the increased sex drive. A couple of weeks later, another lady who had been at that second meeting came up to me and told me that her husband said to tell me “thank you”, because PhytoFem sure was helping their sex life!

As I said at the beginning, it would not have been my first choice to be sharing my menopause testimony. But, if sharing my story can help just one person, then it was worth the embarrassment to tell it!

Nancy Haines

## **Menopause – Reg “A Cloud Has Been Lifted”**

I didn't realize how much the hot flashes disturbed my life until I started taking PhytoFem (Menopause Balance). I haven't completed my first bottle yet but I have felt the difference. Although I still have hot flashes they are less frequent and less intense.. Just a slight raise in body temp. I don't even break a sweat. The covers stay on all night. I am getting more sleep cause because I'm not waking up to rearrange the covers. In the past I used to have these little anxiety attacks. I was sure I forgot to do something. I would have to talk myself into thinking good thoughts. I thought It was stress. However, my work load has not changed and I haven't had an attack since I've been taking the PhytoFem so I am thinking they had more to do with hormone imbalance than stress.

Also for the past year I have been struggling with the feeling of ho hum. I realized I'm not excited about the beauty around me (and up here in the north country there is plenty of beauty). I have not been excited about much of anything. Since taking PhytoFem, I feel like a cloud has been lifted and I can see and appreciate the beauty and people around me. I don't know if I can attribute all this change to PhytoFem because I have been trying to stay “in the Zone” and I believe that has helped. I also know when I don't eat well the flashes are more intense and more frequent.

Just thought you'd like to know that it works.

Reg

## **Menopause – Report “Switched From HRT To Shaklee”**

Just giving you a progress report on my changing my estrogen (formerly on Estrace) which I was on for 5 years to Menopause Balance Complex and GLA Plus. It is working beyond what I had ever expected. As you will recall in our conversation, I spoke to you of depression along with not feeling “right” on the estrogen I was taking. I wanted to get off it but wasn’t sure what to do. As you and I spoke, you helped me to decide on trying the Menopause Balance Complex along with MoodLift. I also had a bottle of GLA Plus in my cabinet (it did nothing for me in combination with Estrace). So I felt I was wasting money and put it aside.

Well it has been over a month now and I must say that the difference in my well-being has been greatly enhanced. I did start with only one Menopause Balance Complex daily, but realized that it would take my body a while to get de-toxified from the effects of the “old” estrogen. So I was very patient as my body began to absorb the “new” estrogen replacement. I did experience hot flashes and a kind of “funny” out of place change, but I did truly expect some reaction with the changeover. The hot flashes were not dramatic...but different for me as I had not experienced them before. Remember I had a complete hysterectomy at 48 years of age. I am 54 now. So I was on the “old” estrogen for quite some time. I started the MoodLift at the same time as the Menopause Balance Complex. Well to make a long story longer...after a few weeks I found that I did not need the MoodLift as my emotions were rising to a level of normal with just the Menopause Balance Complex.

I have now increased my dosage of the Menopause Balance Complex to 2 tablets a day. I take one in the am and one in the pm and have found that to be working wonderfully and eliminate the middle of the night hot flashes. My energy level and my outlook has become refreshingly more like the “old” me that I remember and I can deal with the every day upsets and glories like a “normal” person. That may sound strange to some, but to someone who has been where I have...they will know exactly what I am referring to. I am also taking the GLA plus to enhance “other” areas which were depleted with the hysterectomy. I guess I can sum it up by saying I am feeling like a woman again. So far, this has been wonderful Mel, and I do thank you and Shaklee for giving me an opportunity to try an alternative to artificial estrogen by using a natural alternative. If the signs of that old depression do re-visit me I have my MoodLift ready and waiting. But for some reason, I don’t think that will be a problem. It did take a bit to kick in...but now I am kicking again!!!

THANKS!!!!

## **Menopause – Robbin “Finally A Solution”**

Three years ago I started waking up in the middle of the night sweating and soaking wet. The night sweats were getting worse and worse which caused me to be tired at work, almost to the point where I was falling asleep at my computer. After a couple of weeks of going through this, I went to my doctor and practically begged him to help me. I was still getting my period at the time and he tested me to see if I was starting to go through menopause. The tests came back negative. He then tested my thyroid which also came back negative. I was at my wits end and beginning to feel very depressed and desperate. He gave me something to help me sleep through the night which gave me some relief but then during the day I started getting hot flashes. I looked like a tomato and felt like my body was on fire. It was about that time that my period stopped. I went back to the doctor and he re-ran tests on me again. This time I tested positive for menopause. He prescribed Prempro which I was afraid to take because of the side effects. I took it anyway out of desperation for 2 months hoping it would help me. The Prempro made me feel bloated all the time and I also gained a considerable amount of

weight. I went from a size 5 to a size 8 in just two months. I decided I would get off the Prempro and try an over the counter remedy. Unfortunately, everything I tried didn't work. I felt doomed.

I was telling a friend of mine about how miserable I was and she told me about a product that Shaklee carries called Menopause Balance Complex that is completely natural. She said she could purchase it and I could try it. I started taking the Menopause Balance Complex and noticed that after only one week of taking it, I started feeling better. The night sweats, hot flashes, and irritability reduced drastically. By the third week of taking Menopause Balance Complex I felt wonderful. I've been taking it on a regular basis for about 6 months now and everyone who knows me sees the changes in me. I am more relaxed and am not constantly fanning myself till the hot flashes pass. I would highly recommend this all natural product to women who are suffering from menopause. Thank you Shaklee for making me feel alive again. I don't know what I would have done without your wonderful product.

Robbin Blakley

## **MENOPAUSE SYSTEM**

*Optimum nutrition may provide a safe and effective alternative to hormone replacement therapy during the difficult years of menopause and beyond. It's very difficult to get all of the required nutrients from diet alone. That's why the MENOPAUSE SYSTEM makes good sense.*

### **□ START WITH THE SHAKLEE VITALIZER WITHOUT IRON**

○ Vita-Lea - Because most of us do not get all the nutrients we need from diet alone. The nutrients in Vita-Lea work with calcium to help prevent bone loss - AND – the American Medical Association recommends that all adult Americans

take a multivitamin/multimineral supplement every day to prevent chronic diseases.

○ Energizing Soy Protein - Because soy isoflavones reduce the severity and frequency of hot flashes - AND - soy protein has been shown to boost energy levels and lower the risk of breast cancer and osteoporosis.

- Sustained Release Vita-C - Because Vitamin C can help protect us from the dangerous free radicals that can cause cancer and other degenerative diseases - AND - many women do not get enough vitamin C from their diet. Vita-E Plus -

Because vitamin E can reduce your risk of heart disease by 40% or more –AND vitamin E helps with Fibrocystic Breast Disease and the symptoms of menopause

- B-Complex - Because B vitamins reduce the risk of heart disease by lowering Homocysteine levels in the blood -AND - most women don't get all the B vitamins they need from their diet.

### **PLUS, FOR YOUR SPECIAL NUTRITIONAL NEEDS:**

- Menopause Balance Complex - Because black cohosh has been successfully used in Germany for over 40 years to regulate hormone balance during menopause - AND – the other phytonutrients in menopause Balance Complex

also help prevent the hot flashes, sleep disorders, and mood swings associated with menopause.

- Essential Omega-3 Complex and/or GLA Complex - Because both EPA and GLA reduce the symptoms of menopause and inflammation -AND- EPA also reduces the risk of heart disease.

- Super Cal Mag Plus - Because most women do not get enough calcium in their diet - AND –1000-1500 mg of calcium per day is recommended to prevent osteoporosis (brittle bones).

### **OTHER NUTRIENTS YOU MAY WANT TO CONSIDER ARE:**

- Optiflora - Because “bad” bacteria in our intestine can cause excess gas & bloating, weaken our immune system, and increase our risk of cancer. Similarly, yeast in our intestine can cause a variety of serious health problems - AND -

Optiflora prevents those problems by providing a regular source of “good” bacteria which crowd the “bad” bacteria and yeast out of our system.

- Mental Acuity Complex – Because Mental Acuity Complex contains the herb ginkgo biloba and other nutrients that are important for a clear mind, healthy heart, and improved circulation.

- Gentle Sleep Complex - Because Gentle Sleep Complex contains the herb valerian and other phytonutrients that improve the quality of sleep.

- **Glucose Regulation Complex – Because the insulin resistance associated with obesity can cause mood swings, carbohydrate cravings, and low energy – AND – Shaklee's Glucose Regulation Complex is designed to reduce insulin resistance.**

**You should consider Glucose Regulation Complex if you are overweight and suffer from mood swings, carbohydrate cravings, or low energy.**

## **DO YOU NEED THE MENOPAUSE SYSTEM?**

Here are some questions to ask yourself:

Do you often use convenience foods or eat at fast food restaurants because of cost, convenience, or lack of time? YES NO

Do you often use “artificial” or “imitation” food products because they are low in calories, fat, or cholesterol? YES NO

*...If your answer to either of these questions was YES, you would likely benefit from the nutrition insurance of Shaklee's Vita-Lea.*

Do you suffer from mid morning or afternoon “slumps” OR YES NO

do you often wish that you had more energy?

*...if so, you may wish to consider Shaklee's Energizing Soy Protein in place*

*of some of the animal protein in your diet. You may also wish to consider Shaklee's*

*Glucose Regulation Complex*

Do you consume at least 2 - 4 servings of fresh fruits every day? YES NO

*...If not, you're probably not getting the vitamin C you need*

Are you consuming 3-5 servings of fresh vegetables and 6-11 servings of whole grains each day? YES NO

*...If not, you may wish to consider the added insurance of Shaklee's B Complex.*

Do you eat cold-pressed vegetable oils, raw seeds and nuts, and whole grain products on a daily basis? YES NO

*...If not, you're probably not getting the vitamin E you need.*

Do you drink 3 or more glasses of milk every day (4 or more if you're a teenager and at least 4 to 5 if you're past menopause)? YES NO

*...If not, you're probably not getting the calcium you need.*

Do you have symptoms of menopause or Perimenopause? YES NO

*...If so, you will probably benefit from Menopause Balance Complex, GLA, vitamin E, and soy protein.*

Do you have problems with inflammation? YES NO

*...If so, you will probably benefit from GLA, Omega-3 Complex and vitamin E.*

Do you have gas & bloating and/or problems with yeast? YES NO

*...If so, you will probably benefit from Optiflora.*

*Dr S Chaney*

This information is not intended to replace medical care. This information is not intended to diagnose, treat or cure. This report is not to be used as a substitute for appropriate medical care and consultation, nor should any information in it be interpreted as prescriptive. Any persons who suspect they have a medical challenge should consult their physicians/pediatricians for guidance and proper treatment

## **MENOPAUSE TESTIMONY**

For the past two years, I've noticed increasingly that I've not been sleeping so soundly as I used to. Not being fretful, worried, or stressed, I simply didn't get to sleep quickly. (One night I remember welcoming the sun without my having really slept at all!) I'd wake up rather easily, or didn't really "konk out" as though I was somewhere in between asleep and awake. It was not unusual for me to wake up "sticky hot", throw off my covers, and sometimes move to another room that was cooler and quiet. The end result of such fitful nights is the same: I get up the next day feeling drained and sluggish. This is not good for a busy school counselor who commutes forty miles one way to work with at-risk children in three different buildings!! I tried numerous things to help me get my rest: avoid exercise, caffeine or stimulating activities three hours before bedtime; take a warm bath; try some herbal preparations such as valerian, more cal mag, B Complex;

progressive relaxation, which I teach to others; mental imagery; meditation and prayer.

Although such things might help some, nothing restored my old sleeping patterns....until I started taking Menopause Balancing Complex. I do believe I must have been one of the very first to eagerly take it. Within two days of my first dose on August 1, I began to notice that I was falling asleep faster, sleeping more soundly, and staying asleep. Within three days of starting the Menopause Balancing Complex, I KNEW I was better. That was nearly six weeks ago...and the good news continues. I'm sleeping as I used to—falling asleep quickly, staying asleep, and waking up refreshed the next morning. It is miraculous to me-- but the ONLY thing which could possibly account for the dramatic change is the Menopause Balancing Complex. I am so grateful!

The year before last my physician alluded to the fact that he would probably be prescribing estrogen replacement therapy sometime in the future. Since then, I've done a great deal of reading and my response is "I don't think so." You see, both my mother and my aunt (mother's only sibling) have had a mastectomy for early stage breast cancer. Hormone replacement therapy is NOT recommended for me, according to what I've read. Furthermore, I learned that Premarin is



made from the urine of pregnant mares (now you know how the substance got its pharmaceutical name....pre/mar/in) and I'd like to know how taking that is a sensible thing to do. I welcomed Menopause Balancing Complex desperate to find a way to deal with my intensifying sleep deprivation. Some side benefits I've noticed is that I feel really "secure", confident, calm--like I typically have in the past. Hot flashes and night sweats have all but disappeared. When I do have a hot flash, it is very slight.

I'm cautious about testimonials which verge on euphoric--but mine is absolutely true. I am so thankful that I was rest-ready to begin another school year. Thank you Shaklee and my dear friend Ann Barry who supplied me with Menopause Balancing Complex on August! I hope that many more women will benefit, as I have.  
.....Cathy U

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Having entered menopause (that's not the great news:)), I decided to get a bone density scan done to check my bone health as I start this critical time of life. As most of you may know, your bone density is at its peak at about the age of 30, and then begins to slowly decrease as you age. That is true for both men and women. But as women enter menopause, they lose the benefit of estrogen in their system, and can lose bone density rapidly, leading to osteoporosis in 25% or

more of women. Backs hunched-over and bone fractures are a common result. So I was very pleased when the doctor informed me that the results of my bone density scan were excellent. I have an average of 112% bone density of a healthy 30-year-old woman!!!! Instead of losing density over the last 16 years (yes, I'm 46!), I've actually gained!!!!

We both agreed that the only explanation was the high quality calcium I've been taking for the last 7 years. I wish I could say I have been doing weight-bearing exercise as well, which in combination with calcium increases density. But with Chronic Fatigue Syndrome for the past 4- 1/2 years, I've not exercised much. So it has to be the Shaklee Calcium!!! Taking Vita-Lea (our multi-vitamin) & Calcium Complex, I average 1300-1500mg. of calcium per day. Everywhere you

turn, you see recommendations of 1200-1500mgs of calcium per day. Don't take it lightly!!

Guard your bone health!! But make sure you use a product PROVEN scientifically to enter the blood stream and to be bio-available to your cells. We can count on Shaklee!!!

I also wanted to share the benefits I have received using Shaklee's latest innovation, Menopause Balancing Complex.

Having taken EPA, GLA, Vitamin E and soy protein for 7 years, I knew I was helping my body as best I could to regulate my hormones and help with PMS symptoms. But we need more help when menopause arrives. I wasn't sure I was entering this fun time of life until I started exhibiting some of the classic symptoms: night sweats, insomnia, mood swings, etc. I thought, "It's time to try Menopause Balancing Complex ". Within 3 days, my night sweats were completely GONE. No Kidding! The insomnia is very rare now, and my mood swings are much better (& thank you to our friend, BComplex).

Just to make sure it was not all in my head, I have occasionally not taken Menopause Balancing Complex for a couple of days (actually, I forgot!). My symptoms returned immediately and bothered me until I was back on it for 2-3 days. Then I was fine again. So I have learned not to forget the Menopause Balancing Complex! Shaklee has a full Menopause System that I highly recommend. It consists of Shaklee Basics w/o iron (Vita-

LeA, Vita-E, Vita-C, B-Complex), Energizing Soy Protein, Calcium Complex, GLA Plus, Optiflora and Menopause Balancing Complex. I take all the products and know they combine to protect my health and well being during this transitional time of life.....*Beth G*

Last summer I was sick and tired but I had been that way for a while several years in fact as I look back. But I was also recovering from a hysterectomy. I finally agreed to the operation after several years of a doctor treating my symptoms. My PMS week had extended to three weeks. I was tense headachy , without strength and unhappy. I was unable to enjoy the smallest things.

My allergies were constantly bothering me and miserable. I also had a number of vaginal complaints and an unexplained itching all over not all the time but it was unpleasant. One symptom that worried me was shortness of breath and heart palpitations. My skin has been dry all my life but had not improved with age and the last four years I have had this unusual condition of cracking and bleeding on my fingertips the doctor was puzzled and could not help me. He gave me tranquilizers, and hormones and the help they gave was vague and unsatisfying but I kept on trying with this medication. In addition I ate right and exercised thinking I was out of shape and that this would help. I was serious about the exercise I even made the Bike Ride Across Georgia three times during these years. The BRAG was done without joy as I forced

myself to get in better shape and therefore make myself feel better, after all I'm only 50. Finally the doctor convinced me that the operation was the answer to all my complaints but he was wrong. I had to recover form major surgery and the symptoms returned with a vengeance. My skin was worse, the itching was unbearable, the headaches the tension the lack of energy and I was feeling like and old, old woman. Then I talked to Bobbie C, she had tried to tell me this years ago and I wouldn't listen. She just waited, and then when I was ready she had a plan for me. She recommended calcium, Vitamin B, C, E, Mood Lift, Vita Lea, Alfalfa, and GLA. She emphasized Instant Protein 2 or 3 times a day. I felt better immediately, one reason was the Inst. Protein, part of my problem was hypoglycemia and the Inst. Protein is MAGIC for this as far as I am concerned. I continued with these recommendations and felt stronger healthier and happier. I continued my exercise and noticed that I was getting better there too. Before the surgery I never had hot flashes and after the surgery I was on hormones and the itching was worse and worse I finally noticed that the itching was related to the hormones and stopped taking them. Interestingly, the itching and bloating went away immediately. Then the hot flashes set in, WOW!! Bobbie recommended increased doses of Vitamin E and GLA but what helped me most was a progesterone cream called Endocrema. The hot flashes did not disappear but are not as intense or as frequent. The GLA has helped with one symptom that had surprised me but now I know that it is a common menopausal symptom, the shortness of breath and heart palpitations. I know it is the GLA because when I run out, the symptoms return. One

hundred bikers including my husband and me rode from LaGrange, Georgia to Savannah, Georgia 420 miles. We averaged 60 miles a day and camped at night. Every day I continued my Shaklee program with two additions Performance and Fitness. The Performance I put in my water bottles daily using much more water than is called for and drank more water along with this. Keep in mind that we were on bikes for 5 or more hours a day. We also continued to drink water at night. But I believe the biggest help came from Fitness. I had a Fitness drink every night and I believe this helped with recovery time for my body. I was up and excited about the trip every day!! In the past I dragged my body out of bed and complained about getting on the bike again,. This BRAG was the forth for Bill and me and by far the best. I had more strength and energy. By the end of the week I was feeling tremendously strong and fit and filled with energy. The Shaklee made the difference. I was so excited to tell you about the ride I forgot to tell you about my skin. Remember I told you about my fingertips cracking and bleeding? I had painful cracks on 8 out of 10 fingers and they cracked with the least amount of pressure on them. Obviously I had problems doing things daily. I tried everything including EPA no help! Bobbie took a look one day and recommended taking 12 EPA every day! Well I thought I've got nothing to lose , I'll try just to prove to Bobbie that it won't work. Within days I felt a difference in the pain in my fingers and

within a few weeks there was a definite improvement now after a couple of months they are almost normal. I am thrilled to prove myself wrong and Bobbie right!! I had suffered with this for four years and this quickly on Shaklee they were healed. ....Elaine M

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### **TESTIMONY [Menopause Balance Complex](#)**

Three years ago I started waking up in the middle of the night sweating and soaking wet. The night sweats were getting worse and worse which caused me to be tired at work, almost to the point where I was falling asleep at my computer. After a couple of weeks of going through this, I went to my doctor and practically begged him to help me. I was still getting my period at the time and he tested me to see if I was starting to go through menopause. The tests came back negative. He then tested my thyroid which also came back negative. I was at my wits end and beginning to feel very depressed and desperate. He gave me something to help me sleep through the night which gave me some relief but then during the day I started getting hot flashes. I looked like a tomato and felt like my body was on fire. It was about that time that my period

stopped. I went back to the doctor and he re-ran tests on me again. This time I tested positive for menopause. He prescribed Prempro which I was afraid to take because of the side effects. I took it anyway out of desperation for 2 months hoping it would help me. The Prempro made me feel bloated all the time and I also gained a considerable amount of weight. I went from a size 5 to a size 8 in just two months. I decided I would get off the Prempro and try an over the counter remedy. Unfortunately, everything I tried didn't work. I felt doomed. I was telling a friend of mine about how miserable I was and she told me about a product that Shaklee carries called [Menopause Balance Complex](#) that is completely natural. She said she could purchase it and I could try it. I started taking the [Menopause Balance Complex](#) and noticed that after only one week of taking it, I started feeling better. The night sweats, hot flashes, and irritability reduced drastically. By the third week of taking Menopause Balance Complex I felt wonderful. I've been taking it on a regular basis for about 6 months now and everyone who knows me sees the changes in me. I am more relaxed and am not constantly fanning myself till the hot flashes pass. I would highly recommend this all natural product to woman who are suffering from menopause. Thank you Shaklee for making me feel alive again. I don't know what I would have done without your wonderful product. Robbin B

**Black Cohosh:** Studies have shown that the herb black cohosh is nearly as effective as estrogen, and far more effective than placebo pills, at treating hot flashes, and is also useful in managing the mood swings and irritability that may accompany menopause.

□ **Emotional Freedom Technique**

**What should I know about Menopause?** From Shaklee.com

Menopause is a very natural part of a woman's life cycle. While it marks the end of a woman's reproductive cycle, it can be the beginning of an exciting and rewarding time of life. Our culture has come a long way from viewing menopause with dread and associating it with a perceived decrease in a woman's value. Understanding the natural progression of age in a woman's body and becoming acquainted with the therapies available, allows women today to effectively manage their symptoms and to be proactive in maintaining their

health for their later years. By definition, menopause is the transition period between the reproductive years of a woman's life and the cessation of ovarian function. Unless brought about by surgery or other causes, natural changes in a woman's body generally occur between the ages of 35 and 50. Menopausal symptoms are unique to each individual, both in duration and in intensity. Many women associate the years of menopausal symptoms with the term itself. However, menopause marks the permanent fall in production of estrogen and cessation of the menstrual cycle. It is during perimenopause that most of the symptoms associated with the term menopause are experienced. During the three to five year period before the cessation of menstrual cycles, there is a decrease in the production of estrogen. This period of perimenopause brings on a variety of symptoms that are often very inconsistent. Hot flashes may occur at times and then disappear for months. The normal menstrual cycle becomes irregular only to become regular again. It is also during perimenopause that some mood changes and brief bouts of insomnia may be evident. The inconsistency of the symptoms and the manner in which they affect the individual woman are characteristics of perimenopause itself. During menopause, it is important for a woman to recognize the health risks that are associated with a decline in estrogen. It is at this time that there is an increased risk for cardiovascular disease and for osteoporosis. Awareness of these risk factors gives a woman the opportunity to manage her health effectively by choosing lifestyle patterns that promote and maintain health. Menopause is not a time to be dreaded, nor a time to think that an active and full life will be compromised. It is a time to celebrate the natural cycles of a woman's life, and a time develop lifestyle habits that will provide support for the years to come.

In younger women who are having menopausal symptoms, and in women who have had a hysterectomy but still have one or both of their ovaries, a blood test called an FSH level, or follicle stimulating hormone level may be useful to confirm menopause. If you have your ovaries removed or undergo some cancer treatments, you may experience rapid onset of menopause, and may need special management of your symptoms.

A natural process that unfolds as the ovaries cease to function, menopause generally starts around age fifty. (Early menopause can be initiated by surgery and other causes.) As ovarian function gradually declines, dramatic shifts occur in four hormones that regulate the menstrual cycle: estrogen, progesterone, follicle-stimulating hormone (FSH), and luteinizing hormone (LH). The term "climacteric" is often applied to these profound changes in hormone levels.

## **Statistics**

### **North American Menopause Society, 2000.**

- The median age for onset of perimenopause is 47.5 years.
- In the US, there are an estimated 41.75 million women over the age of 50.
- Most women spend 1/3 to 1/2 of their life in post menopause.
- Smoking has been identified as a cause of early menopause

## **Signs and Symptoms**

**Menopausal complaints:** Around the ages of 48-52, many changes begin to occur in a woman's body. Unwanted symptoms of hormone imbalances include:

- Hot flashes, usually presented as flushing of the face, neck, chest, and back
- Insomnia

- Mild to moderate depression
- Joint pain and muscle pain
- Water retention (edema)
- Heart palpitations
- Headaches
- Vaginal dryness
- Increased sweating

**Some Physical Changes During Menopause:** A woman's body undergoes a number of changes as she passes through menopause. These changes may need to be supported with medications and/or dietary supplements as well as lifestyle/dietary adjustments.

- Some body structures (sphincter muscles of the bladder and rectum) may lose muscle tone.
- Breast size, shape, and firmness may change.
- Skin wrinkling and loss of skin tone may occur due to a loss of collagen, a key protein that keeps skin firm and young looking.
- Body fat may accumulate in areas such as thighs and hips.
- Bone mass and strength may decrease.
- Metabolism may slow down, increasing chances of weight gain.
- Nervous system changes such as emotional swings, tiredness, insomnia, forgetfulness, headaches, anxiety, irritability, and depression may occur.
- The risk of heart disease may go up. Atherosclerosis (hardening of the arteries), may be more likely to develop as a result of low estrogen. A woman may experience chest pains and high blood pressure.
- Frequent hot flashes may occur, with an increase in sweating, heart palpitations, redness and flushing, and dizziness.
- Genitourinary tract - vaginal dryness and irritation may occur, making sexual intercourse painful. There may be a loss of sex drive, an increased formation of urinary cysts, and an increase in bladder and urinary tract infections.
- Musculoskeletal changes - osteoporosis is a major consequence of menopause and declining estrogen levels. Reduced calcium absorption may result in bone thinning; joint, bone, and muscle aches; bone fractures; and an eventual decrease in height.

The following list does not insure the presence of this health condition. Please see the text and your healthcare professional for more information.

#### **Immediate Changes**

Hot flashes, causing flushing in the face, neck, chest, and back

Insomnia

Mild to moderate depression

Bone, joint and muscle aches/pains

Swelling

Heart beat fluctuations

Headaches

Vaginal dryness

Increased sweating

**Physical Changes**

Decreased control over urination and bowel movements

Breast size, shape, and firmness may be altered

Skin wrinkling and loss of tone may occur

Body fat may redistributed to thighs and hips

Decrease in metabolism which may increase weight gain

Emotional changes, tiredness, insomnia, forgetfulness, headaches, anxiety, irritability, and depression

Increased risk of cardiovascular disease, including hardening of the arteries, chest pains, and high blood pressure

Hot flashes may include sweating, heart palpitations, redness and flushing, and dizziness

Vaginal dryness and irritation may occur, making sexual intercourse painful

Decrease sex drive

Increase in bladder and urinary tract infections

Osteoporosis, bone thinning, bone fractures

Joint, bone, and muscle aches

Decrease in height

*This information is not intended to replace medical care; to diagnose, to treat or to cure.*