

Natural Means for Hormonal Balance

Menopausal issues, PCOS, Adrenal Exhaustion, PMS, Depression

TEN signs of Hormone Imbalance

1. Endless fatigue
2. Weight Gain/ Muscle Loss
3. Insomnia
4. Acne
5. Night Sweats
6. Mood swings/ Irritability
7. Brain Fog
8. Low Sex Drive
9. Aching Joints
10. Depression

When Estrogen is Too High	When Estrogen is Too Low
Breast tenderness	Hot flashes/ night sweats
Bloating	Insomnia
Volatile emotions	Mental fogginess
Pounding headaches	Decrease sexual drive and lubrication
Weight gain	Vaginal dryness
Vaginal yeast infections	Depression
Depression	Fatigue
Uterine fibroids/ fibrocystic breasts	Frequent urination
Joint Pain	Migraine headaches
Water retention	Memory & Concentration problems
Irritability	Dry skin and brittle nails
Unstable blood-sugar levels	Osteoporosis, flatulence

Side Effects of Hormonal Medications

Dr. Stephen Chaney, MD

40 years cancer research doctor

Hormone Replacement Therapy (HRT)

- Increase risk of cancer particularly breast and endometrial
- Increase risk of blood clotting leading to heart attack and stroke
- Increase risk of gallbladder disease

Birth Control Pills

- Depression
- Migraines
- Breast Lumps
- Heavy bleeding between periods
- Increased blood pressure; Increase cholesterol
- Blood clots in legs or lungs may cause heart attack or stroke
- Liver damage



Supplements To Help Balance Hormones

- Optiflora Probiotics (Candida)
 - B Complex (Balance Hormones)
 - Vita E (Inflammation)
 - Vita C (Health of Adrenals)
 - CarotoMax (Inflammation)
 - Omega Guard (Inflammation)
- Vitalizer --**
Daily Vitamin Strips
- Soy Protein – energizing Soy Protein or Shaklee 180 Smoothees and Bars (Heal the Gut, Healthy Organs)
 - GLA (Balance Hormones)
 - Menopause Balance Complex (Balance Hormones)
 - Liver DTX (Clear Excess Hormones)



B-Complex

- Essential for **brain and nervous system** (mood swings, Irritability, nervousness, mental confusion, depression, dizziness, trembling)
- **Depleted by sugar, alcohol, caffeine, refined carbs, medications, stress...** just about everything!
- **Helps balance hormones** (PMS, morning sickness, prevention of birth defects, cervical dysplasia)
- **Helps regulate blood sugar** (alleviates carb and sugar cravings, hypoglycemia symptoms, etc.)
- Essential for healthy red blood cells and protective antibodies
- Reduces risk for heart disease, reduces homocysteine levels
- Insomnia, hair loss, cracks at corners of mouth, normal growth in children

Hot Flashes – Gone with Shaklee

I was scheduled for minor surgery and the doctor told me to stop all vitamins for 3 day. Within 3 days my hot flashes return with a force. I resumed my Shaklee regimen and my hot flashes stopped. My regimen was **Vita-Lea Multi-Vitamin, B-Complex, GLA, Menopause Balance Complex**, and the **Energizing Soy Protein** or the **Shaklee 180 Smoothees**. *Eileen Neusom*

UTERINE FIBROIDS

I had terrible pain before and during my periods. The doctor recommended a hysterectomy. I decided to try Shaklee supplements and dietary changes first.

*I went on the **Vitalizer** (Vita-E, Zinc, CarotoMax, Omegaguard, Vita-C) and the **OsteoMatrix** for my calcium and minerals for bone density along with **GLA, B-Complex**, and the **Energizing Soy Protein** or **Shaklee 180 Smoothees** several times a day.*

RESULTS: After 1 month I had no pain. After 3 months, the fibroids were gone. My doctor attributes the results to my Shaklee supplement regimen!
JoAnn Pool

UTERINE FIBROIDS

At age 40, I had serious heavy bleeding. I was diagnosed with 3 fibroids the size of grapefruits. A hysterectomy was recommended. I chose to do 8 months of the Candida diet, removing all sugar and refined carbohydrates, 6-9 vegetables a day, and took all of the supplements recommended for hormonal issues. The fibroids shrunk, and I lost 20 pounds! *Marilyn Garapo*

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 **Menopause Balance Complex** 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*

The Landmark Study – the Genesis of Vitalizer

- completely independent study performed by Dr. Gladys Block of UC Berkeley
- published Journal of Nutrition, 2007
- Compared...
 - people who used Shaklee products for 20 years
 - people who used multivitamins for 20 years
 - people who used no supplements steve

Markers of disease risk



Disease outcomes



Nobody in the Shaklee group (average age = 65) had elevated CRP or triglycerides

The groups were matched for age, weight, gender & ethnicity. The only difference was The products the Shaklee group was using

Nobody else has this kind of proof that their products actually improve health!

(Colored copy available...)

Almost None of the Menopause 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 – **they feel great/look great!**

Speaking for myself, it has been my choice not to use HRT and I have been/am "breezing through" this

SOY PROTEIN Fears raised about soy and breast cancer -- based on animal studies (and those are mixed)

Multiple clinical studies show consumption of soy reduces the risk of developing breast cancer.

But what about women who have had breast cancer?

A recent study with 5,000 subjects asked that question Breast cancer survivors with highest soy intake had:

- 25% less chance of breast cancer recurrence
- 25% less chance of dying from breast cancer

Shu et al, JAMA, 302: 2437-2443, 2009 steve

Heavy Menstrual Periods & Break through Bleeding, Anemic, Fainting

I would have long heavy periods lasting 7 days. Then 4 days after, the heavy bleeding would resume. Eventually I became anemic... then my fainting spells began. The doctors recommended initially birth control pills and then a hysterectomy. I was only 33 years old. My friend Kylie introduced me to Shaklee and I began with **Vitalizer with Iron, Iron Plus C, GLA, B-Complex, and Protein**. My periods are now 3 days – no cramps and no PMS!

Andrea Hoglun

Dave & Heidi Carlstedt,

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GLA – Omega 6 Gamma Linolenic Acid



- Blocks prostaglandins which cause menstrual cramps and bloating. Helps correct hormonal imbalance.
 - Women report reduction in PMS symptoms
 - Reduction in hormonal headaches
 - Reduction in menopausal symptoms
- Additional benefits:
- Reduces inflammation associated with rheumatoid conditions, eczema, cradle cap.
 - Reduces tremors associated with Parkinson's Disease
 - Halts diabetic neuropathy
 - Supports immune system



“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 driver's 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, thus below is my regimen. With the Alfalfa, I no longer have any bloating issues! I hope this will help someone out there.

Barb

Morning

Energizing Soy Protein in my Shaklee 180 Smoothees
 Shaklee Vitalizer 1 Menopause Balance Complex
 8 Alfalfa 4-5 Fiber Tabs
 1 GLA 1 Omeaguard
 1 Stress Relief 2 Glucose Regulation Complex
 2 Lecithin 4 OsteoMatrix

Lunch

3-4 B Complex 8 Alfalfa
 2 Glucose Regulation Complex

Late Afternoon

Energizing Soy Protein with juice

Evening

1 B Complex 1 Menopause Balance Complex
 1 GLA 1 Omeaguard
 1 Stress Relief

Menopause Balance Complex

Evidence of the value of isoflavones in menopausal stages comes in part from studying women in countries where consumption of soy is high.

In Asia, where consumption of isoflavones from a variety of soy foods is estimated to be in the range of 20–80 mg per day, women report a smoother transition through menopause than women in Western cultures, where soy is consumed only at about 1–3 mg per day



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** and **Omegaguard** plus my basic nutrients daily....When I went completely off the Prempro I experienced some headaches I took more **GLA**, **Omegaguard** and slowed it down some (not an easy thing for me to do!).

My doctor OKed this but wanted to give me estrogen cream which I declined. When **Menopause Balance Complex** 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 it 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 its thing....I feel better than ever and cooler than ever!! Blessings,
 Nancy & John

Ovarian Cysts, Polycystic Ovarian Syndrome (PCOS)

I was diagnosed with Fibromyalgia at the age of 13. I started on Shaklee products when I was 27 years old and **had a complete reversal of my fibromyalgia symptoms in around 3-6 months.**



After one year on Shaklee products, I decided to try going off birth control. I have a history of PCOS – possibly related to the fibromyalgia and was put on birth control at 18 in order to manage this. I have had laparoscopic surgery for cysts in the past and the one time I tried going off birth control when I was 24, landed me in the emergency room with a cyst.

I added 2 **GLA** per day to everything else I was taking 2 years ago and went off the birth control. My cycles regulated within a few months. No cysts since, but I had increase PMS symptoms and I started experiencing pretty bad acne after going off birth control.

I am now 2 years off birth control, no cysts, regular cycles and I added a 3rd **GLA** per day a couple months ago (up from 2 per day) to see if my skin would clear and it has. I am also noticing much less cravings for dark chocolate (my vice), and greatly reduced PMS. It could be a fluke but my chronic eye dryness has also improved (*Ed. GLA will help with that.*). Everything else in my supplement regimen / diet has stayed the same.
Megan Densmor

Liver DTX Complex –

Milk Thistle, Schizandra Extract, Dandelion, Reishi Mushroom, Turmeric, Artichoke



Liver is filtering organ for the blood
Liver manufactures essential hormones
Helps detox the liver naturally

- Helps improve bile flow to eliminate compounds detoxified by the liver. (including excessive hormones)
- Helps repair and regenerate liver cells (Take 1 in AM, 2 in PM)
- Antioxidants help protect liver cells
- Important for anyone taking daily medications.
- Food poisoning
- Elevated liver enzymes/ liver damage, hepatitis
- Exposure to pollution, hazardous chemicals (painting, pesticides, herbicides, etc)
- Excessive alcohol consumption
- Reduces risk of gall stones
- Helps lower cholesterol



Unique, Patented "Triple Encapsulation" Technology Protects "Live" Microflora



Supports healthy immune system & healthy digestion


"Live" microflora

Water and oxygen barrier

Stomach acid protection

Only Shaklee has it!

500 million friendly bacteria/capsule
Triple encapsulation process → 90% delivery

OPTIFLORA™ completely survives stomach acid
Microflora are then released in the intestine 

Severe PMS & Menopause Issues

I work as an Ultrasound Technician. Since my early 30s, I dealt with many years of severe PMS. My mood swings were incredible, headaches, and heavy bleeding which kept getting worse and worse. I had breast tenderness,



and in my 40s irregular cycles. Doctors recommended birth control pills, hormonal replacement drugs and anti-anxiety drugs. I researched the side effects and refused. I work full time, have 2 teenage boys, and then my parents became ill. On top of all of this, Tom my husband, brought home a puppy. I soon began terrible hot flashes and night sweats and my mood swings became almost out of control. At the age of 41 my doctors were still only offering medications. Then I discovered Shaklee. My Nutrition Educator was the first person to ask me about my lifestyle, diet, and stress levels. I started on the Detox, and then continued with the Shaklee recommended Menopause program. After a few months, my hormonal balance was incredible. I have no menopausal symptoms and feel as if I have my life back and can be in control.

Cheryl Manga

This is not official company literature but is intended for your personal information.



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