

Change of Life Concerns...

What IS a woman to do?

By: Eileen Silva

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Up until recently, the decision for most woman was relatively easy---at the first sign of perimenopause (pre-menopause), the doctor would prescribe **Hormone Replacement Therapy (HRT)**.

This “magical” solution supposedly alleviated symptoms like hot flashes, night sweats, moodiness, bone density deterioration and vaginal dryness. It also supposedly offered heart protection.

You can imagine the shock that rippled across communities recently when the traditional medical community suddenly reversed their **HRT** endorsement and admitted that **HRT actually makes women more susceptible to heart disease, strokes, blood clots and breast cancer.** Talk about alarming!

The results of the studies done by the *Women's Health Initiative*, which evaluated the long-term pros and cons of **HRT**, were so alarming that the study was halted!

And this unexpected announcement came on the heels of a July 03, 2002 *Journal of American Medical Association* report which confirms that women on **HRT** have no better statistics on heart attacks than those on placebo.

The good news is that the risk of breast cancer is apparently minimized if **HRT** is only used briefly.

So....what **IS** a woman to do? Well, it now seems sensible to do the obvious, the affordable and the safe approach:



1. Eat a diet rich in fruits, vegetables, dairy, high-fiber whole grains, nuts and olive oil;
2. Get adequate weight-bearing exercise;
3. Control blood pressure and take prudent cardio protection efforts.



There are several products, which are specifically designed to address these issues in a no-risk sort of way. **2AEP** is a very important bone-density protector which also provides cellular nutrition for a healthy heart and alleviation from night sleep interruption.

Profemin is a topically applied cream, which has transdermally helped thousands of women with mood swings, night sweats and other PMS/menopausal discomforts.

Cardio 1st is a product specifically designed to strengthen the

cardiovascular system and has proven beneficial protection for those suffering from elevated blood pressure as well as other cardiovascular concerns.

And **First Essentials for Women** is a comprehensive nutrient-dense nutritional supplement that not only provides all the recommended vitamins and minerals that women need, but also contains a specific complex designed to address the hormonally-related symptoms that women generally experience at perimenopause and menopause.

Testimonials:

**"In 2 to 3 applications of Profemin my clients saw extreme changes in mood swings and hot flashes and were able to sleep peacefully without waking up in a cold sweat. First Essentials for Women has given me more energy, more of a hormonal balance, and an overall sense of wellness." A.D., WI*

**"After just a few applications of Profemin I noticed a big difference in how I felt. I take nothing hormonal at 56 years old. I have no more mood swings and I sleep more peacefully. I am much more hormonally balanced. Cardio 1st helps with the swelling in the legs. I have no more hot flashes thanks to First Essentials for Women and I have a lot more energy." G.W., FL*

**"The combination of Profemin and 2AEP has completely alleviated sleep interruption problems and night sweats for me....not to mention mood swings. I have actually gone through menopause now without the first hot flash or discomfort and have had great energy since adding First Essentials for Women." E.S., TX*

**"Before using Profemin I would often break out in a sweat. I had to carry a washcloth with me everywhere. Water would literally stream down my face at unpredictable times. It would be so embarrassing! Then, one day I tried using the Profemin Nature Progesterone Crème. I am so grateful for the relief I received...it has literally changed my life!" D.L., MI*

You may obtain any of these products by contacting:



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