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hormonehelp.com



ISSUE 13

REDUCE DEEP WRINKLES in 28 days WITH COLLAGEN

The word collagen is derived from the Greek word "kola" meaning glue. Collagen is a structural component that makes your bones strong, your tendons elastic and your skin smooth. When we are young collagen is produced in abundance and as we age collagen production declines. There are over 16 types of collagen in the body, but 90 percent of the collagen consists of types I, II, and III.

When collagen production declines muscles and skin sags; bones lose density and strength; joints and ligaments become weaker and less elastic. Cartilage becomes thinner and weaker at the joints causing arthritis. Hair loses its thickness and wave and breaks easily. Organs may sag toward the floor (prolapse uterus and bladder), and sphincters weaken (incontinence). The heart enlarges. Arteries become less elastic, more prone to aneurysm and become less resistant to plaque formation. But where we notice the loss of collagen the most is in the skin with increased wrinkles and loss of elasticity.

Types of Collagen found in the body

- **Type I Collagen** | The most abundant collagen in the body. Type 1 is the strongest and toughest form found in tendons, bones and skin. Type 1 collagen is abundant in scar tissue.
- **Types II, IX, X, XI** | Are found in cartilage
- **Type III** | Common in fast growing tissue, particularly at the early stages of wound repair which is later replaced with type I collagen.
- **Type IV** | Membranes of capillaries
- **Type V, VI** | Generally found alongside type I
- **Type VII** | Epithelia cells lining the GI tract, urinary tract and vaginal wall
- **Type VIII** | Lining of blood vessels

Collagen in Nutritional Supplements

There are many different sources of collagen in nutritional supplements and it can be confusing to know what type of collagen to use. Collagen Type II from chicken sternum is used for repairing joints in those suffering arthritis. Collagen



from cow parts (hide, hooves, bones, skin and ligaments) is also available and marketed for beautiful skin. This type of collagen I would avoid as slaughterhouse waste can be a source of prions and there is no research showing cowhide collagen has any affect in the body.

When I was searching for a collagen product for myself for wrinkle reduction I looked at the clinical research. I chose a French collagen from hydrolyzed marine collagen and elastin polypeptides because they had excellent clinical research showing a reduction in deep wrinkles. This source is found in Active Collagen. The fish used in Active Collagen are wild, not farmed tilapia, and are from a sustainable source. As well the Active Collagen contains hydrolyzed elastin as well which none of the other collagen product offer. Some companies are so embarrassed by their collagen source they don't put it on the label. You want a collagen product that has clinical research, is hydrolyzed polypeptides and contains elastin and not from farmed fish an environmental disaster.

Health Canada reviews the research for all collagen products and provides a Natural Health Product license which states what the collagen can be sold for. Active Collagen is the only product on the market today to have a license for skin and our approved label claim is for the reduction of the number and depth of deep wrinkles in 28 days which is an amazing Health Canada claim. None of the

STOP

izabela Habur/Stock



If you are having a hard time losing weight because you crave sugar I have a researched-backed solution. Svetol, containing chlorogenic acids, helps slow the release of glucose (sugar) into the body after a meal thereby halting sugar cravings and promoting weight loss. Nine clinical studies have been performed evaluating Svetol's health benefits. Svetol is found in SHAPESmart.

Weight Loss with no Diet Change

In one study performed by Vinson and his colleagues men and women were given either chlorogenic acids or placebo (fake pills). The study lasted 22 weeks or just over 5 months. The participants were asked not to change their diets and on average people ate 2400 calories per day which does not represent a calorie-reduced diet. The average weight loss in the study was 17 pounds with the lowest weight loss

being 7 pounds and the highest 26 pounds and body fat declined by 16 percent.

In another study, Thom and team investigated the effectiveness of Svetol in a gold standard, randomized, placebo-controlled, double-blind study. Forty obese volunteers were included in the 12-week study. Body weight, body composition, and blood pressure were recorded at baseline and every month during the study. The results showed a significant difference in weight reduction over 10 pounds in the treatment group versus 2.4 pounds in the placebo. BMI decreased by up to 10%.

More than Weight Loss

The researchers reported chlorogenic acids inhibit sugar absorption from starchy foods like bread and grains. Chlorogenic acids activate fat metabolism in the liver and lower triglycerides – say goodbye to fatty liver. In addition high blood pressure also dropped.

SHAPESmart's Svetol was the actual ingredient used in the clinical studies. SHAPESmart comes in convenient stick packs that you can pop in your purse. SHAPESmart is sugar-free and has a delicious natural lemon iced tea flavor that you can add to cold water for a refreshing drink or to hot water as a soothing tea or you can simply pour it onto your tongue. ♥

REDUCE DEEP WRINKLES IN 28 DAYS WITH COLLAGEN *continued from page 1*

other companies can state this as their products are not licensed for reducing deep wrinkles.

Collagen and Skin

Starting in our early 20s collagen production declines by about one percent a year. But women lose as much as 30 percent of their collagen in the five years following menopause which is the reason that we see bone loss, muscle decline, prolapsed uterus and bladder and skeletal aging in general.

The effects of slowed collagen production are visibly obvious when skin loses its elasticity, sags and wrinkles. A second yet equally important component of skin is 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 damaging sun burns this renewal rate slows down.

Reduce Deep Wrinkles in 28 Days

In a study of 43 women between the ages of 40 and 55 with deep crow's feet wrinkles, consumption of an Active Collagen (Type 1, III

and VII) hydrolyzed marine collagen and elastin polypeptides was found to decrease lines and wrinkles as well as to increase skin moisture. Two grams per day of either Active Collagen or fake pills were consumed for 84 days. Subjects' forearm and face skin conditions were 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 a significant 20% decrease in the depth and the number of deep wrinkles in 71 percent of the subjects. And, the placebo group experienced an increase in the number of deep wrinkles at both day 28 and day 84.

Finally, Active Collagen was found to have a powerful moisturizing effect on the skin and the longer you take it the more collagen rebuilding occurs. Active Collagen also reduces the crepe-like skin we get on our eyelids and upper arms. Even vaginal dryness improved. You only have to take 2000mg of Active Collagen other farmed tilapia fish collagen supplements require 4 times as much with no scientific evidence that they work.

Vegetarians Can Enhance Collagen Too

Collagen manufacture can be achieved by providing the body with the building blocks which include the nutrients biotin and orthosilicic acid. Choline-stabilized orthosilicic acid and biotin are found in Collagen Plus. These nutrients have been found to build collagen in the hair, nails, bones and skin. In the hair Collagen Plus enhances keratin along with collagen to promote thicker, stronger, faster growing hair. Due to the keratin enhancement Collagen Plus makes your hair shinier and less prone to breakage. Collagen Plus also builds collagen in the fingernails and bones. A 2% increase in bone density over a one year period was seen in those consuming choline-stabilized orthosilicic acid. Collagen Plus is a vegetarian product and gets your body making collagen. Just 10 drops a day in your smoothie or food and within 90 days you will notice a dramatic difference in your skin, hair and nails.

Choose your collagen supplement wisely and you will be rewarded with beautiful, smooth skin, thicker hair and harder fingernails all while building strong bones. ♥

URINARY TRACT INFECTIONS, INCONTINENCE, FREQUENT BATHROOM TRIPS?

Urgency; urinary incontinence where laughing, jumping, coughing or sneezing causes leakage; recurring urinary tract infections, interstitial cystitis, and frequent trips to the bathroom are all too common. Some women plan their shopping excursions around bathrooms and don't drink liquids trying to solve their urinary problems. Half of all women experience at least one urinary tract infection (UTI) per year. As we age urinary problems become more prevalent.

The vast majority of UTIs are caused by bacteria (*E. coli*) commonly found in the vagina and/or colon and rectal area. Women are more susceptible to UTIs than men because our urethra is shorter and situated closer to the anus. This is the reason your mother told you to wipe from front to back and urinate after sex. Declines in estrogen in the urinary/vaginal area, pregnancy, not taking enough probiotics, vaginal infections and waiting too long to urinate contribute to our urinary problems.

Doctors now recognize that antibiotic therapy is not the most effective treatment especially for women with recurring UTIs. The following are solutions for our urinary issues.

Incontinence and Urgency

Dr. Kegel developed an exercise to strengthen the muscles in the urinary/vaginal area. Remember the muscles down there hold your bladder and uterus in place. When these muscles sag we feel like we have to urinate and develop incontinence. Kegel exercises, whereby you squeeze all the vaginal muscles or your pelvic

floor muscles, will help with urgency and feelings of fullness. You should also use estriol vaginally along with kegels to effectively eliminate incontinence and urgency. Do not use Vagifem, Premarin or Estradiol cream these vaginal creams can cause estrogen-related cancers (go to the premarin website and read the warnings). The only safe estrogen is estriol. Estriol is so safe they have performed 18 studies to stop wrinkles and male facial hair growth and 9 studies for urinary incontinence where they found

80% of women were cured of their urinary incontinence in 6 months. Estriol is a prescription and is made up at a compounding pharmacy. The recommended dosage for vaginal estriol is 0.5mg to 1mg once daily for three weeks, with 0.5mg to 1.0mg once weekly for six months. You will know when vaginal atrophy is improving because intercourse will no longer be painful and moisture will have improved. Once it has improved you can discontinue use of estriol or use it 0.5mg to 1mg once every other week for another six months.

Infections and Frequency

Probiotics, "friendly bacteria", are essential for preventing and treating UTIs, yeast infections and urinary frequency. BB536 has over 80 clinical trials and is proven to prevent and treat urinary and vaginal infections and to replenish good bacteria after

antibiotic use. BB536 supports the immune system and lowers cholesterol too. It has also been shown to reduce *E. coli* infection and to prevent diarrhea and constipation.

BB536 is dairy-free and shelf stable so it does not require refrigeration. Other probiotics start dying off as soon as they are put in the capsule. Companies tell you that you have to take billions of bacteria but this is only because their products are not stable. I combined BB536 along with whole cranberry in Probiotic Plus to specifically treat urinary problems. Probiotic Plus is an effective combination of whole cranberry and BB536 Bifidobacterium to help eliminate UTIs and reduce the need for antibiotic therapy.

Cranberries effectively treat UTIs by inhibiting *E. coli* from sticking to bladder walls thereby halting infection. It takes 34 pounds of cranberries to produce one pound of whole cranberry in Probiotic Plus. All the vital parts are used including the pulp, seeds, skin and juice. Most cranberry products use only dehydrated juice research has shown this is not effective in treating and preventing recurrence. In a Canadian Journal of Urology study, 150 women between 21 and 72 years of age were followed for one year. Those given whole cranberry had a 44 percent lower incidence of UTIs than the placebo group. Incorporate as many of the following health tips to halt urinary problems:

- Drink 4 glasses of water and add SHAPEsmart to enhance flavor.
- Eat organic, plain, probiotic-rich yogurt daily
- Urinate when your body tells you
- Use unbleached panty liners, pads and tampons instead of the bleached variety
- Urinate immediately after intercourse
- Do not use douches
- Take PROBIOTIC PLUS for treatment and prevention ♥



PROTEINsmart with CLA RECIPES

Raspberry Chocolate Yogurt

- ¾ cup of organic plain yogurt
 - 2 scoops of PROTEINsmart chocolate
- Mix all ingredients until smooth
Add ¼ cup of organic raspberries
Delicious for breakfast or a protein loaded snack

Mango Strawberry Smoothie

- In a blender, add:
- Two scoops of PROTEINsmart vanilla
 - 125 – 250ml of water
 - ¼ cup mangos
 - ¼ cup strawberries
 - ½ to 1 packet of MULTIsmart

In one study post menopausal women took 5000mg of CLA for 90 days and lost 7lbs with no diet change.

2 scoops of PROTEINsmart contains 5000mg of CLA.

TOO MUCH ESTROGEN?

- Breast lumps
- Painful breasts
- Heavy periods
- Irregular periods
- Endometriosis
- Uterine fibroids
- Uterine polyps
- Hormonal acne
- Precocious puberty
- Mid section weight gain
- Ovarian cysts
- Early menstruation before 12
- Late menopause over 56

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), weight gain, period problems along with the symptoms mentioned above. 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. Avoid soy products as research shows one 8 ounce glass of soy milk can raise estradiol by 380%. Commercial dairy products also contain estrogen. Some drugs like statins, birth control pills and HRT can also 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. If you said yes to any of these symptoms you have too much estrogen. Take ESTROsmart everyday to bring your estrogen back into the normal range allowing your progesterone to naturally rise. ESTROsmart stops abnormal cell growth caused by too much estrogen. ♥

SHRINK

Uterine Fibroids and Stop Heavy Periods

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 low iron and subsequent hair loss. Three quarters of hysterectomy (removal of the uterus) in Canada are performed as a result of unresolved heavy periods.

Uterine fibroids, polyps, endometriosis and a thick uterine lining are caused by too much estrogen fuelling abnormal cell growth. I developed ESTROsmart to shrink my uterine fibroids. Within one year my fibroids shrunk by 13% and by four years of taking 4 capsules per day of ESTROsmart my fibroids reduced by 39%.

ESTROsmart works for heavy periods, long periods, irregular periods, painful periods and stops the growth of uterine fibroids, endometriosis and polyps. Within two menstrual cycles you should notice the flow change. Take 2 – 4 capsules of ESTROsmart daily with food to

“ Within one year my fibroids shrunk by 13% and by four years of taking 4 capsules per day of ESTROsmart my fibroids reduced by 39%.”

make periods effortless and halt abnormal cell growth in the uterus, breasts and ovaries. Add Shepherd's Purse tincture which has a long history in herbal medicine for the treatment of heavy, clotting or excessive menstrual flow. Shepherd's purse contains a protein that is similar to oxytocin the hormone that causes constriction of the uterus. Add 1/2 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 1/2 teaspoon 3 times daily for 10 days preceding the onset of menstruation. ♥

STOP PCOS & IMPROVE EGG QUALITY

Polycystic Ovarian Syndrome (PCOS) had been very difficult to treat until Chirosoitol came to the rescue. PCOS symptoms include elevated testosterone, DHEA, prolactin, insulin and blood sugar, excess body hair, oily skin, acne, irregular periods, weight gain and sometimes multiple cysts in the ovaries, and infertility due to not ovulating. In nine clinical studies specifically for PCOS, Chirosoitol found exclusively in GLUCOsmart was shown to effectively treat insulin and blood sugar, lower excess male hormones, weight gain and appetite. Chirosoitol also promoted regular ovulation in those with irregular periods and an

improvement in egg quality. Most women with PCOS are overweight but in those who are thin, Chirosoitol maintained their normal weight while regulating insulin and blood sugar levels while improving ovulation and menstrual cycles while reducing excess male hormones and prolactin. If you are under 165 pounds take one GLUCOsmart per day and if you are over 165lbs take 2 capsules. Accept no substitutes GLUCOsmart is the only Health Canada licensed product for PCOS. Those with PCOS should also take ESTROsmart 4 capsules per day along with GLUCOsmart. ♥



PCOS SYMPTOMS IMPROVING HOPING TO CONCEIVE

I am loving GLUCOsmart! My skin tags are gone. My PCOS symptoms are calming down. I'm going to start ESTROsmart soon in hopes to conceive! – MM, ON

END MENOPAUSE

Misery



Menopause is not a disease but a natural transition whereby periods stop. The average age is 52. Women who have virtually no symptoms at menopause have great functioning adrenals and thyroid glands. Once your ovaries shut down at menopause your adrenals will kick in and make estrogen, DHEA, testosterone and progesterone. Women with great functioning adrenals have virtually no menopause symptoms. If you are chronically stressed your adrenals will not be able to take over the function of making your hormones at menopause. Symptoms of adrenal fatigue include: difficulty handling stress; salt, sugar and caffeine cravings; you fall asleep fine but wake up several hours later and can't fall back to sleep; crying and angry outbursts, belly fat weight gain. Reduce stress, get 7-8 hours of uninterrupted sleep and take ADRENAsmart daily to help calm and support your adrenal glands for an easy menopause transition.

Never-ending Symptoms and Low Thyroid

The thyroid is the master conductor of all of your hormones. Low thyroid is epidemic in Canada today with 23% already taking medication. Symptoms of low thyroid include: weight gain, thinning hair, feeling cold, constipation, dry skin, low moods, high cholesterol, and severe

menopause symptoms. The adrenals and thyroid communicate with one another. When our adrenals become exhausted our thyroid does not function well and vice versa. If you have the symptoms of low thyroid but can't get thyroid medication because according to your doctor your thyroid is "normal" take THYROsmart a Health Canada licensed nutritional supplement that supports a healthy thyroid. THYROsmart quickly elevated T4 thyroid hormone while improving the conversion of T4 to the more potent T3. THYROsmart is a safe fast acting nutrient.

Halt Hot Flashes & No Night Sweats

Thankfully the menopause transition should only last about one year to 18 months if your adrenals and thyroid are supported. If you do suffer with hot flashes and night sweats you will want to add a hot flash formula to eliminate these symptoms. MENOsmart PLUS contains herbs to stop hot flashes and night sweats, elevate progesterone and cool the body. MENOsmart PLUS taken at breakfast and bedtime will eliminate these common symptoms of menopause. MENOsmart Plus does not contain any Chinese ingredients and I added the right kind of sage to the powerful formula to halt those annoying sweats. ♥

MILK THISTLE NOT FOR DAILY USE

Milk thistle is called "milk" thistle because it has a long history as an aid to bring milk in when women are breastfeeding. Milk thistle elevates prolactin levels to stimulate the breasts. In the last decade milk thistle has finally been researched in women and we now know that it can stimulate breast tissue, increase breast pain and swelling when taken long term. Milk thistle should not be taken by women on a daily basis due to then possible concerns of stimulating abnormal cell growth in the breasts. Milk thistle is a liver cleansing herb that should NOT be taken by women more than 7 to 10 days and if you have a history of breast cancer avoid milk thistle. ESTROsmart does not contain milk thistle for this reason. ♥



Elen11/5/stock

6 weeks to ending Acne

Pimples, breakouts, acne are a sign of hormone imbalance. In women hormonal acne occurs mid cycle and clears for a few days only to reappear. Acne occurs as a result of incompetent ovulation whereby the egg is not released properly and this causes an excess of testosterone to be secreted causing acne on the face, back and chest. ESTROsmart promotes healthy ovulation thereby balancing hormones. Within 4 to 8 weeks or 2 full menstrual cycles breakouts disappear and clear beautiful skin shines.

HOT FLASHES AND MOOD SWINGS GONE

Love your products Lorna!! I was suffering from terrible hot flashes, night sweats and mood swings since entering menopause. My sister recommended your MENOsmart Plus and ADRENAsmart...Wow, within a couple of weeks the change was unbelievable! I won't go without these two products now and I'm interested in trying more of your products. I've even got my BFF started on the MENOsmart Plus! I can't wait until she sees the results! Thank You! – CH, NB



GLA THE BEAUTIFUL SKIN FATTY ACID

Fatty acids are good fats for optimal health. Gamma linolenic acid, called GLA for short, is a very special essential fatty acid for beautiful skin and much more. Most of us know about omega 3 fatty acids from fish or flax seed oil. Essential fats like GLA we have to get from our diet. The only human food to contain GLA is breast milk and after we are finished with breast milk our body is supposed to make GLA from the food we eat. For people with skin conditions like eczema, dermatitis, psoriasis or cradle cap they can not make GLA from the food they eat and this is why they suffer a GLA deficiency that causes these skin conditions. When it comes to GLA the only way to get this important fatty acid is to take it in a nutritional supplement. Fish and flaxseed oil do not contain GLA.

The highest concentrations of GLA are found in borage oil (up to 24%). Borage oil GLA is also cold pressed so no chemicals are used to extract it unlike evening primrose oil. GLA is not found in food in high enough quantities to maintain our needs through diet alone. The best borage oil is grown in northern Canada and Europe and the seeds are cold-pressed to provide an oil rich in GLA. Asian GLA has come into the marketplace and it is cheap, often rancid, tastes bad and contains contaminants. Our GLA SKIN OIL and Borage oil capsules contain the highest concentration of GLA and it is grown in Canada or Europe.

GLA Eases Cramps and Breast Pain

GLA deficiency is a major cause of pain, cramps, nausea, vomiting, bloating and headaches. In many women with breast pain and terrible PMS their ability to make GLA is often impaired. One

trial done at the breast clinic at the University of Hong Kong used GLA for the treatment of cyclical breast pain. Of the 66 women in the study 97% responded to treatment with GLA after 6 months. Further studies have found unusually low concentrations of GLA in the women suffering with period cramps and breast pain. To treat cramps and breast pain take 2 to 4 tsp of GLA SKIN OIL with food per day.

GLA, Menopause and Skin

In women who have gone through menopause, the enzyme that converts food into GLA becomes impaired. GLA makes your skin youthful and glowing. The main reason our skin becomes dull, dry and prone to rashes and redness after menopause is due to the inability to make GLA. After menopause it is essential that we take a daily dose of GLA to ensure beautiful skin. As we age GLA can reduce inflammation in the skin associated with wrinkled skin. Without sufficient GLA the skin becomes dry, rough and wrinkled. GLA is the beautiful skin oil.

GLA and Skin Conditions

Skin disorders like eczema, psoriasis, rosacea, dermatitis, cradle cap, acne and dry skin occur because we are deficient in GLA. GLA is vital for keeping skin cells moist and strong improving the barrier function of the skin. 60 patients given 500 mg of GLA per day for eczema had a 90% improvement over 12 weeks. Eczema is a common problem in infants and children. GLA is safe for all ages without the side effects seen with steroid creams.

GLA has also been found to inhibit testosterone in the skin that causes acne. GLA can be taken

both internally and applied externally to acne prone areas with excellent results.

GLA and Breast Cancer

In a British study women with advanced metastatic breast cancer taking Tamoxifen (a cancer drug that blocks estrogen) who also took GLA had a much faster response than those on Tamoxifen alone. Participants received 300 mg of GLA per day. The United Kingdom Cancer Research Campaign reports that GLA holds great potential in new breast cancer treatments.

GLA and Bone Density

Studies performed over 18 months found that when GLA was combined with bone building nutrients like magnesium, vitamin K2-MK7, vitamin D3 and calcium, GLA enhanced the absorption of nutrients and improved bone density and prevented bone loss. Sixty five women with an average age of 79 years were given 600 mg of calcium glycinate/ aspartate along with 1000 mg of GLA and had up to a 2% increase in bone density whereas the group receiving calcium alone lost 2 to 3% of bone over the 18 month period. Take our MULTIsmart that contains magnesium bisglycinate, calcium citrate/ aspartate/glycinate along with Bone Booster and GLA for strong bones.

When purchasing a GLA containing oil remember to read the actual amount of GLA the product delivers not just the amount of total oil in the capsule or bottle. I love our GLA SKIN OIL as the liquid can be applied to the skin and taken internally. ♥

MELATONIN STOPS ENDOMETRIOSIS PAIN

And we all thought melatonin was simply a sleep aid. Melatonin has emerged as an excellent pain reliever, antioxidant and anti-inflammatory agent. This, according to a recent, well designed, randomized, double-blind, placebo-controlled trial which showed taking up to 10 milligrams of melatonin at bedtime for 8 weeks resulted in a significant reduction in pain in women diagnosed with endometriosis. In fact, participants in the study were able to reduce the use of pain medications by 80%.

I've always recommended women take MELATONIN Plus at bedtime to reduce the risk of breast cancer and to aid deep restful sleep, but now we know women with endometriosis should definitely add Melatonin Plus to their treatment arsenal along with ESTROsmart to stop endometriosis. ♥

IS YOUR VITAMIN D3 ACTIVATED?

Are you like many women who have been taking vitamin D3 supplements only to find out when you got tested that your vitamin D levels are low? When vitamin D3 is manufactured it must be exposed to ultraviolet light in order for the vitamin D3 to have any action in the human body. In other words the Vitamin D3 has to be activated. My vitamin D3 supplement is activated with ultraviolet light and we combine it with MCT oil to ensure that you get even better absorption. Each drop delivers 1000 IU of D3 and it has no taste. It is easy to use and each bottle provides 360 servings.

Vitamin D3 has been shown to prevent and treat: breast and colon cancer, osteoporosis, dementia, PCOS, depression, chronic pain and so much more. Get a 25-hydroxyvitamin D3 test at your doctor's office and check your levels. ♥

VITAMIN D LEVELS 25 HYDROXY D

Deficient	Optimal	Treat Cancer	Excess
<50 ng/ml	50 to 70 ng/ml	70-100 ng/ml	>100 ng/ml

Multiply ng/ml by 2.5 to convert to nmol/litre

DO YOU HAVE LOW THYROID

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

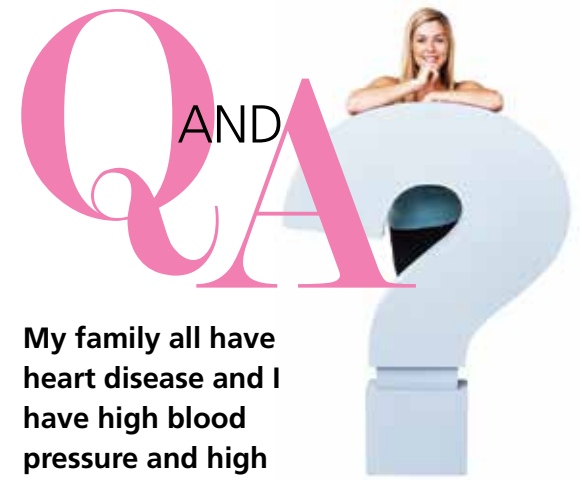
Symptoms of low thyroid include:

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

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

THYROsmart Supports Optimal Thyroid Health

THYROsmart enhances T4 thyroid hormone and improves the conversion of T4 to the more potent T3 hormone. Ninety-five percent of all cases of low thyroid are due to impaired conversion of T4 into T3 in the tissues of the thyroid gland. THYROsmart supports healthy thyroid hormone levels. ♥



My family all have heart disease and I have high blood pressure and high cholesterol. What do I do?

For heart health I suggest the following: CALA-Q Plus contains several heart protective nutrients including calamari oil, coenzyme Q10, B vitamins and carnitine. Calamari oil is superior as it does not cause 'fishy burps' and contains more DHA than any other omega 3. DHA is needed for heart, brain and eye health (stops dry eyes too). The coenzyme Q10 in CALA-Q Plus is in oil form which is super absorbable and maintains a strong heart. Q10 also stops gum disease and reduces wrinkles. CALA-Q Plus supports optimal heart health, maintains blood pressure and lowers "bad" LDL cholesterol. This is the only supplement I have found to effectively lower bad cholesterol.

You should also take MAGsmart containing magnesium bisglycinate, taurine and other nutrients. MAGsmart lowers high blood pressure and stops heart palpitations. MAGsmart also helps you sleep and halts restless legs and leg cramps. Remember, the heart is the largest muscle in the body and magnesium bisglycinate is the only magnesium that gets into the muscle cells to calm and protect them. And if you already have high blood pressure and high cholesterol or heart palpitations, these two nutritional supplements combined will support your heart to help prevent heart disease. Get Your 30 Day Heart Smart Solution (\$14.95 value) FREE when you purchase CALA-Q Plus and MAGsmart while quantities last. ♥

THYROSMART REVERSES LOW THYROID

I take 2 Thyrosmart every morning. My latest TSH results were 2.8! Last year I was at almost 4.0! Thyrosmart is obviously working! Super excited. I really believe in all of your products. I told my friend to start taking Thyrosmart because of her thyroid levels and she is so excited to hear of my results! – MV, BC

PERIOD PROBLEMS GONE I LOVE LORNA PRODUCTS

I have been taking ESTROsmart, (my favorite product...though I won't do without any of them) and was told my son could use it too for his acne and it has been helping. I also take THYROsmart, ADRENAsmart, and GLUCOsmart. I was taking MENOsmart Plus at first, but when I emailed Lorna's FB page where I was told that night sweats were actually thyroid issues in menstruating women, not menopausal...and that I didn't need MENOsmart Plus. These products have changed my life so much that I have also gotten a few friends on them (the ESTROsmart) and they say it's helping them too. I love the products because they actually work, after years of suffering and going to my doctor and getting no help or relief of terrible symptoms (hot flashes, painful periods, night sweats, depression, etc). Just being on the products I mentioned above stopped all symptoms and made my monthly periods absolutely painless...and I have energy...wow.

I also love her videos. I really hope she comes to Calgary sometime! – KD, AB

No More Leg Cramps, Muscle Pain, Migraines, Sleepless Nights ...

Restless legs, twitching eyelids, heart palpitations, high blood pressure, leg cramps and muscle pain all have one thing in common and that is magnesium. Magnesium controls over 300 reactions in the body. A deficiency of magnesium has been implicated in heart disease, depression, brain fog in menopause, migraine headaches, fibromyalgia, osteoporosis and more. Since the 1950s magnesium in food and water has been so depleted that 82% of the population is deficient in this important mineral. Before the introduction of blood pressure medications magnesium was a recognized and very effective treatment. Blood pressure medications today do not work that well in women and men don't like them because they

cause impotence or erectile dysfunction. Magnesium has been extensively researched.

By taking magnesium every day you can:

- Reduce the risk of heart disease and death due to cardiovascular disease
- Reduce high blood pressure quickly
- Improve behaviour and concentration in children with ADHD
- Improve insulin response in diabetics
- Control the pain and inflammation of fibromyalgia when given with malic acid (found in MAGsmart)
- Alleviate migraine headaches and headaches due to muscle tension

- Stop muscle cramps, tics, restless leg syndrome, nighttime leg cramps
- Reduce brain fog and depression associated with menopause
- Eliminate constipation
- The Pill and HRT deplete the body of magnesium so you must supplement

Not All Magnesium is Created Equal

Most magnesium is sold in poorly absorbed forms that cause diarrhea when taken in optimal doses. The best forms of magnesium are bound to amino acids, particularly glycine. Magnesium bisglycinate, found in MAGsmart, is the only magnesium that crosses the blood-brain barrier and is better absorbed. MAGsmart also contains taurine needed to lower high blood pressure and stop edema (especially those puffy bags under the eyes). MAGsmart also contains B vitamins, malic acid and other nutrients to ensure proper muscle function. MAGsmart is a delicious lemon-lime powder that you can add to water, juice or your smoothie for a great tasting drink that works fast. ♥

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Lorna Vanderhaeghe is the author of 13 books. Visit www.hormonehelp.com for more information and to read some of her **FREE** books.



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