

the WOMAN'S WORD

women helping women

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Discover the secret to putting PCOS into remission fast.



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www.hormonehelp.com

ISSUE SEVEN

Discover the *connection* between belly fat, skin tags and Diabetes

Belly fat is a stubborn problem. No end of sit-ups and crunches make it disappear. Starving and running on the treadmill for hours every week doesn't seem to budge belly fat either. We know there is a connection between our expanding waistlines and our hormones. The main hormone contributing to belly fat is insulin. Insulin is a powerful hormone that, when in excess, also causes an elevation in circulating male hormones.

Insulin-Testosterone Connection

In women, when insulin levels become high, it also causes an increase in male hormones and women develop acne, hair growth above the lip and/or chin, and polycystic ovarian syndrome (PCOS).

In men, elevated insulin causes testosterone to convert to estrogens (which results in a beer belly and breasts) and also the conversion of testosterone to DHT, a harmful male hormone associated with prostate cancer and hair loss.

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STOP Hot Flashes Today

Menopause means one year with no menstrual period. Peri-menopause is the 10 to 15 years before menopause and everything after the periods have stopped for one year is post menopause. The average age of menopause is 52 years. In Canada over 50 percent of the female adult population is in menopause or post-menopause. The ovaries take a much needed rest at menopause and no longer secrete eggs. Smoking, medication, removal of the ovaries, radiation and autoimmune disease affecting the ovaries, can trigger premature menopause in young women. Menopause is not a disease, but rather a natural milestone in every woman's life.

What makes the difference between a

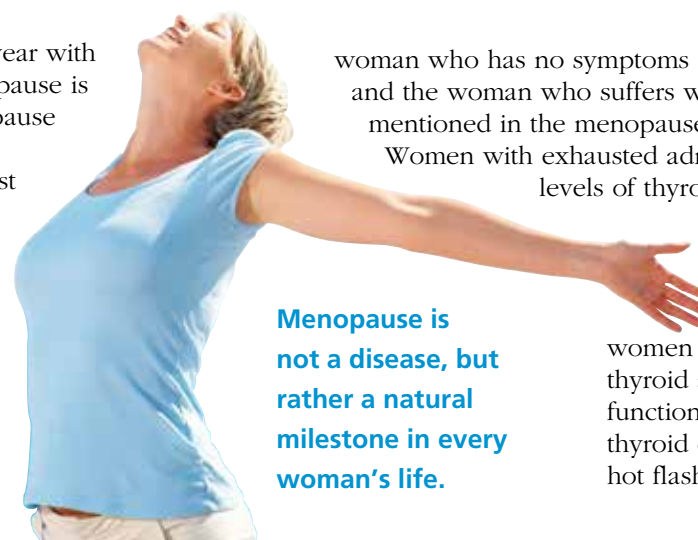
woman who has no symptoms at menopause and the woman who suffers with the symptoms mentioned in the menopause check list?

Women with exhausted adrenals and low levels of thyroid hormones

will have terrible menopause symptoms compared to

women with a healthy thyroid and great functioning adrenals. Low thyroid causes extreme hot flashes, night sweats,

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Menopause is not a disease, but rather a natural milestone in every woman's life.

Are you in Menopause?

- Have not had a period in 12 months or longer
- My skin is dry and wrinkling
- I am feeling anxious, irritable and tire easily
- I am leaking urine
- I have hot flashes and/or night sweats
- Intercourse is painful
- Memory problems and brain fog occur
- I am not sleeping well
- I don't have a desire for sex
- I have vaginal dryness
- I have gained weight

LOST 30 LBS AND 4 INCHES

Dear Lorna,
I've been following your book *A Smart Woman's Guide to Weight Loss and taking Glucosmart containing Chirostitol for the last 2 months. I've lost 30 pounds and 4 inches. I'm going to keep following all your advice...another 60 pounds to go.*
– AM, BC

Dear Lorna,
My 12 year old daughter is very pale and has no energy. Help!

Most likely she is iron deficient. A new study found Canadians have cut their meat consumption dramatically (a major source of easily absorbed iron). As a result many children are now iron deficient. And many tots, children and teens are not big meat eaters either which puts them at risk of iron deficiency. Kids need 10mg of elemental iron from their diet for their increased growth needs. If youngsters have low iron, they do not grow as tall, have challenges learning and poor test scores at school, behavioral problems, low appetite and a lack of energy. In the teen years erratic dietary habits, growth spurts and, in females the onset of menstruation can contribute to iron deficiency too. I suggest your daughter takes 1 tsp. of Ironsmart liquid iron per day. Ironsmart does not cause constipation or upset stomach, and works fast to raise iron and ferritin levels. Ironsmart has a delicious caramel flavor that kids and adults love.



photo: Stockphoto4u - iStock

Discover the Connection between belly fat, skin tags and Diabetes

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Chirostitol Busts Belly Fat

Elevated insulin promotes weight gain, high cholesterol, diabetes and excess belly fat. Skin tags are an early sign of pre-diabetes. Thankfully, busting belly fat and normalizing insulin just got easier. The nutrient Chirostitol, researched in over 30 studies at the Virginia Medical School, works for pre-diabetes, Type-2 diabetes, and excess male hormone-related conditions such as acne, PCOS, and male facial hair growth in women. Chirostitol found in Glucosmart has also been shown to reduce appetite and improve

our happy hormone serotonin, which halts sugar cravings and controls appetite. But where Glucosmart with Chirostitol really shines is in fighting belly fat in both men and women. Weight loss is effortless when you find the missing key. Start eating protein and green vegetables and take Glucosmart and that weight will fall off effortlessly. ♥

Get a **Smart Woman's Guide to Weight Loss FREE** when you purchase Glucosmart.

Do you Have PCOS?



Polycystic ovarian syndrome (PCOS) has been a very difficult condition to treat until Chirostitol came to the rescue. In women with PCOS, weight gain around the hips and thighs, insulin resistance, higher-than-normal male hormones resulting in male facial hair growth and acne, sometimes multiple cysts in the ovaries, period problems and infertility due to not ovulating are major components of the condition. In multiple studies, Chirostitol was found to effectively treat insulin and blood sugar levels, excess male hormones, weight gain and appetite in these women. In women who also do not ovulate or have irregular periods associated with insulin resistance and PCOS, Chirostitol is the answer. Most women with PCOS are overweight, but for those who are thin and have PCOS, Chirostitol maintained their normal weight while regulating insulin and blood sugar levels while improving ovulation and menstrual cycles, and reducing excess circulating male hormones.

photo: pidjoe - iStock

FINALLY PREGNANT THANKS TO YOU!

Dear Lorna,
I am writing to let you know that after being diagnosed 6 years ago with PCOS and told I could never get pregnant without fertility treatment, I am the proud mother of a healthy 10 month old baby boy.
It's probably a story you hear quite often, but I am eternally grateful for the products you have created. I was married May 2010 and pregnant by the end of June 2010. I had been off all contraception for about 2 years, but within 2 months of taking Estrosmart Plus I was pregnant.
Many, many thanks :) – AW, BC

vaginal dryness, weight gain and mood swings. Exhausted adrenals promote insomnia – where you fall asleep fine but wake up several hours later and can't get back to sleep.

Dr. Oz has been recommending herbs and sage for menopause symptoms. Menosmart Plus contains

high quality sage in the right dose, along with other herbs to quickly halt menopause symptoms. Health Canada has approved Menosmart Plus. This formula can also be taken by women on bioidentical hormones that are still getting hot flashes and night sweats.

Lorna's Prescription for Menopause

Nutrients	Dosage	Action
Multismart	1 to 2 packets per day in a shake or juice or 6 to 12 capsules per day with food	Provides all the vitamin D, calcium and other nutrients you need for optimal nutrient status, bone, heart and skin.
Menosmart Plus	2 capsules at breakfast and 2 at bedtime (the nighttime dose is important for night sweat reduction)	Supports hormone secretion, reduces hot flashes, night sweats, mood swings and vaginal dryness.
SMILE	100 to 200mg 3 times per day on an empty stomach	Increases serotonin levels, reduces anxiety and muscle pain, improves sleep, enhances mood and controls appetite. Can be used to come off anti-depressants.
Sleepsmart	1 capsule at bedtime	Aids deep restful sleep.

ASK FOR OUR FREE MENOPAUSE BOOKLET AT YOUR FAVORITE HEALTH FOOD STORE.

Perimenopause

The Hormone Havoc Years

For many women, peri-menopause is a more challenging time than the menopausal years. In some women, hormones can start to shift as early as age 35; other women do not experience hormone fluctuations until five years before menopause (the average onset of menopause is age 52). Prior to that, the relatively consistent up-and-down rhythm of hormones can start shifting as wildly as they did during puberty – estrogen becomes high, progesterone low, and at other times, there are steep increases and drops in estrogen.

During the peri-menopausal years weight gain, breast tenderness or lumps (cysts), heavy or long periods, acne, mood changes (including PMS, which may not have been a problem in younger days), fatigue, uterine fibroids, endometriosis, problems staying asleep, thinning hair, occasional sweats at night, low libido, or fatigue, fibromyalgia or joint pain may occur.

The key to solving peri-menopause problems is Estrosmart. Estrosmart contains plant and food nutrients designed to balance hormones naturally by controlling excess estrogen and enhancing low progesterone. Breast lumps and fibroids start shrinking, peri-menopausal acne and PMS disappear and periods are effortless. Women who take Estrosmart for years before menopause tend to have few menopause symptoms. ♥



HOT FLASHES Finally Gone!

I am 48 years old, and I started getting hot flashes so intensely this past summer that it was really disrupting my life! I would have them continuously throughout the day and be woken 3 or 4 times at night. I was a wreck from sleep deprivation. Finally I tried a combination of Menosmart Plus and SMILE and something for my adrenals. Within 3 weeks to a month I was not having hot flashes anymore...nothing. They have totally diminished – JN, BC

did you know? Up to 23% of Canadian Women have low Thyroid. Do you have:

- Thinning hair and loss of eyebrow hair
- Dry skin
- Low blood pressure
- No perspiration
- Constipation
- Weight gain or difficulty losing weight
- Feel cold all the time
- Menstrual problems
- Infertility and recurring miscarriage
- Depression or just feel "flat"
- Never ending menopause symptoms

Get your thyroid tested and ask for the results. Your TSH should be below 2.0. If your TSH is above 2.0 you need Thyrosmart 2 capsules at breakfast. Look up thyroid in Lorna's free book called *An A – Z Woman's Guide to Vibrant Health* at www.hormonehelp.com





3 STEPS TO *Beautiful* SKIN

You may have noticed lately that your skin is showing more wear and tear. Maybe you see tiny lines crossing the delicate skin around your eyes and mouth. Or your skin may lack that youthful glow or be sagging.

Make Your Skin Glow

Your skin needs a very special essential fatty acid called GLA. GLA is called “essential” because we have to get it from the food we eat. Sadly the North American diet is made up predominantly of bad fats and devoid of “good” fats. And even if you eat well, to make matters, an enzyme that makes GLA from our food is often impaired which means you can’t make GLA from the foods you eat – the only way to get this important fatty acid is from a bottle. GLA is not found in fish or flaxseed oil so those oils don’t have the same skin benefit as GLA. The main source of GLA is found in borage oil (24%) and to a lesser extent evening primrose oil (8%). Consuming GLA SKIN Oil is the fastest way to gorgeous skin.

GLA, Menopause and Skin

The reason women wrinkle and develop dry, dull skin after menopause is that we can no longer make GLA from our food. To return your skin to its youthful glow after menopause you must supplement with GLA SKIN oil. GLA also reduces inflammation in the skin associated with rashes and rosacea which are also common in menopausal women. GLA also treats eczema, psoriasis and acne. Take 2 to 4 tsp per day of GLA SKIN OIL to quickly restore glowing skin.

Collagen Enhancer

Collagen also plays a critical role in skin health. You have probably noticed how baby skin is so soft and smooth. Youthful skin is abundant in collagen and elastin fibers that lock in moisture and keep the skin firm. As we age, however, collagen production

naturally declines by about 1 percent a year starting in our early 20s. Women in menopause are especially susceptible to collagen deficiency. Research shows that women lose as much as 30 percent of their skin collagen in the first few years following menopause. And as if that is not bad enough, skin elasticity declines 0.55 percent per year after menopause. It is the loss of collagen that causes sagging skin and wrinkles.

Women spend billions of dollars on treatments such as skin fillers, laser and Botox. More so than any expensive treatment, however, it is possible to support beautiful skin and collagen production by choosing nutrients that provide the body with the necessary building blocks such as silicic acid, biotin and collagen and elastin peptides.

Lorna’s Beautiful Skin Program

- ▶ Take 10 drops of Collagen Plus
- ▶ Drink 2 to 4 tsp of GLA SKIN OIL
- ▶ Take 2000mg of Active Collagen
- ▶ Apply Celadrin Super Strength Cream containing hylauronic acid, squalene and 10% celadrin morning and night.
- ▶ Eat 5 servings of dark coloured vegetables per day and 1 serving of berries.

The Silicon/Collagen Connection

Silicon is a trace mineral required by the body to make collagen. Specifically, silicon is converted into silicic acid that the body requires to manufacture collagen and elastin. Unfortunately, silicon from food, herbs and colloidal (gel) silica supplements is poorly absorbed, resulting in a lack of the building blocks required to make collagen. Collagen Plus contains silicic acid, which is directly used to make collagen. Within two to three months, you will notice an improvement in the smoothness of your skin and in the strength of your hair and nails.

Collagen Plus for Stronger Bones

Collagen is the main component that ensures strong bones. One in four women has osteoporosis, and hip fractures are a leading cause of disability and sometimes death. Smart women choose Collagen Plus as part of their healthy bone program. Receding gums are an early indicator of osteoporosis, and dentists have reported that Collagen Plus stops receding gums. Weak, fragile nails are also symptoms of poor bone health. To prevent osteoporosis, take Collagen Plus and Multismart. Multismart contains all the bone-building nutrients, including the right forms of calcium, magnesium and vitamin D, along with all of your vitamins and minerals. If you have osteoporosis, take Collagen Plus, Multismart and Bone Booster. Bone Booster contains vitamin K2 MK-7 and vitamin D3, which keeps calcium and other bone minerals in your bones.

The “Plus” in Collagen Plus Is Biotin

Like silicic acid, biotin is important for healthy hair, ▶

skin, nails and bones. Topical biotin, often added to hair care products, is not as effective as biotin in capsule form. Taking biotin has been found to increase nail thickness and reduce splitting. Collagen Plus contains 50 micrograms of biotin per recommended daily dose.

Reduce Deep Wrinkles in 28 days

We can also take a supplement containing collagen and elastin peptides found in Active Collagen. In a study of 43 women between the ages of 40 and 55 with deep crow's feet wrinkles taking 2000mg

of Active Collagen was found to decrease lines and wrinkles as well as increase moisture content. Subjects were either give Active Collagen or a fake pill for 84 days during the harsh winter months. At day 28 over 70% of the women had a 20% reduction of their deep wrinkles. By day 84 a dramatic increase in skin moisture and protection from the dry winter weather was seen. No other nutrient or skin topical has been found to reduce the depth of deep wrinkles. Combined with GLA and Collagen Plus you will note a dramatic difference in the look of your skin. ♥

BEAUTIFUL SKIN IN 2 WEEKS

Hi Lorna, I noticed that since I went through menopause my skin is so dry and has wrinkled terribly.

I heard you on the Fanny Keifer show talking about GLA Skin oil and I started taking 3 teaspoons per day and within 2 weeks my skin was glowing. My friends were asking what I had "done".

Thank you – CK, ON

Help, I'm LOSING my hair!

Hair loss in women is due to low iron, low thyroid and not enough protein and minerals in the diet. Low iron is the main reason for hair loss and you do not have to be anemic to have your hair fall out. Hair follicles contain iron and when iron levels drop to low-normal, hair not only falls out, but it also becomes dry, fragile and loses pigment. Severe hair loss can occur with low iron. Have your ferritin levels checked as your hair follicles contain ferritin. A ferritin below 70 will cause hair loss.

Hair loss is also caused by low thyroid. Have a thyroid stimulating hormone (TSH) blood test performed. Those with a TSH over 2.0 will develop hair loss among other low thyroid symptoms. Our doctor will advise that thyroid is normal unless the TSH is over 5.5 so ask for a copy of your test results.

Lastly, hair loss can occur from not having enough protein and minerals in the diet. Thankfully we can solve

hair loss with the following supplements. Studies show that we need 20mg of iron daily from our diet, but most women are only getting 8mg. As a result, iron deficiency is common. You will need Ironsmart liquid iron supplement, which will increase iron levels quickly. Ironsmart has a delicious caramel taste and it does not constipate or cause digestive upset like other iron supplements and it raises ferritin quickly.

Take 2 capsules of Thyrosmart with breakfast to ensure that your TSH stays in the healthy range below 2. You must take an excellent multi-vitamin with mineral supplement like Multismart, which contains special water-soluble minerals that work fast to improve hair quality. Take 10 drops of Collagen Plus for thick, fast growing hair. Eat protein at every meal and you will see your hair improve in 90 days. ♥



HALT Hormonal Acne

Breakouts, pimples or zits, as we call them, are a sign of hormonal imbalances. In women with acne, when they ovulate the egg is not secreted properly and as a result the body sends out too many male hormones which cause acne around the hair and chin, chest and the back. Estrosmart is a combination of plant nutrients that balance our hormones and keep testosterone in check by ensuring proper ovulation. Within 60 days of taking 4 capsules of Estrosmart per day women notice their hormonal breakouts disappear and clear beautiful skin shines through. Estrosmart not only clears acne but periods become effortless and PMS diminishes. I formulated Estrosmart to protect our cervix, breasts and endometrium from abnormal cell growth. Estrosmart is a girl's best friend.

did you know?

CLA Plus aids weight loss without diet change. In one study post menopausal women took 8000mg of CLA Plus for 90 days and they lost 7lbs without changing their diet.

ARE YOU stressed, wake up at night and have no energy?

You may have adrenal exhaustion. Chronic stress negatively affects the adrenal glands. In women the adrenals are the back-up hormone system making estrogen, progesterone, DHEAS and testosterone when the ovaries take a much needed rest at menopause. Women who have good functioning adrenals have virtually no menopause symptoms. And if your adrenals are tired you just can't handle stress, you develop belly fat weight gain, you fall asleep fine but wake up several hours later and can't fall back to sleep until 4 am and you need coffee to keep you going. Adrenasmart helps reverse adrenal exhaustion fast and helps us deal with stress better.



MOTHER OF 3 AND NO PATIENCE

*Dear Lorna,
I am a mother of 3 and work fulltime. I was getting to the point where I couldn't sleep, everything bugged me and I no patience with my kids. I started taking Adrenasmart and in less than 3 weeks my symptoms started to disappear. – DW, ON*

Magnesium Miracle

82% of Canadians Need Magnesium

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 the recognized and very effective treatment. Blood pressure medications of 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 frequency of heart disease and deaths due to cardiovascular disease
- Reduce high blood pressure quickly
- Improve behaviour and concentration in children with ADHD
- Help diabetics improve insulin response
- 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, night time leg cramps
- Reduces brain fog and depression associated with menopause
- Eliminate constipation
- The PILL and HRT deplete the body of magnesium so you must supplement

Magnesium Improves Mood

According to the journal *Medical Hypothesis*, magnesium deficiency is the leading cause of major depression and addiction. Deficiency of magnesium occurs due to excess stress, taking too much calcium and not getting enough magnesium. Dr. George Eby did a study showing that when he gave 125 to 300mg of magnesium glycinate with



A deficiency of magnesium has been implicated in heart disease, depression, brain fog in menopause, migraine headaches, fibromyalgia, osteoporosis and more.

taurine four times a day depressed patients no longer had suicidal thoughts. Magnesium has been used to treat post traumatic brain injury, headaches, suicidal thoughts, anxiety, irritability, insomnia, post partum depression, cocaine and alcohol abuse and memory loss.

George Eby states that fortifying the diet with magnesium could dramatically reduce depression, and other magnesium deficiency diseases.

Not all Magnesium 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 bis-glycinate 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 you can add to water, juice or your smoothie for a great tasting drink that works fast. ♥

Endometriosis and Fibroids FOREVER

Heavy menstrual bleeding and spotting leading to anemia caused by uterine fibroids, is the number one reason for hysterectomy in Canada today – and Canada has the highest hysterectomy rates in the world. Even a partial hysterectomy done through a small incision can induce infection, hormone changes and a month long recovery. If the uterus and ovaries are removed women are thrown into early instant menopause with often debilitating severe hot flashes, night sweats and mood swings.

Estrogen dominance, where we have too much estrogen in relation to our other hormones is the cause of endometriosis and uterine fibroids. Estrosmart, a combination of I3C, DIM, d-glucarate and other hormone balancing nutrients quickly normalizes hormones and stops abnormal cell growth. Within two to three menstrual cycles women notice their periods normalize with the flow being reduced. Estrosmart balances estrogen to progesterone naturally using safe, effective nutrients approved by Health Canada. Periods become effortless, and PMS disappears.

Estrosmart is so effective that I am on a mission



Estrosmart is so effective that I am on a mission to have every woman take it from the time she is twelve years old to prevent all the hormone problems women are suffering.

to have every woman take it from the time she is twelve years old to prevent all the hormone problems women are suffering. Women should not have to suffer with the “curse” and women should not be having hysterectomy for heavy periods. Make sure if you are anemic that you also supplement with Ironsmart as low iron causes heavier periods. ♥

Cancer Society Warning

In 2009 the Cancer Society sent out a warning about milk thistle and breast cancer whereby they recommended women with breast cancer avoid milk thistle due to proliferation of cancer cells. In 2010 another study showed women who took milk thistle daily had elevated prolactin causing breast swelling and breast pain. Milk thistle is a liver support nutrient it was not designed to be taken daily long term.

the WOMAN'S WORD women helping women

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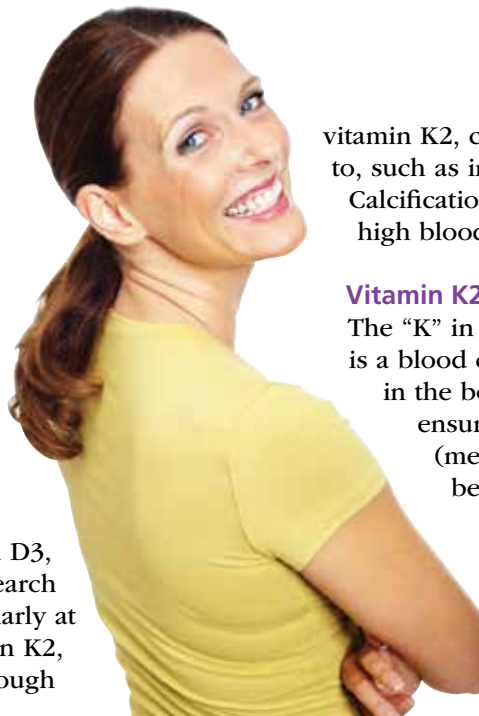
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WARNING: Calcium Alone Will NOT Stop Osteoporosis

Osteoporosis, meaning “porous bone,” arises when bone is broken down faster than it can be rebuilt. One in four women has osteoporosis and one in eight men. Bone fracture is a dangerous result of osteoporosis. Many people who have hip fractures as a result of osteoporosis never get out of long-term care facilities. And hip fractures result in death in up to 20 percent of cases.

Bone is a matrix that contains not just calcium and other minerals but also collagen. Collagen is the protein that makes our bones strong and malleable. If a calcium supplement was the panacea for bone health we would be seeing a reduction in the rates of osteoporosis as women are taking calcium supplements in record numbers. But osteoporosis rates remain high.

There is clearly more to strong bones than just calcium. Vitamin D3, for example, is essential to calcium absorption; unfortunately, research has shown that many people are deficient in this nutrient, particularly at northern latitudes and during the darker months of winter. Vitamin K2, meanwhile, guides calcium into bones and locks it in. Without enough



vitamin K2, calcium can lodge in places that it is not supposed to, such as in the breasts, arteries and kidneys (kidney stones). Calcification causes hardening of the arteries and contributes to high blood pressure and calcium deposits in the breasts.

Vitamin K2 MK-7 and Bone Health

The “K” in vitamin K comes from the word koagulation. Vitamin K1 is a blood clotter and acts very differently than vitamin K2. Calcium in the bones and arteries is regulated by vitamin K2. Vitamin K2 ensures calcium enters and stays in the bones. Vitamin K2 (menaquinone MK-7) from the Japanese food natto is the best form of vitamin K2.

Vitamin D3 for Strong Bones

Another important bone vitamin is Vitamin D3. As we age, our bodies are less efficient at making vitamin D,

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so you must take a vitamin D3 supplement. Like vitamin K2-MK7, vitamin D3 is essential for calcium absorption. A deficiency in vitamin D leads to decreased calcium absorption and increased excretion of calcium via the kidneys, promoting osteoporosis. Bone Booster contains vitamin D3 and vitamin K2-MK7 in a one a day capsule.

Collagen Bone Support

Yet another important component for your bones is collagen. Collagen makes your bones, nails, teeth and hair strong. Silicon is a trace mineral required by the body to make collagen. Specifically, silicon is converted into silicic acid that the body requires to manufacture collagen and elastin. Unfortunately, silicon from food and herbs is poorly absorbed, resulting in a lack of the building blocks required to make collagen. Silicic Acid with Collagen Plus contains Silicic acid in supplement form which is used directly by the body to make collagen. Collagen Plus is the best bone builder. Receding gums are an early indicator of osteoporosis, and dentists have reported that supplementing with Collagen Plus stops receding gums.

Your Best Bone-Boosting Supplement Program

To build strong bones take Bone Booster and Collagen Plus and Multismart (Multismart contains the right type of calcium and magnesium). ♥

Lorna Vanderhaeghe has a Masters in Nutrition and a degree in biochemistry. She is the author of 11 books. Visit www.hormonehelp.com for more information and to read some of her FREE books.



www.hormonehelp.com

Smart Women Choose PINK

Lorna's nutritional supplements have a new SMART names and a new PINK label. If you want to be sure you are getting a Lorna Vanderhaeghe nutritional supplement make sure her name and face are on the bottle. Accept NO substitutes.



Available Where Quality Natural Products are Sold

Go to www.hormonehelp.com and click on the 🇨🇦 for a store location near you

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PRODUCTS ARE SOLD.**