

# the WOMAN'S WORD

women helping women

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ISSUE THREE

## 43% of Women Have NO Sex Drive

### Get Your Libido Back

Sexual concerns are very common among women. A recent University of Chicago study found that 43 percent of women surveyed reported a lack of sexual desire, difficulty becoming aroused, inability to achieve orgasm, lubrication problems and pain during intercourse. Stress, depression, lack of sleep, too much work, prescription drugs, poor nutrition and menopause are a few reasons why women are lacking desire or having problems achieving orgasm. While men have been reaching for the "little blue pill" in record numbers women have been wondering what is out there for them. Prosexual nutrients are a safe way to get you thinking about sex again while improving your overall health



#### Increased desire

Arginine is an essential amino acid, one of the building blocks of proteins in the body. In supplement form it is known as "L-arginine."

In women, L-arginine increases "staying power." Both men and women report that L-arginine seems to increase their libido or desire for sex. L-arginine

is responsible for sexual arousal in women and erections in men.

#### The "Little Blue Pill" for Women

Eurycoma longifolia, also known as Malaysian Ginseng, has been used in Asia to promote well being, improve health, increase strength, and is a *continued on page 2*

## Losing Your Hair, Gaining Weight? Could be Low Thyroid

Over 25% of the population has low thyroid. Thyroid medication is the number one selling drug in Canada. Symptoms of low thyroid, also called Hypothyroidism, can include hair loss, low mood, weight gain, dry skin, excessive wrinkling of the skin, no energy, no sex drive, heavy periods, infertility, recurring miscarriage, and in menopausal women, raging hot flashes, night sweats and vaginal dryness. Low thyroid is common in Canada for several reasons: we are not getting adequate sunshine on our skin to make vitamin D; we are avoiding salt and therefore are not getting iodine in our diet; our

foods are mineral depleted and we are not eating adequate sources of protein containing tyrosine. All these are needed by the body to make thyroid hormone. Also, if you are on estrogen containing drugs like the Pill and HRT, the estrogen blocks the uptake of thyroid hormone, which can lead to low thyroid.

Getting proper diagnosis for low thyroid can be a challenge. One of the concerns is the Thyroid Stimulating Hormone (TSH) test. Many researchers believe the range of normal on the TSH test is too broad and it can take many years of low thyroid *continued on page 2*

## Low Thyroid *continued from page 1*

symptoms before you finally get a test that shows low thyroid requiring medication. Many women and some men have subclinical low thyroid. Meaning they have many of the symptoms of low thyroid, but have normal test results.

Even those taking thyroid medication, like Synthroid or Levothyroxine (T4 thyroid hormone), may have noticed that initially when they started the drug they felt better, but over time their symptoms may be returning and their doctor might have had to increase the thyroid medication dose. This occurs because proper conversion of T4 thyroid hormone to the more potent T3 thyroid hormone may not be optimal.

My suggestions for both those with subclinical low thyroid, and those on thyroid medication, is to include nutrients that have been clinically researched to improve the function of your thyroid gland. It is never recommended that you go off your thyroid hormone. These recommendations are in addition to taking your thyroid hormone medication. Or, in the case of those with subclinical low thyroid, the following nutrients would be taken to eliminate symptoms by supporting the thyroid and hopefully avoiding thyroid medication altogether.

Ashwagandha and Guggal are two herbs that enhance the conversion of T4 thyroid hormone to the more potent T3 thyroid 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. Tyrosine, found in protein, and potassium iodine are essential for healthy thyroid hormone levels. These nutrients and other cofactors are found in ThyroSense, which I developed for my own subclinical low thyroid symptoms.

Make sure you eat a breakfast that contains protein (an egg, a chicken breast, a protein shake like Protein Essentials or protein powder in your oatmeal or yogurt). Get at least 7 to 10 hours sleep every night. If you can't sleep take 3mg of sublingual melatonin at bedtime. If you are stressed be aware that stress can exhaust the adrenal glands and the adrenals and thyroid are directly linked. Once the adrenals are exhausted the thyroid gland suffers and thyroid hormone becomes low. So stress reduction is key to a healthy thyroid. If you are on estrogen replacement for your hot flashes you will want to read about alternative menopause solutions on page 3. For those on thyroid medications, take ThyroSense with your medication at the same time every day. If you have subclinical low thyroid take 2 ThyroSense with your breakfast. Within weeks you will start to feel fabulous again. ❤️

## Get Your Libido Back *continued from page 1*

powerful aphrodisiac in women.

Eurycoma is gaining popularity around the world for its aphrodisiac properties. So much so that more and more scientists are interested in determining exactly how and why it works. The Forest Research Institute of Malaysia (FRIM), in cooperation with the Massachusetts Institute of Technology (MIT), has an ongoing five-year Malaysia MIT Biotechnology Partnership Program (MMBPP) to determine if it works as an aphrodisiac because it increases testosterone.

Although no human studies have been done, according to anecdotal evidence, 80 to 90 percent of people who try Eurycoma notice a definite increase in their libido.

One 47 year-old woman said, "I have had a low libido and for years I thought something was wrong with me and it was making my husband crazy. Then I tried Eurycoma Longifolia. I took the capsules as directed and, after about a week and a half, noticed that I was actually thinking about sex again. Plus, my vaginal dryness had improved."

Another 48 year-old woman reported after using Eurycoma for a few months, "I did not have this kind of sex drive when I was 30."

### Increased sexual response

Sexual arousal occurs not just in the genitals, but also in the whole body, especially the brain. For women, acetylcholine (ACh), the neurotransmitter that sends sexual messages to the nerves, is also a very important part of sexual function. Its effectiveness in increasing sexual arousal and response has been supported by a number of laboratory studies. ACh is involved in the build-up toward orgasm and the urethral and vaginal contractions that occur during orgasm, as well as the subjective perception of orgasm intensity and duration. Choline and Vitamin B5 help to enhance acetylcholine, thereby improving orgasm.

### Improved blood flow

Many research studies have shown ginkgo to be a major aid in improving blood flow through small

blood vessels. Enhancing blood flow to the genitals heightens sexual sensations. We also know that ginkgo biloba significantly increases mental acuity and memory. Sexual desire starts in the brain.

### Increased libido

Tribulus terrestris, also known as the puncture vine, has been used as a prosexual herb for thousands of years. The ancient Greeks used it as a general health tonic and diuretic. The Chinese used it as a cure for impotence.

Recent tribulus studies have verified claims that have been made for hundreds of years. It appears to benefit the cardiovascular system, ease symptoms of angina pectoris and reduce blood pressure. Other studies indicate that it may also be helpful in treating the symptoms of menopause.

Tribulus works as an adaptogen, which means that it has a general tonic effect of balancing a variety of hormones and other biochemicals. Tribulus raises testosterone levels when they are low, but will not cause testosterone to become unbalanced.

According to anti-aging specialist Ward Dean, tribulus may be a hypothalamic sensitizer. In other words, it rejuvenates the hypothalamus – the part of the brain that regulates levels of testosterone and many other hormones.

There also appears to be no down side to taking tribulus: You can take it continuously for years and in addition to improving your sex drive, it will also improve your overall health.

### Recover Your Lost Libido

Together, the prosexual nutrients discussed here provide a powerful arsenal for combating many forms of sexual concerns – including an inability to experience orgasm, lack of sexual desire and vaginal dryness.

Men have the "little blue pill". Now women have **SexEssentials** to help recover those lost passions. ❤️

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■ For references and more information go to [www.bormonehelp.com](http://www.bormonehelp.com)

## ThyroSense Makes a Difference

I have been on Thyroid medication for 10 years but started to feel the low thyroid symptoms again – most notably, extreme fatigue. The doctor checked my thyroid levels and they came back in the normal range. I decided to try ThyroSense and what a difference. After a couple of weeks I am feeling good again! – L.W., ON

# 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 for menopause is 52 years. At menopause the ovaries have stopped producing eggs and there is no possibility of pregnancy. Smoking, medication, surgery (oophorectomy), radiation and autoimmune disease affecting the



## Are You in MENOPAUSE?

- Have not had a period for 12 months or longer
- Periods are lighter, less often and last a few days
- I am 45 or older
- Intercourse is painful
- Memory problems and brain fog occur
- My skin is dry and wrinkled
- I am not sleeping well
- I am feeling anxious, irritable and tire easily
- I don't have a desire for sex
- I have vaginal dryness or an increase in vaginal infections
- I am leaking urine
- I have gained weight
- I have hot flashes and/or night sweats

ovaries can trigger premature menopause. 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 a multitude of the symptoms mentioned above? Women with exhausted adrenals, low levels of thyroid hormones and a congested liver will have terrible menopause symptoms compared to women with a healthy liver, thyroid and adrenals. Low levels of thyroid hormones cause extreme hot flashes, night sweats, vaginal dryness and flooding, irregular periods. Exhausted adrenals promote insomnia – you go to bed and fall asleep just fine, but wake up three hours later and are unable to return to sleep.

Most women have been taught they are estrogen deficient at menopause, yet we are overloaded with toxic environmental estrogens that contribute to our hormonal problems and increase our risk of breast and ovarian cancer. 💕

## LORNA'S PRESCRIPTION FOR MENOPAUSE

Nutrients	Dosage	Action
Take FemmEssentials	1 to 2 packets per day	Supports optimal nutrient status and contains calcium, magnesium and vitamin D for bone health
Take MenoSense	2 capsules at breakfast and 2 capsules at bedtime	Supports proper hormone secretion, reduces PMS symptoms, controls hot flashes and night sweats, stops vaginal dryness
5-HTP	50-100 mg breakfast, dinner and bedtime	Increases serotonin levels, reduces anxiety and muscle pain, improves sleep and early morning stiffness, enhances mood, controls appetite
Melatonin	3 mg at bedtime under the tongue	Improves sleep and lowers blood pressure in those with high blood pressure
Omega-3 Fatty Acids	1000 mg three times per day	Relieves breast pain and may alleviate hot flashes

## Lorna's Menosense Program

- Eat a diet rich in cruciferous vegetables (broccoli, Brussels sprouts, cauliflower, cabbage and kale).
- Walk briskly and swing your arms. Walking briskly every day for 30 minutes cuts hot flashes by 50 percent, while improving your heart and bone health at the same time.
- Eat breakfast every day. 50 percent of women do not eat breakfast. Research has shown that women who skip breakfast are at higher risk of heart disease than those who eat bacon and eggs for breakfast often. Eating a protein-rich breakfast ensures that you have adequate amino acids to make the mood-enhancing and sleep-inducing serotonin and it aids weight loss too.
- Reduce the stress in your life. Have a massage at least once a month. Start looking after yourself. Do one thing you love to do at least once a day. Tell your loved ones you "need" extra love, attention and help. It is OK to ask.
- Address any underlying thyroid and adrenal imbalance or gut dysbiosis like Candida albicans and be sure to cleanse and support the function of the liver and colon.
- Ask your doctor for a dual energy X-ray absorptiometry (DEXA) scan to check your bone density. DEXA is the gold standard for determining osteoporosis.
- Enjoy sexual intercourse twice a week to prevent vaginal atrophy and to maintain high levels of immune function.
- Look at menopause as a beginning rather than an end. Try things that you have always wanted to do but had no time for when you were raising young children and building your career. 💕
- Sign up for my free newsletter at [www.hormonehelp.com](http://www.hormonehelp.com)

## MenoSense to the Rescue

Off HRT ... I can't believe how much better my menopausal symptoms are since I've been on Lorna's natural products. I still have my hot flashes now and then but they are so few and far between, and so mild, that I hardly notice them. I feel so much better since I've been off the HRT and as I continue to take **MenoSense and EstroSense**. I have now added **OsteoSense & AdrenaSense** to my daily routine as well...  
– C.M., B.C.

# Eat Like a Skinny Person

Long term studies show that one to two thirds of the weight lost through dieting is regained within one year and almost all weight plus more is regained within five years. Faced with those facts, are you wondering, “Why bother trying?” Fat loss is not about dieting; it is about eating for a long, healthy life. Diets are only considered a success if weight loss is permanent and you have gained energy and vitality in the process. Diets should satisfy all nutritional needs, be delicious, meet individual tastes and habits, minimize hunger and boost energy.

The cornerstone to successful weight loss is enjoying a moderate lifestyle consisting of healthy foods, lots of love, laughter, friends and family. But with most of us working what feels like 24 hours 7 days a week, raising our families and trying to keep our bills paid and the home front under control, eating for optimal health and weight control is the last thing on our priority list. ♡



## Factors that Make You Fat

	Yes	No
Do you drink coffee or other caffeinated beverages daily?	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat artificial sweeteners or non-dairy creamers (fake foods)?	<input type="checkbox"/>	<input type="checkbox"/>
Do you drink alcohol more than two times per week?	<input type="checkbox"/>	<input type="checkbox"/>
Do you sleep at least eight hours per night?	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat hydrogenated or partially hydrogenated foods?	<input type="checkbox"/>	<input type="checkbox"/>
Do you take birth control pills or hormone replacement therapy?	<input type="checkbox"/>	<input type="checkbox"/>
Have you taken antibiotics in the last year?	<input type="checkbox"/>	<input type="checkbox"/>
Are you afraid to eat foods containing fat?	<input type="checkbox"/>	<input type="checkbox"/>
Do you choose foods that are fat free over those that are not?	<input type="checkbox"/>	<input type="checkbox"/>
Do you crave certain foods (bread, sweets, pasta)?	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat at fast food restaurants?	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat processed foods (processed cheese, meat or frozen dinners)	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat fewer than two servings of protein per day (eggs, milk, fish, beef, chicken or tofu)?	<input type="checkbox"/>	<input type="checkbox"/>
Do you drink less than eight glasses of water per day?	<input type="checkbox"/>	<input type="checkbox"/>
Are you stressed (too many things to do/not enough time in the day)?	<input type="checkbox"/>	<input type="checkbox"/>
Do you avoid breakfast?	<input type="checkbox"/>	<input type="checkbox"/>
Do you avoid exercising?	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat the food left on your children's plate?	<input type="checkbox"/>	<input type="checkbox"/>
Are you sad, angry, stressed or depressed?	<input type="checkbox"/>	<input type="checkbox"/>
Do you view food as a necessary evil?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have an overweight extended family?	<input type="checkbox"/>	<input type="checkbox"/>
Do you cook and eat the way your family has for generations?	<input type="checkbox"/>	<input type="checkbox"/>

**If you said yes to more than 6 of these questions, you will benefit greatly from the BodySense program.**

## BodySense Program Helps Canadians Lose Hundreds of Pounds

Follow the **BodySense** eating program found at [www.bodysensediet.com](http://www.bodysensediet.com). Use the **BodySense** two-pack kit to jump-start your metabolism and aid healthy weight loss. The **BodySense** kit contains Metabolism Booster Formula I and Formula II.

**BodySense Metabolism Booster Formula I** contains green tea extract, cayenne, ginger, citrus aurantium and yerba mate. This formula helps reset your fat-burning furnace with safe, natural ingredients including:

- **Citrus Aurantium** a natural stimulant that supplies synephrine, a thermogenic known to increase our resting metabolism rate which aids the body in burning fat more efficiently. Citrus aurantium also improves energy levels, especially during aerobic exercise, allowing you to workout longer and with more endurance.

- **Yerba Maté extract** is another important ingredient in the metabolism formula. Yerba maté is a stimulant used to reduce food cravings. Traditionally Yerba maté has been used to balance blood sugar levels, modern research also suggests it may be useful in diabetes.

- **Green Tea Extract** is essential for weight loss. One study revealed that participants who took three green tea extract capsules daily, increased their fat burning without accelerating their heart rate, safely melting fat away.

**BodySense Formula II** is an essential part of

your weight loss program. This formula makes sure that even if you overindulge in bad carbohydrates that they don't cause blood sugar imbalances and increase your fat cells.

**Formula II** of the **BodySense Natural Diet Kit**:

- **Phase 2™** is a standardized extract derived from the white kidney bean that promotes weight loss by neutralizing ingested starches. In clinical studies Phase 2™ has been shown to reduce blood sugar after starchy meals and promote loss of body fat.

- **Cassia nomame**, a member of the cinnamon family, is a lipase inhibitor – the enzyme that digests fat. By blocking lipase, Cassia nomame significantly reduces the amount of fat that is absorbed by your body. It can reduce fat absorption by about 30 percent.

- **Gymnema sylvestre**, a plant native to India and used in traditional Ayurvedic medicine, contains special plant sugar compounds, referred to as gymnemic acid. Gymnema extract seems to improve the action of insulin, reduce fasting blood sugar levels and to improve overall blood sugar control. Gymnema is also effective at controlling appetite. Weight loss can be improved by maintaining healthy, stable blood sugar levels.

Men and women across the country have lost hundreds of thousands of pounds using the **BodySense Natural Diet Program**. Read my new book **The BodySense Natural Diet**, which focuses on hormones and how they are conspiring to make us fat. ♡

## Lost 36lbs in 6 months!

I have lost 36 pounds over the last 6 months following the **BodySense Natural Diet** program. My cholesterol has normalized, so has my blood sugar and my skin is glowing. My clothes look fabulous on this new body of mine. I feel like a new woman. – CH., B.C.

# Up to 90% of Women Have Cellulite

## Study of 2500 Women Reveals 80% Showed Improvement...

If you have noticed lately that the skin on your buttocks, abdomen, thighs, neck and upper arms is not as smooth looking as it used to be, you may be dealing with cellulite. According to the American Skincare and Cellulite Expert Association, approximately 90 percent of women over the age of 20 have cellulite, and contrary to popular belief, you do not have to be overweight or obese to suffer with cellulite. Men, due to their muscle and fat structure, are rarely troubled with this condition.

Diagnostic techniques have confirmed that cellulite is a medical condition known as lipodystrophy. A new field of medicine called Aesthetic Endocrinology has been evaluating the role of female hormones in the development of cellulite. Finally, cellulite is being taken seriously as researchers and health care professionals understand that it is associated with poor circulation and lymphatic drainage.

### What is Cellulite?

The word cellulite originates from the French word for 'cell' and the suffix 'ite' meaning disease. Thin women, overweight women and normal weight women can develop cellulite. You most likely have heard the term "orange peel skin" used to describe how cellulite looks and feels. The appearance of lumps and bumps just below the skin's surface has many women wearing long sleeved shirts and skirts/pants and covering their bottom with a towel at the beach. In extreme cases some women are so devastated by the appearance of their skin that their self esteem is compromised.

Under our epidermis (the skin) there are three layers of fat. Cellulite forms in the first layer, called the subcutaneous fat layer (hypodermis). Connective tissue holds the fat chambers in this area. Cellulite is mostly fat, but simply losing weight will not always eliminate the appearance. Cellulite develops in a series of steps caused by damage to our lymphatic drainage system due to poor diet and digestion, not enough protein in the diet, a lack of exercise or excessive activity, an accumulation of toxins, repeated weight loss and weight gain, hormone imbalance, aging and/or a toxic liver.

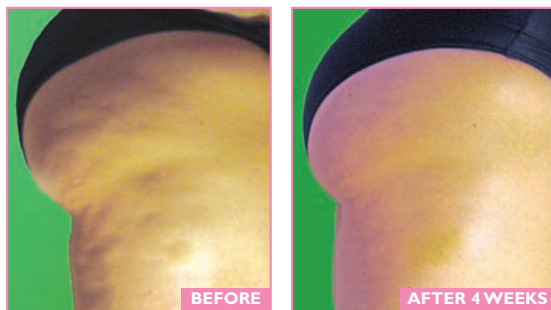
### How Cellulite Develops

Cellulite is formed when the drainage system in our fat cells becomes damaged. When this drainage system fails to remove excess fluid it accumulates in and around the connective tissue

holding the fat cells in place. Free radicals, created by the stagnant flow of lymph, cause damage to surrounding capillaries, veins and connective tissue. Blood flow, oxygen and nutrition to cells in the surrounding area are reduced. Fat cells are then pulled in different directions and cluster together causing collagen and connective tissue to distort. As a result, the fat and fibre accumulate where they should not. Normal cell function would not allow this to happen, but disordered pathways for lymph circulation allow a build up of fibres, free radicals and cross-linking to occur.

### Estrogen and Cellulite

The hormone estrogen, has a direct affect on the metabolism of our skin and hair, changes in body composition and alterations of subcutaneous fat distribution throughout our life. Aesthetic endocrinology is a new field looking at how excess or a deficiency of estrogen contributes to obesity and cellulite.



Excess estrogen, also called estrogen dominance, creates a host of health problems in women including: endometriosis, uterine fibroids, fibrocystic breasts, breast cancer, ovarian cysts, heavy periods, estrogen belly, low thyroid, and fat deposits. When it comes to cellulite excess, estrogen is thought to be the culprit in causing the fibrous tissue to build up around the fat cells, restricting lymphatic drainage and blood flow.

At menopause, a decline in estrogen also has a negative effect in promoting cellulite. It seems that too much or too little can create problems with connective tissue, skin aging, lack of elasticity and skin sagging. An excess of estrogen in the younger years, followed by a rapid decline at menopause, can cause cellulite to become extreme in the years after menopause.

Xenostrogens (pronounced 'zeno' estrogens), also called environmental estrogens or estrogen mimickers, further exacerbate our estrogen overload. These toxic estrogens, found in common everyday substances including plastics, pesticide-laden foods, deodorant, nail polish, cosmetics, foods containing dioxins including meat, milk, eggs, fish and more, are further disrupting our estrogen balance, increasing weight gain, lowering thyroid and promoting cellulite.

Certain nutrients have been found to keep estrogens in healthy balance, including Indole-3-carbinol (I3C), calcium D-glucarate, green tea extract and milk thistle. All of these nutrients are found in **EstroSense**, a powerful nutrient designed specifically for women to keep hormones balanced. 💙

## Lorna's Cellulite Program

Follow the BodySense Diet Program – eat vegetables at lunch and dinner. Include healthy protein sources at every meal.

- Drink 6 glasses of water per day
- Drink BodySense slimming tea throughout the day
- Rebound 10 minutes per day or walk 30 minutes per day
- Apply AlphaCell morning and night
- Take 2 Estrosense for hormone balancing with breakfast every day

## Romanian Doctor Develops Cellulite Miracle

A recent break through discovery has shown that the fat within cellulite tissue responds very well to chemical agents that inhibit the alpha-receptors. Alpha-receptors are found on the surface of fat cells within cellulite tissue. Dr. Delia Simu, a Romanian doctor with additional specialties in acupuncture and homeopathic medicine, discovered certain plants contain natural substances that directly inhibit these alpha-receptors and allow fat to exit from the cellulite tissue and enter the bloodstream to be burned by other tissues. The resulting cellulite reduction minimizes skin dimpling and wrinkling, and creates a smoother, more attractive look to the involved cellulite affected area.

Now my favourite cellulite cream is available in Canada – **Alpha-Cell**. Developed by Dr. Simu, **Alpha-Cell** has been shown to break down cellulite and improve fat burning. In a study of 2,500 women aged 14 to 65, over 80% of participants experienced positive results with **Alpha-Cell** in reducing the appearance of cellulite and achieving the look of younger, firmer skin!

## In Pain?

### You Are Not Alone

**Q.** I have fibromyalgia (FM) and I am wondering if there are nutrients that have shown effectiveness in controlling the pain and muscle fatigue I experience?

**A.** Fibromyalgia (FM) is a common rheumatic syndrome affecting close to 4 million Canadians, predominantly women. This multi-syndrome disorder is noted for causing widespread muscle pain and fatigue, not unlike the feeling you get from shovelling snow for days. The following nutrients are the most effective:

**5-HTP, the “happy pill”,** is effective at increasing serotonin levels in the brain. Many clinical trials have shown their effectiveness at relieving depression. One double-blind study involving 50 fibromyalgia patients showed that 5-HTP, in a dose of 100 mg three times per day, improved symptoms of anxiety, muscle pain, sleep patterns and early morning stiffness. 5HTP increases serotonin levels, improving sleep and mood.

**Magnesium,** a potent immune nutrient, is especially important for those with FM. Magnesium levels are low in most people with muscle pain. It is found in high concentration in the muscle cells of healthy individuals as it is required for production of ATP, which provides us with energy. Magnesium citrate should be supplemented in a dose of 500 mg per day. Studies have shown that the combination of magnesium and malic acid reduces FM symptoms.

**Malic acid** should be added in a dose of 2400 mg per day. It is a powerful nutrient that has been shown in clinical studies to reduce the pain associated with FM. Research shows that less than 2400mg per day will not relieve the symptoms of FM.

A study published in the *Journal of Rheumatology* found that **Celadrin**, a new fatty acid, can relieve pain and inflammation quickly. **Celadrin** comes in capsule and cream. Take 3 **Celadrin** capsules daily and massage in **Celadrin cream** morning and night to sore areas for effective relief.

Within weeks you will report a decrease in pain and general improvement in well-being. Look for **FibroSense**, one packet per day contains 3 celadrin softgels, magnesium and malic acid in the correct dose.

Make sure you sign up for  
my FREE monthly e-letter at  
[www.hormonehelp.com](http://www.hormonehelp.com)

## Nutrients Made With Love


**Y**ou have probably asked, “Why should I take vitamins and minerals? I have heard we can get all our nutrients from our food.” The answer is simple. We are not getting all the nutrients we need from the foods we eat. Over 50 percent of Canadian women do not eat breakfast. None of us eat seven to 10 half-cup servings of fruits and vegetables per day, the minimum amount needed to get adequate nutrients. Foods are harvested before they are ripe; foods are grown on soils exhausted of their essential elements; we eat parts of the plant and not the whole food; we eat refined or highly processed foods devoid of nutrients. If you are like most women you may be too busy to eat, on a weight-loss diet or a fitness program, or under stress, making it difficult to get all your nutrients from food. If you are taking the birth control pill, it depletes your body of B vitamins and folic acid.

Half of all Canadians are vitamin D deficient, even in the summer. Zinc, an important mineral for the immune system, is involved in over 100 enzymatic reactions in the body. Without B vitamins our hair greys earlier, our skin sags and we get depressed. One in 4 women suffer osteoporosis. Bone building



minerals will reverse those figures. These are just a few of the nutrients essential to good health found in a good multi-nutrient formula.

I recommend nutrients in one complete multi-nutrient packet like **FemmEssentials**. No bottles cluttering up your cupboards and no more trying to figure out exactly what you need. Just pop the packet into your purse and go.

If you are like me, you want to take care of your daughters too. Start them on a multi-nutrient program like **FemmEssentials** early, to ensure they get all the nutrition their developing body needs to grow strong. 

### Lost 16 lbs with PGX Meal Replacement!

Having reached my fifties I had just about made up my mind that the extra pounds ... were there to stay. My son's partner told me that both her parents had read your book and done the diet and had lost a significant amount of weight and felt really good. Well I thought – I have nothing to lose. I weighed myself “154 lbs” ... six weeks later – WOW “138 lbs”!


## PGX™ Your Weight Loss Solution

Vladmir Vuksan, Ph.D, one of the most respected and recognized experts on the role of diet in the risk of diabetes, heart disease and obesity, developed PGX™ (PolyGlycopleX) after intense research at the University of Toronto.

What Dr. Vuksan and his colleagues discovered was that by combining various soluble fibres in specific ratios, the viscosity of the fibre was amplified. This improved viscosity is directly related to its effectiveness in maintaining proper blood sugar balance and insulin regulation. PGX™ is included in the BodySense PGX Meal Replacement™.

PGX™'s appetite suppressing and blood sugar stabilizing properties continue for hours after ingestion. It also fills you up, shutting off those messages to keep eating more and those aggressive cravings are gone. When taken with a meal, PGX™ lowers the glycemic index of that meal. It allows you to reduce your total daily calorie consumption and ensures you maintain the fat burning action of a very low carbohydrate diet without being so rigid in avoiding carbohydrates.

Use PGX™ as a snack to help burn fat. The meal replacement is so delicious that I make it into a pudding then pour it into dessert cups with a dollop of real whipped cream on top. You can also add the meal replacement to organic yogurt as a pudding or just simply drink the shake. Remember, permanent weight loss requires stabilization of blood glucose and improved insulin sensitivity. Most of the glucose in our body comes from the bad carbohydrates we eat. So we must eat only the good carbohydrates, not processed sugars, cookies, bagels and breads. It is not complicated – eat foods that are as close to their natural state as possible, with lots of variety, and in moderation.

PGX™ lowers after meal blood sugar levels by approximately 20 to 40 percent, and also lowers insulin secretion by about 40 percent, producing a whole body insulin sensitivity index improvement of 50 percent. No other drug, natural product or diet can do this. PGX™ also lowers blood cholesterol and triglycerides, both very real problems for diabetics and those with syndrome X. 

# 3 Steps to Beautiful Skin

You may have noticed lately that your skin is showing more wear and tear. Maybe you can see tiny lines criss-crossing the delicate skin around your eyes and mouth. Or possibly you are struggling with hormonal breakouts. There is more to healthy, glowing skin than exfoliation and moisturizing. Beautiful skin starts from within. Along with a diet rich in fruits and vegetables, free-range chicken, eggs and fish, several science-backed nutrients can make your skin glow.

## Wrinkle Eraser

Fatty acids are necessary for moisturizing the skin, preventing aging, decreasing wrinkles, treating acne and protecting the skin from sunburn. A new fatty acid called **Celadrin** has been researched for its ability to reduce pain and inflammation along with

improving the appearance of wrinkles and treating psoriasis and eczema. In a study performed at the University of California **Celadrin 10% Super Strength Cream** was applied morning and night for 21 days. Dramatic reduction in skin wrinkles and enhanced hydration and elasticity was noted in the 28 women taking part in this trial. **Celadrin 10% Super Strength Cream** also contains hyaluronic acid, squalene and chamomile extract for added skin smoothing properties. Use daily for smooth, soft skin.



## Collagen Enhancer

Orthosilicic acid is the building block in the production of collagen. Collagen is the glue that makes our skin smooth and our hair, nails and bones strong. Without adequate orthosilicic acid in the diet, our skin and nails will be the first to show signs with increased skin wrinkling and brittle nails. Orthosilicic acid is found only in **BioSil**.

A recent study at the Free University of Brussels of 50 women aged 40 to 65 who had clear signs of sun damaged or prematurely aging skin, showed significant improvement with just 10 drops of **BioSil** per day compared to a placebo group. The depth of the participants wrinkles was reduced, their nails became hard and strong, and their hair had more elasticity and thickness – all in just 60 days. In Europe **BioSil** is the only nutrient to be given the status of an oral cosmetic. **BioSil** also makes bones strong.

## Halt Hormonal Acne

Breakouts, pimples, or zits, as we call them, are a sign of hormonal imbalances. When women ovulate, the egg does not always release properly. The body then sends out male hormones and we get breakouts around the chin, hairline, chest or back. **EstroSense** is a combination of plant and food extracts that balance our hormones and eliminate breakouts fast. Within 60 days women notice their hormonal breakouts disappear and clear beautiful skin shines through. Take 2 capsules of **EstroSense** at breakfast daily and not only will your skin be beautiful, but PMS, heavy and/or painful periods will be a thing of the past. I formulated **EstroSense** to make periods effortless, while protecting our cervix and breasts from abnormal cell growth. ♡

To learn more about these nutrients and hormonal health go to [www.hormonehelp.com](http://www.hormonehelp.com)

## Cervical Cancer Killing Women Pap Tests Save Lives

The American College of Pathology states that four out of five women who die of cervical cancer did not have a PAP smear in the previous five years. According to Health Canada, the highest incidence of cervical cancer and the highest death rates occur in women over the age of 55, a group that often stops having annual PAP tests. PAP smears save lives by discovering abnormal cells, called cervical dysplasia, early enough to prevent loss of life from cervical cancer. All adult women from the age of 18 should have an annual PAP test to ensure a healthy cervix - but what can be done when the test comes back abnormal?

### Cervical cancer is preventable, yet the highest death rate is in women over 55 years of age.

We know the main risk factors that promote abnormal cervical cells include: using the birth control pill, increasing age, infection with the Human Papilloma Virus (HPV - the virus that also causes warts), smoking, and nutritional deficiencies of folic acid, vitamin A and vitamin C.

We definitely do not want to ignore abnormal Pap tests. In Canada we grade our PAPs as: CINI, CINII, CINIII, CINIV. A result of CINIV is cancer. Most women are not treated until they have an invasive CINI-II. Always ask what grade your test is. Too many women are advised of an abnormal test result, told to come back in 6 months for another test, and not given any suggestions on how to return their cervical cells to normal. Yes, some abnormal cells return to normal with no treatment, but what if simply taking a nutritional supplement could ensure a normal PAP?

We know that HPV is implicated in a large majority of cervical dysplasia and cervical cancer cases. New research has shown that a nutrient called Indole-3-carbinol (I3C) can reverse abnormal cervical lesions before they have a chance to develop into cancer. In one of many studies, 30 women with CINII and CINIII cervical lesions took 200mg of I3C daily. Fifty percent in the treatment group had complete regression of their lesions. None of the placebo group (those getting fake pills) had any change in their lesions. Indole-3-carbinol is available, in the dosages used in the study to reverse abnormal cells, in a nutritional supplement called **EstroSense**. **EstroSense** also contains other nutrients including D-glucarate, Rosemary containing carnosic acid, Milk thistle, lycopene, sulforaphane, tumeric and green tea, all researched to help prevent female cancers and keep our estrogens from converting to cancer-causing estrogens. So you get the benefit of returning abnormal Pap tests to normal, while helping reduce your risk of female cancers and balancing your hormones.

Cervical dysplasia and cervical cancer can be prevented. Have your annual PAP smear and make sure your Mom has hers - too many women are not having annual tests after menopause. PAP tests save lives! Smart women take their multivitamin with minerals every day and include **EstroSense** with Indole-3-carbinol. Let's ensure we have normal PAP smears. ♡

## Lorna's Beautiful Skin Program

- Take FemmEssentials, containing essential fatty acids, vitamins and minerals, one packet per day with food
- Take 2 Estrosense with breakfast every morning
- Eat a diet rich in dark, green veggies and eat protein at every meal
- Wash your face with paraben-free cleanser morning and night.
- Apply **Celadrin 10% Super Strength Cream** (paraben-free) morning and night after cleansing

For more information and your FREE monthly e-letter from Lorna Vanderhaeghe go to

[www.hormonehelp.com](http://www.hormonehelp.com)



### About Lorna R. Vanderhaeghe

**Lorna Vanderhaeghe** has a Masters of Science and a degree in biochemistry. She is the author of seven books including the award winning *The Immune System Cure* (1999) and *Healthy Immunity* (2001). She has also co-authored with Dr. Karen Jensen, ND, *No More HRT: Menopause Treat the Cause* (2002). Look for Lorna's newest books, *Get a Grip on Arthritis* (2004), *An A-Z Women's Guide to Vibrant Health* (2004) and *The BodySense Natural Diet* (2004). She is a woman's health advocate who tirelessly works to educate women so they may achieve optimal wellness.

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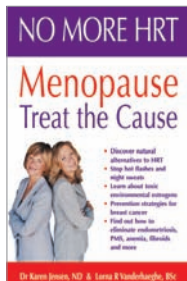
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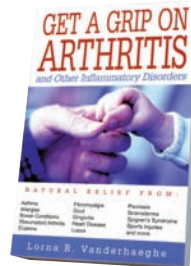
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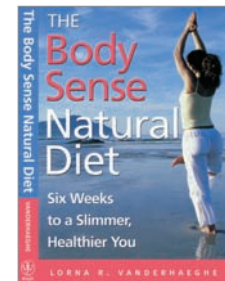


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