

EXHIBIT A



Women's Menopause Health Center

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Welcome To Women's Menopause Health Center.

Specializing in sales of natural hormone replacement therapy supplements (HRT), and progesterone cream herb free of cancer-causing synthetic hormones as found in Premarin and Prempro, for perimenopause, menopause symptoms, and hot flashes.



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Hormone replacement therapy increases the risk of cancer, of heart disease, of strokes and blood clots. New studies also place women taking synthetic hormones at double the health risk of Alzheimer's Disease and dementia. And contrary to prevailing thought, hormone replacement therapy does not protect against osteoporosis.

Why then, given the serious risk to women's health, do women take hormone replacement therapy? For many, the simple answer is that women need relief from hot flashes and other menopause symptoms.

Finding relief from menopause symptoms is not a black-and-white choice between taking hormone replacement therapy or doing nothing at all. Women do not need to place themselves in harm's way to eliminate hot flashes, mood swings, weight gain, headaches and other effects of menopause.

The Women's Menopause Health Center offers real solutions for menopause and perimenopause symptoms that improve the quality of life instead of placing women at risk for serious and potentially life threatening hormone replacement side effects.

The Women's Menopause Health Center offers highly effective natural hormone replacement therapy that are the result of extensive research to find the purest, highest quality, clinically formulated and tested formulas available today.

With the in-depth menopause information offered at the Women's Menopause Health Center, women can make informed health care decisions that improve women's health instead of compromising women's health.

Before you start taking Premarin, Prempro or any other synthetic hormones, carefully consider the harmful effects on women's health.

The large-scale Women's Health Initiative study released in 2002 show that hormone replacement therapy (HRT) is linked to substantial increases in the risk of developing breast cancer, heart disease, strokes and blood clots. Additionally, when estrogen is prescribed alone, it can increase the risk of ovarian cancer.

The most recent arm of the Women's Health Initiative study, released in May 2003, adds to already damning 2002 studies of the effects of hormone replacement therapy. New research shows that women on synthetic hormones like Premarin and Prempro are at double the risk for Alzheimer's Disease and dementia.

The in-depth government Women's Health Initiative study reshaped how women and their physicians now approach managing menopause symptoms. Many doctors are now recommending hormone replacement therapy only for their patients with severe menopause symptoms. Even then, most physicians tell their patients that the benefits often do not outweigh the women's health risks involved.

Hormone replacement therapy use in the United States fell by about one-third - from 15 million women to 10 million - after the 2002 Women's Health Initiative announcements.

Yet, there are still 10 million American women taking hormone replacement therapy. How does this number affect women's health?

The Women's Health Initiative found that for every 10,000 women using hormone replacement therapy, there were 7 additional heart attacks, 8 additional strokes, 8 additional cases of breast cancer and 23 additional cases of dementia.

Those numbers seem quite low until translated into real-life numbers. Using hormone replacement therapy will add an additional 7,000 heart attacks, 8,000 strokes, 8,000 cases of breast cancer and 23,000 new cases of dementia and Alzheimer's Disease for the 10 million women currently using synthetic hormones.

That is an additional 46,000 women who will suffer damaging health effects - or worse. Even one added case cannot justify the damaging effects that dementia will place on a woman's family. Even one additional case of breast cancer cannot justify the grief of children and grandchildren losing a woman they love to an unnecessary death.

News of the health risks unearthed in the Women's Health Initiative menopause study galvanized many women's decision to find natural hormone replacement therapy alternatives to deal with the effects of menopause.

The answer to managing menopause symptoms requires a multi-pronged approach that includes healthy lifestyle choices, natural hormone replacement therapy and the use of progesterone cream to encourage hormonal balance and harmony.

If you have tried other natural hormone replacement products and still suffer menopause symptoms, give our superior products a try. Experience how a commitment to quality and integrity, pure ingredients, and top notch medical oversight can make a difference for you. Don't settle for less!

Not all menopause products are created equal. **The progesterone cream and all our menopause products offered are of the purest and highest quality women's health products on the market today.**

Our products are created to the **highest manufacturing standards**. A menopause supplement is only as good as its ingredients AND its manufacturing standards. With the vast number of supplements on the market today, consumers must be wary of purchasing "Parking Lot" supplements - those manufactured without exacting standards.

There are over 10,000 nutritional manufacturing facilities in the United States. Less than one-half of one percent of the nutritional manufacturing facilities in the country match the exacting standards followed in our facility.

We believe that good formulas can only lead to good health by starting with quality and efficacious product ingredients. Thus, we offer assurance that all of the ingredients used in our formulations are simply the best available in the world.

Växa's Preserve provides nutritional tools with a unique combination of micro-nutritionals, rare Chinese dietary herbs, free form amino acids and vitamins and minerals specifically targeted to support and address hormonal pathway imbalances and reducing menopause symptoms.



- Helps normalize hormonal levels,
- Helps diminish night sweats and hot flashes.
- Helps soothe and stabilize mood, reducing moodiness, depression and irritability.
- Helps reduce the uncomfortable and painful menopause signs and menopause symptoms such as pain, cramping and headache.

1 Bottle	\$26.95	<u>Buy Now</u>
2 Bottles	\$51.90	<u>Buy Now</u>
3 Bottles	\$76.35	<u>Buy Now</u>

This complete menopause natural hormone replacement therapy contains phytoestrogens, plant-based estrogens that are used widely in Europe and Great Britain as a safe alternative to synthetic hormone therapy.

The Women's Menopause Health Center also offers progesterone cream, the most complete all-natural cream on the market. Our progesterone cream is chock full of USP progesterone to stop hot flashes.

Receiving the best menopause therapy possible during the transition between the child-rearing years and new possibilities dramatically increases the quality of women's lives. With unpleasant menopause symptoms under control, women can look at and live through menopause with a positive mental attitude and exciting new possibilities.

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Best Natural USP Progesterone Cream for Menopause and Perimenopause.

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Quality Natural Preserve USP Progesterone Cream for Menopause Perimenopause Symptoms and Hot Flashes.

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- Highest quality natural hormone creams on market today!
- Unique liposome formula for instant transdermal absorption!
- 3.5 oz bottle.

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Women today, armed with educated health information, know that there is a better, safer way to protect against osteoporosis and heart disease than by using synthetic hormones. They have learned that it is clinically proven that one of the benefits of natural progesterone like that found in Preserve natural progesterone cream is that it can actually rebuild bone tissue with no known side effects.

With large studies* revealing that women using synthetic estrogen for more than five years have a 46% higher risk of breast cancer than women who don't use it, progressive women are deciding on a more natural course of action. They are deciding to reduce their cancer risks while experiencing the benefits of natural USP progesterone cream. After all, what discriminating woman would want to increase her risk of cancer by about 50%? Women are seeing the benefits of our physician formulated and independent lab tested progesterone cream instead. The Preserve superb quality progesterone cream formula was developed by a team of physicians based on Dr. John Lee's research.

John R. Lee, M.D. is an international authority and pioneer in the use of natural progesterone cream and natural hormone balance. He authored the best-selling book, "What Your Doctor May Not Tell You About Menopause: The Breakthrough Book on Natural Progesterone." (*Recommended reading.*)

A natural course of action makes a lot more sense with progesterone cream's proven safety. Researchers have conducted clinical tests proving progesterone cream to be effective and safe with no side effects.

Be warned, though, that not all progesterone cream and lotions are the same. It is important to insist upon a high quality natural progesterone supplement, not a supplement made from uncertified cheap ingredients exported from foreign countries with lax regulations.

Our products are created to the **highest manufacturing standards**. A menopause supplement is only as good as its ingredients AND its manufacturing standards. With the vast number of supplements on the market today, consumers must be wary of purchasing "Parking Lot" supplements - those manufactured without exacting standards.

Preserve natural progesterone cream is:

- **State of the art pump delivery system** insures that oxygenation doesn't degrade the progesterone content cream and preserves freshness.
- **Independent laboratory certified for the quality of USP progesterone content** of about 20mg per pump stroke which translates to the 750mg/oz recommended by Dr. Lee. Many "popular creams" sold today contain little or no USP progesterone, or at best, have inconsistent levels of progesterone. One study showed that 50 percent of these progesterone creams didn't contain any measurable progesterone. Preserve is one brand of progesterone cream that is reliable!
- **Made from USP progesterone, not wild yam extract.** No published studies conclude that yam increases progesterone levels in animals or humans. While the diosgenin molecule from wild yams can be converted to a progesterone molecule in the laboratory, it can NOT be in the human body. Unconverted diosgenin is a cheap way to produce a progesterone cream, and according to Dr. Lee does not work well. It is important to insist upon USP progesterone, not uncertified cheap ingredients made in some foreign countries.
- **Free of Stearyl Konium Chloride,** an emulsifier. According to the University of Texas database, ingestion of 3 cc of this toxic compound is enough to cause fatal convulsions in an adult human.

There are over 10,000 nutritional manufacturing facilities in the United States. Less than one-half of one percent of the nutritional manufacturing facilities in the country match the exacting standards followed in our facility.

What are the benefits of using progesterone cream?

Unlike Provera, which, first, is a synthetic progesterone or progestin, progesterone creams are applied to the skin (transdermal, which means "through the skin"). Hormones, if taken by mouth, are immediately passed from the small intestine to the liver and returned in water soluble form back to the start of the small intestine. During the process, 80% to 90% of the hormone is lost through the liver. Only a small fraction of ingested hormones end up circulating in the blood able to attach to appropriate receptors.

Dr. Lee recommends the transdermal progesterone cream rather than oral progesterone, because approximately 80% to 90% of the oral dose is lost through the liver. A 200 to 400 mg is needed on a daily basis to achieve a physiologic dose of 50 to 24 mg. Not only is the liver unnecessarily taxed adding to its toxic overload, such high doses create undesirable metabolites.

Why do women need progesterone cream?

The most important of many reasons that progesterone is needed in hormone replacement therapy for menopausal women is to balance or oppose the effects of estrogen. Unopposed estrogen creates a strong risk for reproductive and breast cancers. Dr. Lee calls this "estrogen dominance." Estrogen, as mentioned, is a potent and potentially dangerous hormone when not balanced by adequate progesterone like that found in Preserve progesterone cream..

Estrogen levels drop only 40% to 60% during menopause, but progesterone levels may drop to near zero in some women. Because progesterone is the precursor to so many other steroid hormones, its use can enhance hormone balance after menopause. Since progesterone stimulates bone-building, it also helps protect against osteoporosis.

Thus, the application of progesterone provides many benefits and combats estrogen dominance providing protection against cancers of the breast, ovaries, uterus, (endometrium), and in men, the prostate.

**Harvard researcher, Dr. Graham Colditz - a world authority on the subject, conducted studies which showed that women who use estrogen for more than five years have a 46% higher risk of breast cancer than women who use none. Dr. Colditz' study results came from a sampling of 121,700 women tracked for 24 years from the famous Nurses Health Study as reported in The New England Journal of Medicine, June 1995.*

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Best Natural USP Menopause Progesterone Cream Benefits.

Experience the benefits of natural progesterone cream. Say goodbye to women's menopausal symptoms and the effects of aging!

Many women find that by supplementing their hormone production with natural progesterone that they will reduce many or most of their menopausal symptoms. The presence of progesterone in the body sensitizes estrogen receptor sites enabling estrogen to work more efficiently without being dominant. Progesterone is a precursor to other hormones in the body including estrogen, testosterone, and especially the corticosteroids.

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The benefits of natural progesterone cream are said to be many:

- Brings hormonal balance back into your body.
- Balances estrogen dominance.
- Improves lipid profile.
- Improves blood sugar control.
- Improves burn up of body fat.
- Rebuilds lost bone mass at a rate of 5-15% per year.
- Improves new bone formation.

- Natural anti-depressant.
- Natural diuretic.
- Eliminates hot flashes.
- Creates the myelin sheath over nerves.
- Gives people more energy.
- Helps with sleep disorders.
- Helps with Fibrocystic Breast Disease.
- Normalizes and restores sexual desire.
- Promotes youthful skin appearance.
- Resists facial hair growth.
- Reduces risk of breast cancer.
- Reduces risk of uterine cancer.
- Improves blood sugar control.
- Promotes youthful skin appearance. (The late diet guru, Dr. Robert Atkins, M.D. was enthusiastic about natural progesterone cream for skin care. He endorsed its use because he found it the best wrinkle eradicator he ever had experienced.)

Perimenopause symptoms also can benefit from natural progesterone cream. The following may reflect early hormonal imbalances:

- Hot flashes.
- Fibrocystic breast disease.
- Hot flashes.
- Insomnia.
- Night sweats.
- Mood swings.
- Depression.
- Vaginal dryness.
- Reduced sexual desire.

MSM and Bone Loss: MSM provides the building blocks for the restoration of cartilage, helping when there has been bone loss. It is a potent natural anti-inflammatory, which allows you to better use your own healing system. For more information concerning MSM, [click here](#).

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Hormone Replacement Therapy & Osteoporosis.

Osteoporosis is a gradual decrease in bone mass and density that hits postmenopausal women especially hard. Though information varies, most osteoporosis information places postmenopausal Caucasian women at a 50 to 80 percent risk of sustaining a hip, spine, or forearm fracture due to osteoporosis.

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Osteoporosis is almost entirely preventable and even reversible with prevention and treatment measures. New research information shows that hormone replacement therapy does not adequately protect women from osteoporosis.

Though women often associate osteoporosis with menopause, bone loss actually begins years before menopause. Most women reach peak bone density at about 30 and will lose about .7 percent on their bone density after that. Bone loss accelerates for three to five years around the time of menopause and then continues to decline at the rate of about 1 to 1.5% per year.

Because bone loss accelerates at menopause, at the time estrogen levels decline, conventional medicine adopted the belief that estrogen deficiency cause osteoporosis. Following that assumption, physicians regularly used hormone replacement therapy to prevent osteoporosis.

However, new study information places the hormone replacement therapy benefit to osteoporosis as myth and makes it clear that hormone replacement therapy is not the correct course of osteoporosis treatment.

- The Journal of the American Medical Association (JAMA) reported a 14-year study that showed no significant difference in the frequency of hip fractures between women who used hormone replacement therapy and those who did not use hormone replacement therapy.
- The New England Journal of Medicine published an 8-year study following almost 10,000 menopausal women. This study also showed no significant difference in the frequency of hip fractures between women who used hormone replacement therapy and those who did not use hormone replacement therapy.

Given the serious health risks associated with estrogen and the lack of long-term benefit, hormone replacement therapy is one of the least appropriate osteoporosis treatment methods women should take.

Research and study information also shows that natural progesterone - in addition to diet and lifestyle changes - provides far greater benefit to bone health.

With osteoporosis, bone tissue dies faster than new bone tissue is made. Over time, bones become less dense and more porous. If the bones become too weak to support the skeleton, bones can break easily. If frail enough, a minor fall, bump or even a hard sneeze can cause a bone fracture.

Progesterone works to actively build new bone tissue. By supplying the body with adequate supplies of bone-building progesterone, new tissue can be made to replace old bone tissue. For women taking hormone replacement therapy for the prevention of osteoporosis, this is great news. Women no longer need to choose hormone replacement therapy and its side effects - endometrial cancer, phlebitis, weight gain, high blood pressure, jaundice, vaginal candidiasis, depression, skin rashes, hair loss, nausea, vomiting, abdominal cramps, cysts and more - to halt bone loss.

Many other factors play a significant role in osteoporosis prevention. Caucasian women - especially those with a family history of osteoporosis or poor diets in their younger years - are at the greatest risk of osteoporosis after menopause. Women with poor diets, low calcium intake, low body weight, low physical activity and alcoholism are also at risk for osteoporosis.

You cannot change your sex, race or age but you can change other factors that contribute to osteoporosis.

Osteoporosis Risk Factors: (Other than being a postmenopausal woman):

- Family history of osteoporosis.
- Caucasian.
- Low body weight.
- Early menopause Low calcium intake.

- Low physical activity.
- Cigarette smoking.
- Drinking more than two alcohol drinks daily .
- Long-term steroid therapy.
- Long-term anti-convulsant therapy.
- Drug therapy that causes dizziness.
- Hyperthyroidism.
- Coffee intake of more than two cups daily.
- Alcohol intake of more than two drinks daily.
- Regular antacid use.

Early signs of osteoporosis include gradual loss of height, loose teeth and persistent low back pain. Sudden insomnia and restlessness and nightly leg and foot cramps are also early warning signs of osteoporosis.

Many women are not aware that they are losing bone mass until after a bone fracture. It behooves women of menopause age to know the status of their bone health and use osteoporosis prevention measures to prevent bone loss before it begins.

One way of testing bone loss is to check your height every six months. If you start losing height, you are losing bone on your spine. This method of checking bone loss does not give a comprehensive profile of bone health but it does give a general indication of bone loss.

The best way to determine bone density and fracture risk before a fracture occurs is to have a bone mineral density (BMD) test. A bone density test measures bone density in the spine, hip and/or wrist, the most common sites of fractures due to osteoporosis. There are bone density tests now available that measure bone density in the middle finger and the heel or shinbone.

The bone density test identifies risk for fracture. The lower the bone density, the greater the risk for fracture. The bone density test compares a person's bone density to the expected bone density of a person of the same age, sex and size, along with a comparison of bone density at the optimal peak bone density of a healthy young adult of the same sex.

Hospitals and imaging centers offer bone density tests. There are many different bone density test methods. All are painless and noninvasive. The dual energy X-ray absorptiometry is one of the best scanning techniques that offers accuracy and minimal radiation exposure.

Women should have a bone density test performed as they enter menopause. The early bone density test serves as baseline information to compare against future bone density tests.

Many experts recommend having a second bone density test 12 to 24 months after starting an osteoporosis prevention regime to make sure the protective program is working. After that, additional tests aren't needed unless lifestyle or other health conditions change.

Women taking hormone replacement therapy for osteoporosis prevention should

use the bone density test to verify that hormone replacement therapy is indeed providing positive benefit to bone health. If bone loss continues while using hormone replacement therapy - and studies show that it likely will - women should change their osteoporosis prevention regime to one that will provide better results.

Research shows that osteoporosis prevention measures of a healthy calcium-rich diet, exercise and progesterone work better than using hormone replacement therapy.

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Osteoporosis Treatment.

An increasing number of studies show that progesterone as a natural alternative to traditional osteoporosis treatment is highly effective in not only preventing bone loss but in actually increasing bone density. This natural alternative to traditional osteoporosis treatment not only helps build bone mass, but also helps decrease menopause symptoms without side effects associated with hormone replacement therapy or drugs used for the treatment of osteoporosis.

INTRODUCING - THE ALL NEW IMPROVED!

Preserve Progesterone Cream.



- 20mg USP progesterone 100% pharmaceutical grade per one pump stroke - 750 mg/oz.
- Highest quality natural hormone creams on market today!
- Unique liposome formula for instant transdermal absorption!
- 3.5 oz bottle.

1 bottle Preserve Progesterone Cream ~~MSRP \$42.95~~ \$34.95 ea.
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2 bottles Preserve Progesterone Cream \$33.95 ea.
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3 bottles Preserve Progesterone Cream \$32.95 ea. **Buy Now**

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Researchers for decades suspected that the decrease in estrogen contribute to osteoporosis, mostly because women typically begin to notice the effects of osteoporosis after going through menopause. Based on that assumption, doctors prescribed estrogen as osteoporosis treatment during menopause. However, recent studies clearly show that estrogen alone as an osteoporosis treatment does little for long-term prevention of bone loss.

Given the serious health risks associated with estrogen and the lack of long-term benefit, estrogen is one of the least appropriate osteoporosis treatment methods women should take. New medication alternatives for the treatment of osteoporosis pose less harmful side effects than hormone replacement therapy, but these drugs used for osteoporosis treatment also have unpleasant and potentially harmful side effects and are still sometimes ineffective for long-term bone health.

The medication drugs most commonly prescribed for osteoporosis treatment are Calcitonin (Miacalcin) and Alendronate (Fosamax). Forteo, a new drug medication for the treatment of osteoporosis also promises good results.

For women seeking osteoporosis treatment while simultaneously addressing menopause related symptoms and health concerns, progesterone is the perfect natural alternative. The lack of progesterone causes a decrease in new bone formation. Using progesterone cream as a natural osteoporosis alternative can increase bone mass and actually reverse osteoporosis!

In addition to improving new bone formation and warding off osteoporosis, progesterone balances estrogen dominance. improves lipid profile, improves blood sugar control, improves the ability to burn body fat. Progesterone cream eliminates hot flashes, helps with sleep disorders, normalizes and restores sexual desire, promotes youthful skin appearance and reduces the risk of breast cancer and uterine cancer.

For a healthy and natural alternative to osteoporosis treatment, postmenopausal women should use up to one teaspoon of high quality progesterone cream daily for three weeks each month. The week off progesterone maintains the sensitivity of the progesterone receptors. We recommend Preserve natural USP progesterone cream. Preserve USP progesterone cream has one of the highest levels of progesterone in creams on the market today and uses only high quality ingredients, with no artificial fillers.

Women do not need to take estrogen for osteoporosis treatment given the natural alternative of progesterone. Estrogen works to diminish bone loss while progesterone aids the body in building new bone. Bones are living tissue that is constantly dying off and rejuvenating. The larger bones in the body are replaced every 10 to 12 years while smaller, less dense bones are replaced every two to three years.

This is the good news. Even if bones have lost density, there is opportunity to gain it back. But, in order for new bone to be made, bones need an adequate supply of nutrients, regular weight-bearing exercise and hormonal balance conducive to bone growth.

<p>Help for Osteoporosis The 7 supplements you must have to reverse and overcome osteoporosis. health-reports.com</p>	<p>Osteoporosis Treatment Compare Osteoporosis Treatments Comprehensive Info on Osteoporosis OsteoporosisTreatments.Info</p>	<p>Osteoporosis Treatment Learn How To Slow, Treat And Even Reverse Symptoms Of Osteoporosis! HealthSmarts.com</p>	<p>Osteoporosis & Fractures Minimally invasive treatment for vertebral compression fractures www.Kyphon.com</p>
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Natural Hormone Replacement.

Women want to increase their quality of life through menopause. Woman want to live free of hot flashes, free of depression, free of sleep problems and other symptoms related to menopause, while remaining free of the health risks associated with synthetic hormones.

Preserve

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- Helps normalize hormonal levels,
- Helps diminish night sweats and hot flashes.
- Helps soothe and stabilize mood, reducing moodiness, depression and irritability.
- Helps reduce the uncomfortable and painful menopause signs and menopause symptoms such as pain, cramping and headache.

1 Bottle
2 Bottles
3 Bottles

\$26.95
\$51.90
\$76.35

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Women, educated on the harmful effects of synthetic hormone replacement therapy, are now beginning to realize the great benefits of natural hormone replacement therapy that women in other parts of the world have known for ages.

The proof of natural hormone replacement therapy's healthful effectiveness is found in pocket regions of the world where women routinely lean on nature's remedy for menopause with natural hormone replacement therapy.

A high concentration of women in Asia and some Mediterranean and Latin American countries use natural hormone replacement therapy instead of synthetics and these women typically breeze through menopause.



The women using natural hormone replacement therapy report fewer hot flashes and other menopause symptoms, improved mental states and better sleep patterns. Women in these

cultures using natural hormone replacement therapy have less heart disease and less breast cancer.

- A 2001 New England Research Institutes survey found that Asian-American women who consumed a diet high in natural hormone replacement substances reported fewer hot flashes and night sweats than their American counterparts.
- A 2001 University of California literary review and international studies also show that women with diets high in natural hormone replacement substances have lower rates of osteoporosis, cancers, and heart disease.

Simply put, women using natural hormone replacement therapy report fewer problems and discomforts associated with menopause while reaping the benefits of a stronger heart, stronger bones and healthier body than women taking non-natural hormone replacement therapy.

Natural Hormone Replacement Therapy: The Phytoestrogens Connection.

Phytoestrogens (plant-derived estrogen) are a key group of natural substances in natural hormone replacement therapy. Natural plant estrogen, also known as phenolic estrogen, is what Asian and Latin American women consume daily in their normal diets.

Although it is best to add these plant-derived estrogen substances through whole foods, the typical American diet is often void of foods high in natural hormone replacement therapy substances.

That is why supplementation is so important for women in menopause and beyond.

Aging (wherein neuro-signaling may become impaired) and the dietary and tissue/ovarian deficiencies that may arise because of menopause or other change of life patterns, cause higher demands for these specially targeted elements in women's bodies.

Preserve is a unique combination of micro-nutritionals, rare Chinese dietary herbs, free form amino acids and vitamins and minerals specifically targeted to support and address hormonal pathway imbalances and reducing menopause symptoms.

Preserve provides the body with those executive instructions and nutritive materials needed to calm itself and provide relief for the symptoms of menopause by providing the body elements needed to naturally balance itself, rejuvenate and repair itself.

Preserve allows women to experience the time of natural reproductive change with little uncomfortable disruption of normal life functioning. Preserve will not interfere with any complementing prescriptive strategy a physician or health professional would prescribe.

The Preserve formula is chock full of phytoestrogens and other beneficial ingredients that supply the body with safe, naturally-occurring phytoestrogen complexes. The Preserve formula contains calming herbs to help naturally diminish the discomfort of menopausal symptoms and essential nutrients so often lacking during and after menopause. The ingredients in this MultiDimensional formula support the body's abilities to naturally normalize hormonal levels and diminish menopause symptoms.

An effective aspect of the scientific Preserve formula is the multi-dimensional plant-based

estrogen complex of black cohosh, dong quai, and sage. This combination is widely used in Europe and Great Britain as a safe alternative to synthetic hormone therapy and hormone replacement therapy and provides more complete coverage for menopause symptoms than soy products.

These Preserve formula elements are capable of binding to estrogen-receptors, potentially reducing activity when estrogen levels are high, and exerting estrogen-like activity by the same mechanism when estrogen levels are low.

According to Reginald B. Cherry, M.D. in his book, *God's Pathway to Healing - Menopause*, "plant or phenolic estrogens can attach to receptors for certain organs of the body, such as the breast and uterus. They actually modulate or block the effect of a woman's own estrogen on these tissues. The bottom line is that plant estrogens can protect a woman from breast, ovarian and uterine cancer in her later years!

This is likely a major reason that breast cancer, for example, is so low in Asia and parts of Latin America - people in these nations consume phyto (phenolic) estrogens in their foods most of their lives."

During a woman's childbearing years, a woman's ovaries produce what are known as steroidal estrogens. This type of estrogen causes the ovaries to produce eggs and enables a woman to have a baby. Although the steroidal estrogens are necessary for reproduction and do protect women from heart disease, bone thinning and other problems, they are not totally benign. The longer women are exposed to naturally produced estrogen, the greater the risk she will have in later years for developing ovarian and breast cancer.

Breast cancer is higher in women who begin their periods early and go through menopause late. Women who have many children are at lower risk because the body ceases estrogen production during pregnancy. So when a doctor prescribes a steroidal estrogen like Premarin for a menopausal woman, she may feel better, but her cancer risk increases. Women using HRT/hormone replacement therapy are simply adding those steroidal estrogens to their bodies much longer than nature intended.

Fortunately, women have safe and effective natural hormone replacement therapy alternatives to ease them through menopause without the risks associated with non-natural hormone replacement therapy.

In addition to the multi-dimensional plant-based estrogen complex in Preserve, the Preserve formula also contains the following ingredients found effective in reducing menopause symptoms:

Vitex Agnus Castus: Aids in soothing menopausal difficulties; directly affects two pituitary hormones which regulate progesterone and estrogen use throughout the body.

Progesterone: A naturally occurring hormone which works with estrogen compounds, important for its abilities to correctly balance estrogen activity, and helps to maintain bone density. Chinese Female Balancing Herbs (Radix Bupleuri, Fo-Ti & Radix Multiflori-Polygoni): Aid in the normalization of hormone levels by enhancing the flow of energy and circulation while helping to soothe the adverse reactions of menopause.

St. John's Wort, GABA & DLPA: Help the body relax, stabilize mood and nutritionally inhibit the production of those enzymes which defeat naturally occurring "pain-relievers (endorphins and

enkephalins), aiding in the reduction of pain and inflammation, while helping to reduce the severity of hot flashes.

For a complete listing of Preserve ingredients and recommended dosage, click [\[here.\]](#)

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Women's Menopause Health Center October 15, 2006 Newsletter.





Breast Cancer Prevention Tips and Treatments.

Did you know that almost 213,000 women (and a small percentage of men) will be diagnosed with invasive breast cancer this year alone? So what is new on the horizon in breast cancer treatment and breast cancer prevention? Here's a sampling of what's new.



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-  3.5 oz bottle.

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When Maureen Moore, 48, of Collierville Tennessee was diagnosed with advanced (stage four) breast cancer in April 2005, she had a mastectomy to remove her left breast, followed by chemotherapy, a stem cell transplant, and radiation. Then she went one step further and had genetic testing to determine if hers was among the estimated 5 to 10 percent of breast cancer cases that result from inherited mutations or alterations in the breast cancer susceptibility genes, BRCA1 and BRCA2. It was. The test results influenced Moore's breast cancer prevention decision to have a preventive hysterectomy and mastectomy of the right breast to help head off not only further breast cancer but ovarian cancer as well.

Genetic testing information can help doctors plan for better breast cancer prevention health care or treatment if the disease does develop. Physicians may refer patients with a family history of the disease to a genetic counselor who can do more testing. To find a genetic counselor in your area, visit nsgc.org.

A Women's Health Initiative study failed to definitively show that a lowfat diet (29%

of total calories from fat) significantly helps breast cancer prevention, but don't reach for the potato chips just yet. A low-fat diet can help women maintain a healthy weight. And overweight women run a higher risk of getting breast cancer especially if the excess weight is gained later in life. Excess fatty tissue is a source of circulating estrogen in your body, and breast cancer risk is directly linked to how much estrogen you're exposed to during your lifetime. (Another significant reason to avoid synthetic estrogen replacement therapy (ERT) and balance hormones with Preserve Progesterone Cream or Preserve as a part of your breast cancer prevention regimine. Preserve and Preserve Progesterone Cream help control hot flashes and other menopause / perimenopause symptoms.)

Women who are premenopausal or under age 50 and those with dense breast tissue can benefit from the new digital mammogram technology, according to a study funded by the National Cancer Institute. Digital mammograms let radiologists magnify, darken, or lighten images to better spot abnormalities. It may not be available nationwide for a few years. Meanwhile, the experts say, the main message is still to get an annual mammogram as part of your breast cancer prevention strategy.

When a mammogram leads to a diagnosis of cancer, breastconserving surgery (lumpectomy) followed by radiation is one course of treatment women may consider. This year marked the end of a longterm study confirming that it's as effective as removing the entire breast (mastectomy). If a woman with breast cancer chooses a lumpectomy, radiation is administered five days a week for six to seven weeks.

Here are some breast cancer prevention techniques you may employ without the aid of high technology. Embrace some powerful lifestyle habits and feel good knowing you're doing all you can to reduce your breast cancer risk.

Regular exercise can help you maintain a healthy weight. Aim for at least 30 minutes of exercise on most days of the week. If you haven't been particularly active for a while, start slowly. Include weightbearing exercises, such as walking, jogging, or working out on an elliptical machine. If you're undergoing hormone replacement therapy (HRT), discuss your options with your doctor. You may be able to manage your menopausal symptoms with exercise, dietary changes, or non hormonal therapies like progesterone cream to balance the excess estrogen for hot flash relief and relief of other menopause / perimenopause symptoms. If you decide the benefits of short-term HRT outweigh the risks, consider the lowest hormone dosage for the shortest time.

Another weapon in your breast cancer prevention arsenal is to limit foods that contain pesticides, growth hormones, or nitrates. Research at the Mayo Clinic shows that the molecular structure of some pesticides closely resembles that of estrogen, which may increase breast cancer risk.

Plentiful intake of plant lignans could help in breast cancer prevention in premenopausal women researchers in Germany report. Lignans, which are present in dietary sources such as flaxseed, sesame seeds, fruits, and vegetables, are metabolized by microorganisms in the colon to phytoestrogens such as

enterolactone. Scientists found that premenopausal women with greater dietary intake of lignans and higher plasma enterolactone levels demonstrated a substantially decreased of breast cancer.

Alcohol consumption and breast cancer have a strong link, according to the Mayo Clinic. But the American Cancer Society says an occasional alcoholic beverage is unlikely to increase risk significantly, especially if you already exercise regularly, eat a healthy diet, and maintain a healthy weight.

It's unclear if stress adds to breast cancer risk (some studies claim a link), but women with emotional support experience less stress and are more resilient to life's curveballs.

October Menopause Food Recipe: [Autumn Harvest Crock Pot Stew.](#)

October Bath and Body Recipe: [Fall Bounty Molasses and Apple Cider Hair Conditioner](#)

October Exercise Tip: [Even Accidental Exercise Helps Menopause Symptoms.](#)

We hope you enjoyed this edition of the Women's Menopause Health newsletter. If you have friends or family that could benefit from this information, feel free to pass this newsletter along. We like to share!

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Women's Menopause Health Center August 1, 2003 Newsletter

Estrogen Information and Danger of Estrogen Therapy

Women looking for estrogen information about the danger of estrogen therapy do not need to look very far. The Women's Health Initiative study two years ago provided a wealth of information about the danger of estrogen therapy. Since that time, information about the danger of estrogen therapy seems to surface on a regular basis.

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The Federal Drug Administration recently mandated a new boxed warning of the danger of estrogen therapy and estrogen/progestin products such as Premarin and Prempro. This is the highest FDA warning level for drug labeling. The FDA estrogen information warning states an increased risk for heart disease, heart attacks, strokes, and breast cancer and also emphasizes that estrogen products are not approved for heart disease prevention.

At about the same time the FDA mandated boxed warnings of the danger of estrogen therapy, a study revealed information about yet another danger of estrogen therapy. This portion of the Women's Health Initiative study found that hormone replacement therapy double women's risk of developing dementia and Alzheimers Disease.

If that estrogen information was not enough to encourage women to rethink their menopause health

choices, hormone replacement therapy earned a prominent place on the United State's National Toxicology Program's carcinogen list.

The federal government recently added steroidal estrogen products to its list of known human carcinogens. Steroidal estrogens are a group of related hormones commonly used in estrogen replacement therapy and in oral contraceptives.

The government report cites data from human epidemiology studies that show a connection between estrogen therapy and an increase in endometrial cancer and breast cancer. The report also suggests that estrogen-containing oral contraceptives may be associated with an increased risk of breast cancer but may protect against ovarian and endometrial cancers.

The National Toxicology Program, an arm of the Department of Health and Human Services, publishes reports of carcinogens every two years after intensive scientific reviews.

The report distinguishes between "known" human carcinogens (where there is sufficient evidence from human studies) and "reasonably anticipated" human carcinogens (where there is either limited evidence from human studies or sufficient evidence from animal studies).

A number of individual steroidal estrogens were already listed as "reasonably anticipated" carcinogens in past reports. This most recent report upgraded steroidal estrogens to "known" carcinogens and was the first report to list all steroidal estrogens together as a group.

Hundreds of government and non-government scientists contribute to these reports to ensure that the public is made aware of cancer hazards. The public at this point should be very aware of the danger of estrogen therapy. Thousands of women responded to the Women's Health Initiative study by stopping hormone replacement therapy. Yet, thousands upon thousands of women still remain on hormone replacement therapy.

Stopping hormone replacement therapy would be a difficult choice without effective alternatives to hormone replacement therapy. Fortunately, there are effective alternatives for women who no longer wish to take hormone replacement therapy.

Preserve is a unique combination of micro-nutritionals, rare Chinese dietary herbs, free form amino acids and vitamins and minerals specifically targeted to support and address hormonal pathway imbalances and reducing menopause symptoms.

The Preserve formula supplies the body with safe, naturally-occurring phytoestrogen complexes, calming herbs to help naturally diminish the discomfort of menopausal symptoms and essential nutrients so often lacking during and after menopause. The ingredients in this MultiDimensional formula support the body's abilities to naturally normalize hormonal levels and diminish menopause symptoms.

Preserve, used in conjunction with a quality progesterone cream like Return to Eden natural progesterone cream, can gently alleviate menopause symptoms as well as hormone replacement therapy - without the dangers of hormone replacement therapy.

Natural progesterone cream helps;

- _ Brings hormonal balance back into your body.
- _ Balances estrogen dominance.
- _ Improve lipid profile.
- _ Improve blood sugar control.

- _ Burn up of body fat.
- _ Rebuild lost bone mass.
- _ Improves new bone formation.
- _ Eliminate hot flashes.
- _ Create the myelin sheath over nerves.
- _ Create more energy.
- _ Sleep disorders.
- _ Fibrocystic Breast Disease.
- _ Normalize and restore sexual desire.
- _ Promote youthful skin appearance.
- _ Resist facial hair growth.
- _ Reduce risk of breast cancer.
- _ Reduce risk of uterine cancer.
- _ Improve blood sugar control.
- _ Promote youthful skin appearance.

If you have not already kicked the hormone replacement therapy, now is as good a time as any. Order a bottle of Preserve and a pump container of Preserve Natural Progesterone Cream and experience healthy menopause for yourself.

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Osteoporosis Prevention.

Research is clear that osteoporosis prevention measures of healthy diet, regular exercise, supplementing the body with natural progesterone and eliminating risk factors that cause osteoporosis all have dramatic and positive effects on osteoporosis.

Most women are unaware that they have osteoporosis until the first tell-tale symptom, a bone fracture occurs. The osteoporosis prevention plan ideally should begin before the first symptom appears. Although it is never too late to start, sooner is always better than later.

Postmenopausal osteoporosis is significantly influenced by several prevention measures, all of which offer many positive physical and emotional effects beyond osteoporosis benefits.

Women - especially Caucasian women with a family history of osteoporosis - should eliminate risk factors before the first symptom of osteoporosis appears. Starting early with an aggressive osteoporosis prevention program greatly reduces the risk of osteoporosis.

Smoking, inactivity, heavy alcohol, caffeine and soft drink consumption and inadequate calcium intake all cause a decrease in bone mass and cause osteoporosis symptom conditions in the body. The first osteoporosis prevention step is to eliminate these osteoporosis cause risks.

Limit alcohol consumption to beer and wine only, with no more than two drinks daily. Caffeinated coffee and soft drinks should also be limited to two or less cups per day. Women should avoid high-phosphate soft drinks altogether. Water is the best alternative. Foods high in fat and protein inhibit calcium absorptions and cause negative effects on osteoporosis. Antacids also cause negative effects on osteoporosis and should be avoided altogether.

The next step in the osteoporosis prevention plan is to begin using a high quality progesterone cream like Preserve to give the body the hormonal building block components for new bone growth. Progesterone serves a dual purpose. While providing positive effects on osteoporosis by promoting the building of new bone mass, progesterone also decreases menopause symptoms typical in the age group of women at risk for osteoporosis.

Exercise and diet effects the building of bone mass and play an integral role in osteoporosis prevention. Weight-bearing exercise cause bones to use more calcium. A healthy, calcium-rich osteoporosis diet provides bones with materials they need and progesterone cause bones to produce more new tissue. Research shows that regular weight-bearing exercise, coupled with 1500 mg of calcium and 400-800 IU of vitamin D daily, can stop bone loss for some postmenopausal women.

Diet:

Although adequate calcium intake is crucial for osteoporosis prevention, about 70% of people do not receive the recommended daily allowance of calcium. The osteoporosis prevention diet contains food low in fat and high in vegetables, fruits, whole grains and calcium-rich foods. Low-fat dairy products,

soy products, dark green vegetables, grains, beans and some fish are all excellent osteoporosis prevention foods.

The National Institutes for Health (NIH) recommends that post menopausal women and people at risk for osteoporosis receive 1500 mg of calcium daily. Pre-menopausal women need about 1000 mg daily for osteoporosis prevention.

Below is a list of calcium-rich foods and the approximate mg of calcium per cup. Choose low-fat options for weight control;

Milk	350-400 mg
Calcium fortified orange juice	350 mg
Collard greens (cooked)	300 mg
Yogurt	275-400 mg
Tofu	250 to 700 mg
Calcium fortified soy milk	250- 300 mg
Cottage cheese	150 mg
Beans (cooked)	100 mg
Broccoli (cooked)	100 mg
Kale (cooked)	100 mg

Other calcium-rich foods:

Sardines, canned w/ bones (3oz.)	350 mg
Salmon, canned w/ bones (3oz.)	200 mg
Cheese Cheddar, 1 oz.	200 mg
Sesame seeds, 2Tbsp.	175 mg
Blackstrap molasses, 1Tbsp.	175 mg
Dried figs, 5 pieces	130 mg
Tahini, 2Tbsp.	130 mg
Orange, 1 medium	50 mg

Women should attempt to gain most of their calcium through food sources since calcium in food is best absorbed by the body. Supplements should be used for osteoporosis prevention if women cannot meet their daily requirements through food sources.

Eating large amounts of calcium-rich foods may not prevent osteoporosis if there is not enough vitamin D to aid calcium absorption. The skin synthesizes vitamin D when exposed to direct sunlight for at least 15 minutes daily. Since the body breaks down Vitamin D in supplement form, rendering it less adequate for calcium absorption, exposure to the sun remains the best way to receive Vitamin D.

However, nutritionists suggest using a Vitamin D supplement during the winter months. People over 60 should take a vitamin D supplement year round since aging reduces the capacity of the skin to use sunlight to produce vitamin D.

Pre-menopausal women need about 200 IU of Vitamin D when not exposed to sunlight. Menopausal women need about 400 IU and postmenopausal women need about 800 IU Vitamin D. Most multi vitamins contain 400 IU of Vitamin D.

Exercise for Osteoporosis Prevention:

Extensive research clearly shows that inactivity cause bones to weaken. Most experts agree that exercise 30 minutes, five to six days a week is enough to cause substantial difference in bone health.

Exercise also improves coordination and strengthens muscles, which reduces the risk of falls. Exercise also cause positive effects on the cardiovascular system, emotional well being and helps women control menopause weight gain.

"Weight-bearing" exercise encourages 'bone loading'. Weight-bearing exercise is exercise that places weight on the skeletal structure. Brisk walking, jogging, strength training, hiking, and aerobic exercises are the best weight-bearing exercises for strengthening bones. Swimming and bicycling, though good aerobic exercises, do not place enough weight on bones to work as osteoporosis prevention exercise.

The chosen osteoporosis prevention exercise should focus on the sites where fractures most often occur - the upper arm at the shoulder, the lower arm at the wrist, the hip and spine. Walking, jogging, aerobic exercise and cross-country skiing focus on the spine and hip. Weight lifting and strength training focusing on the arms builds density in bones in the arms. Women should set a goal of exercising a minimum of 30 minutes five days each week, with time divided between weight-bearing exercise, strength training and stretching.

If new to exercising, start slowly and gradually work up to the recommended exercise time. Always consult a physician if starting a new exercise regime.

Sedentary women can start by walking 10 minutes per day three times each week and increase the time by a few minutes each week. With exercise for osteoporosis prevention, listen to your body. When the current level of exercise becomes easy, increase the time and/or intensity of the exercise workout.

Be patient and don't give up. The hardest aspect of starting this portion of an osteoporosis prevention regime is actually getting started. The sooner you start, the sooner your bones and body will be in shape to meet the physical challenges that age cause.

<p>Help for Osteoporosis The 7 supplements you must have to reverse and overcome osteoporosis. health-reports.com</p>	<p>Protect against bone loss Protect your bones from fractures with this women's health supplement www.Encora.com</p>	<p>Osteoporosis & Fractures Minimally invasive treatment for vertebral compression fractures www.Kyphon.com</p>
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Caution: For any suspected or known illness or dysfunction, always consult your physician for medical diagnosis and treatment first. Statements contained herein have not been evaluated by the Food and Drug Administration. Products mentioned herein are not intended to diagnose, treat, cure, or prevent any disease.

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