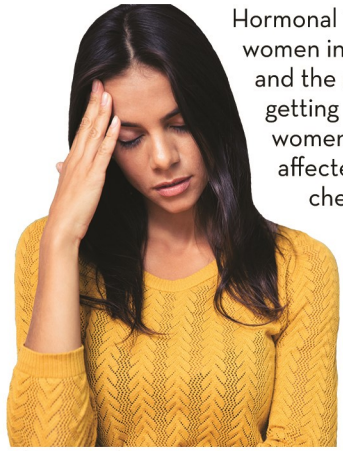


A Holistic Approach to Hormone Balancing



Hormonal imbalances affect millions of women in the United States each year, and the situation only seems to be getting worse. Compared with men, women are disproportionately affected by estrogen-mimicking chemicals in the environment (from plastics, household cleaners, and other environmental toxins) and are more likely to experience hormonal imbalances as a result. Though every woman experiences hormonal

changes during menopause, many women are beginning to experience hormonal imbalances at earlier stages in life. These physical changes can be enormously stressful for the body - causing symptoms that range from night sweats to fatigue.

For this reason, hormone-replacement therapy (HRT) is popular among many women and their physicians. Proponents of HRT argue that the benefits outweigh the long-term risks. However, research is beginning to reveal that HRT is much more hazardous than most physicians believe it to be. One study (which recruited over a million women to participate) revealed that HRT can dramatically increase your risk for fatal breast cancer! With these results in mind, it's time to consider alternative ways to balance your hormone levels without resorting to synthetic drugs. We recommend a holistic approach that aims to maximize your nutritional intake, reduce your body's toxicity, improve certain aspects of your lifestyle, and optimize results through effective supplementation.

If you're interested in purchasing the Solutions4 supplements listed in this brochure, you're in luck!

We're offering a special discount on these products when they're purchased together:

- Hormone Balance
- DHEA
- Thyroid/Adrenal Support
- Wild Yam Cream
- Craving and Impulse Control
- Adrenal Calming
- Sleep
- Serotonin Support

Ask a staff member for more information about this special offer!

[Your Logo]

[12345 Main St.]

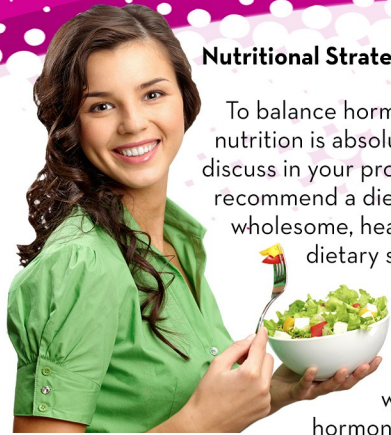
[Your Town, ST 12345]

[(555) 555-5555]

[Your Hours M-F]

Enhance Your Program for Hormone Balancing

Nutrition and Detoxification for Healthy Hormones



Nutritional Strategies

To balance hormone levels in the body, nutrition is absolutely key. As we discuss in your program manual, we recommend a diet that centers around wholesome, healthy vegetables. The dietary strategies outlined in your manual may focus on weight loss, but you'll find that the same foods will work wonders for your hormones! One advantage of

this type of diet is that it provides the body with the precursors it needs to manufacture hormones on its own. Foods like yams, peas, cucumbers, papaya, and other fruits and vegetables provide the body with essential micronutrients that form the building blocks for hormone synthesis. We believe that when the body is given everything it needs, it can correct hormonal imbalances on its own.

The Importance of Detoxification

If you're suffering from hormonal imbalances (as a result of menopause or otherwise), we recommend that you eliminate toxic foods and substances from your life. This means cutting out obviously toxic offenders like junk food and fast food, as well as less obvious offenders like refined vegetable oils, hidden sources of sugar, and other harmful additives. To reduce your exposure to toxins in the environment, we also recommend that you cut down on the use of toxic household cleaners and avoid microwaving food in plastic. These changes may seem small, but they can make a world of difference.

As a part of your program, you'll complete 3-5 days of detoxification designed to help your body achieve a healthy hormonal balance. This involves drinking a lemonade mixture while taking herbal supplements that facilitate the cleansing process. This detoxification period gives the body a chance to cleanse itself of any toxic buildup and begin to heal itself naturally. After a detox, you'll find that your symptoms have already begun to improve.

Lifestyle Strategies for Balanced Hormones

Sleep Your Way to a More Balanced Life

Sleep matters, whether you're 5 years old or 50. However, quality sleep is especially important for those with imbalanced hormone levels because sleep plays an integral role in the body's natural healing process. Without enough sleep, your body will struggle to produce the right amount of essential hormones. For example, sleep deprivation has been shown to increase your cortisol levels, decrease your production of leptin (an appetite-regulating hormone), and increase your production of ghrelin (a hormone that makes you hungry). These factors help to explain why sleep deprivation, hormonal imbalance, and weight gain often go hand-in-hand.

Reduce Stress to Balance Your Hormones

For those seeking to correct hormonal imbalances, stress management is key. Chronic stress causes the adrenal glands to produce excess cortisol, which in turn suppresses the body's production of several important hormones. To return the body to a state of balance, you must find a way to reduce your stress levels - whether this involves meditation, breathing exercises, or other calming activities. The Self-Mastery Technology (SMT) sessions offered in our office have been shown to be especially helpful in this regard.

Exercise to Stimulate Healthy Hormone Production



If your hormone levels aren't well-balanced, you might suffer from low energy levels or chronic fatigue. This can make it especially difficult to find the motivation to exercise! However, if you can work up the energy to start a workout routine, you'll find that your energy levels improve dramatically. Exercise really helps your body out of a low-energy funk!

Supplements for Balanced Hormones

Though you'll need several supplements to maximize your nutritional intake and reverse the course of your condition, there are a few that are worth discussing in detail:



Hormone Balance offers natural hormone therapy in the form of powerful plant extracts. These herbs help support the body's natural and balanced production of hormones!



DHEA (dehydroepiandrosterone) is a natural anti-aging hormone precursor that can be converted into estrogen, testosterone, cortisone, and progesterone by the body.



Thyroid/Adrenal Support contains a blend of 10 synergistic herbs that work together to support your body's natural production of thyroid and adrenal hormones.



Wild Yam Cream supports healthy hormone production by supplying the body with the precursors it needs to produce many important hormones on its own.

In addition to these hormone-balancing supplements, you may also want to try the following supplements for brain-based wellness:



Craving and Impulse Control makes it easier for you to manage your cravings, improves your energy levels, and helps you transition into a healthier diet!



Adrenal Calming is designed to relieve stress, increase mental clarity, and promote a state of restful ease. By reducing stress on your adrenal glands, this supplement can help to balance your hormones.



Sleep is designed to promote deep and restful sleep, which in turn can help facilitate healthy hormonal balance.



Serotonin Support helps to improve your mood and reduce irritability. This can make it much easier to transition into a healthier lifestyle and maintain an optimistic outlook on life!