

**Total Fem (Veg)TM Nutritional Support for Female Health:
Endocrine Balance, Sexual Interest, Vaginal & Breast Health, Menstruation & Menopause**

by John Brimhall, D.C., and Stephan Cooter, Ph.D.

Thirty to 50% of women suffer during menstruation. Hormone imbalances and poor circulation can cause cramps, headaches, mood swings, weight gain, and loss of sexual interest.

Menopause symptoms are caused by erratic and declining hormone levels. Symptoms include irritability, depression, and weight gain. Vaginal walls become drier, sexual interest may decline, and susceptibility to yeast and bacterial infections, fibrocystic breasts, breast cancer, fibroids, and endometrial cancer increases.

Sugar, alcohol, smoking, and caffeine can worsen symptoms. Lifestyle changes, a natural whole foods diet, nutritional supplements, and regular exercise can help maintain female health.

Dong Quai helps enhance hormone levels, relieve vaginal dryness, helps alleviate PMS and menopausal symptoms, helps improve circulation, and helps relieve stress.

Black Cohosh helps alleviate cramps, relieve endometriosis, and enhance estrogen levels.

Red Raspberry helps alleviate cramps, morning sickness, and hot flashes.

Licorice Root has estrogen and progesterone-like effects.

Wild Yam Root contains progesterone-like hormones and DHEA, which helps rejuvenate and enhance lovemaking; helps relieve uterine fibroids, PMS, and menopause symptoms: mood swings, depression, irritability, insomnia, headaches, and cramps.

Red Clover may help prevent fibrocystic breasts.

Vitus Agnus Castus helps relieve PMS symptoms, irregular menstruation, alleviates hot flashes, and is used in the treatment of uterine fibroids, fibrocystic breasts, and to relieve endometriosis.

Damiana helps improve blood flow to the genitals, enhances sexual interest, and elevates mood.

Motherwort helps relieve anxious awareness of the heartbeat, nervousness, and endometriosis.

Pregnenolone helps produce sex hormones, proper bone formation, and prevent osteoporosis.

Gota Kola helps alleviate hot flashes, anxious awareness of the heartbeat, increase sex drive, eliminate excess fluids, shrink tissues, and relieve depression.

American Ginseng helps strengthen endocrine glands, reduce hot flashes, and enhance fertility.

Avena Sativa helps reduce water retention, promote relaxation, and alleviates insomnia.

Lemon Bioflavonoids help with the heavy bleeding of pre-menopause. High bioflavonoid consumption is associated with cultures that experience lower rates of breast cancer and few menopause symptoms. Bioflavonoids help prevent fibroids by reducing high estrogen levels.

Chlorella is a rich nutritive tonic that accelerates tissue building and repair.

Flaxseed is estrogenic and helps prevent vaginal and skin dryness.

Burdock Root helps relieve the symptoms of menopause.

Vitamin C may alleviate breast swelling and protect blood flow to the genitals and other tissues.

Vitamin A may help increase progesterone levels and protect tissues of the genitourinary tract.

B-1 promotes good digestion and enhances circulation to the genitals.

B-2 helps prevent poor digestion.

B-6 can alleviate symptoms of PMS, increase oxygen flow to female organs, and reduce water retention. The need for B-6 increases with birth control pills.

B-12 helps prevent anemia, reduce stress, promotes proper digestion, and helps maintain fertility.

Niacin helps produce sex hormones and improve circulation.

Pepsin enhances the digestion of proteins and acts as an anti-inflammatory.

Amylase enhances the digestion of carbohydrates.

Lipase enhances the digestion of fats.

Magnesium may help reduce PMS symptoms and protect circulation.

Zinc helps prevent impaired sexual functions.

Boron helps enhance hormone levels and prevent osteoporosis.

Selenium promotes hormone balance and protects blood flow to the sexual organs.

Potassium supplementation helps replace potassium lost through perspiration in hot flashes.

COMPLIMENTS OF:

* References for all statements are available from Nutri-West, please call toll free 1-800-443-3333

The above statements have not been evaluated by the FDA. The nutritional information, suggestions, and research provided are not intended to diagnose, treat, cure, or prevent disease and should not be used as a substitute for sound medical advice. Please see your health care professional in all matters pertaining to your physical health.