Women's Health Library

PMS and Menopause Support

Dr. Patricia Beckstead
Founder

Additional Recommended Supplements for Optimal Health…

Foundation of Health:

- **Ultimate One**
- **CoQ10**
- **Omega 3 Fatty Acids**
- **Greens N' Things**
- **Chewable Calcium & D**
  or
- **Liquid Cal-Mag-Zinc**

These supplements may be purchased on Our Store:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Women suffering from the side effects of PMS (Pre-menstrual Syndrome) or menopause are often seeking natural therapies to help aid in relief. Natural products can be great alternatives to traditional therapies such as hormone replacement therapy (HRT).

Phytoestrogens are plant compounds found in nature that can provide some of the actions provided by HRT without the side effects. This is because plant estrogens are 100-500 times less potent. Although they are less potent than the bodies' natural estrogens, they insure that the bodies' estrogen levels never get too high or too low. They have the remarkable ability to act as antiestrogens when the bodies' levels are too high and act as estrogens when the bodies' levels are too low or nonexistent. Thus, they can help create the perfect balance in the body.

The following are some of our great product suggestions for PMS and menopause support:

Menopause Formula– provides a variety of phytoestrogens and other herbs that work synergistically in combating the symptoms of menopause.

Soy Spirulina Protein Powder– Contains a great source of healthy protein along with powerful isoflavones aimed at PMS and menopause relief! These powders can also serve as a healthy snack for women looking to maintain a healthy weight.

Liquid Calcium, Magnesium, Zinc and Vitamin D– Helps to maintain bone density and/or prevent loss during menopause and also assists in heart and nerve function. Women begin losing bone density in their 20's.

Omega 3 Fatty Acids– Replenishing deficiencies in good fat may help support the relief of fatigue, dry skin, dry mucous membranes (mouth, vagina, tear ducts), dry hair, cracked nails, depression, forgetfulness, aching joints, as well as a host of other problems.

Iron-Free Ultimate One Multiple Vitamins- The benefits of menstruation is lower stores of iron in the body tissues. Studies now show that excess accumulation of iron in post-menopausal women is harmful to the arteries and heart. Iron plays many roles in the body, such as transporting oxygen and carbon dioxide. Without iron the body could not derive energy from foods or clear metabolic wastes from the body. It also plays a role in enzyme and immune function. Although adequate iron is essential in maintaining proper health, excess iron has been associated with increased heart disease.

Most Importantly, Progesterone Cream-
At a very young age girls are seeing the effects of excessive estrogen in our environment from our food sources, chemicals, medications and other factors we face on a daily basis. It is not uncommon for girls to begin menstruating at the age of 8 or 9. Further, during the reproductive years a women's level of progesterone declines based on many factors such as stress, the birth control pill, poor diet, etc. In addition to their exposure to environmental estrogens, women of all ages are typically in a state of "Estrogen Dominance".

Current medical research points to excessive estrogen as a major contributing factor in breast cancer, other female specific cancers, heart disease and stroke. PMS and menopausal symptoms may also be the result of too much estrogen or not enough progesterone, hence hormonal imbalance.