

Freedom from Menopause® and PMS Guide

Low Progesterone

Most Common Symptoms:

- PMS, irregular periods
- Bloating/weight gain/depression
- Carbohydrate cravings
- Low sex drive, fibroids, cysts
- Irritability, mood swings
- Insomnia, anxiety, acne
- Breast tenderness, hair loss
- Headaches, infertility
- Excessive hair on face

Basic Supplements:

- Progesterone Cream or
- PMS Survival Kit (all kit items may be purchased separately).

Additional Supplements:

(If you have several symptoms of low estrogen):

- Menopause Formula and
- Black Cohosh or
- Menopause Survival Kit

Optional Supplements:

For faster/longer lasting results:

- Foundation of Health Kit or kit items purchased separately.

For added sexual support:

- Sexual Healing Kit or kit items purchased separately.

For added weight loss support:

- Weight Loss Miracle Kit or kit items purchased separately.

Low Estrogen

Most Common Symptoms:

- Hot flashes, night sweats
- Painful intercourse
- Bladder infections
- Vaginal dryness, fatigue, depression
- Incontinence, Heart palpitations
- Decreased sexual response
- Foggy thinking
- Low bone density

Basic Supplements:

- Progesterone Cream and
- Menopause Formula and
- Black Cohosh or
- Menopause Survival Kit

Additional Supplements:

(If you're still menstruating or have several symptoms of low progesterone):

- Peri-Menopause Survival Kit or kit items purchased separately.

Optional Supplements:

For faster/longer lasting results:

- Foundation of Health Kit or kit items purchased separately.

For added sexual support:

- Sexual Healing Kit or kit items purchased separately.

For added weight loss support:

- Weight Loss Miracle Kit or kit items purchased separately.

Low Testosterone

Most Common Symptoms:

- Loss of sex drive
- Low energy/stamina
- Depression
- Fatigue
- Loss of muscle
- Enlarged breasts (men)
- Weaker erections (men)

Basic Supplements:

- Sexual Healing Kit or kit items purchased separately. (this entire kit may be used by men)

Additional Supplements:

(Depending on your stage of life)

- PMS Survival Kit
- Peri-Menopause Survival Kit
- Menopause Survival Kit

Optional Supplements:

For faster/longer lasting results:

- Foundation of Health Kit or kit items purchased separately.

For added weight loss support:

- Weight Loss Miracle Kit or kit items purchased separately.

- For more information, please call toll free: (866) 811-6234

IMPORTANT NOTICE (Please read)

Holistic medicine can work in days or it can take months to years. Please DO NOT expect dramatic results in just a few hours as seen when taking some prescription drugs. Our high quality products were developed to CORRECT your hormone and dietary deficiencies as opposed to prescription drugs which simply mask symptoms - such as pain relievers do for headaches.

Generally speaking, our natural hormones and supplements may begin to alleviate your symptoms fairly quickly and then continue to have a positive effect over time. There are many things which may affect your response to our products including the severity of your condition. So keep a symptoms journal and every few weeks evaluate your improvement and adjust your dosages if needed. Most importantly, don't get discouraged!

* Progesterone Cream is important for all women (and men) who are exposed to excessive estrogen in the environment from foods and chemical toxins. Progesterone cream helps eliminate symptoms of PMS and Menopause but most importantly it balances your hormones to help prevent breast cancer (in men and women), heart disease, stroke and other diseases related to having too much estrogen (Estrogen Dominance).

* Choose the category above with the most symptoms you are experiencing and supplement according to the suggestions. If you have several symptoms from more than one category, supplement with products from any category depending on your specific symptoms as listed below:

- Natural USP Progesterone Cream (#1 product for all stages of menopause and PMS)
- Natural estrogens/herbs: Menopause Formula and/or Black Cohosh (for hot flash relief and other symptoms of low estrogen)
- Natural testosterone supplement: DHEA
- Natural anti-aging supplement: HGH Spray
- Natural anti-depressant supplement: 5-HTP
- Natural weight loss products: Weight Loss Miracle Pill or Weight Loss Miracle Kit

This guide is for informational and educational purposes only and is not intended to provide medical advice, nor is it to be used as a substitute for advice from your physician. This information is provided as a guide and does not claim to cure any disease or condition. 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.