



LORNA VANDERHAEGHE

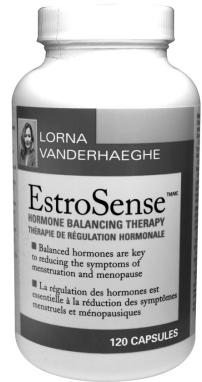
Lorna Vanderhaeghe is a health expert who has been researching and writing about nutritional medicine for over 25 years. She has a Masters of Science in Health Studies and a degree in Biochemistry. Lorna is the author of the several books including *The BodySense Natural Diet*; *An A-Z Woman's Guide to Vibrant Health*; *Get A Grip on Arthritis and Other Inflammatory Disorders* as well as *Healthy Immunity*. Lorna is the co-author of *The Immune System Cure, No More HRT: Menopause Treat the Cause* and *Healthy Fats for Life*. She is also an internationally known lecturer who educates people on how to combine the best of mainstream medicine with scientifically-backed nutrients and diet changes to achieve optimal wellness. For more information and to sign up for Lorna's eletter go to www.hormonehelp.com

EstroSense™

Balanced hormones ensure effortless periods, clear skin, a symptom-free peri-menopause and menopause, lots of energy and vitality.

What to expect from this product:

- Maintains healthy estrogen to progesterone balance
- Protects your breasts
- Reduces and eliminates the occurrence of breast cysts
- Detoxifies the liver of carcinogenic estrogens found in plastics, pesticides, cosmetics and more
- Stops flooding, heavy, debilitating periods
- Halts abnormal cell growth (fibroids, cysts, endometriosis)
- For those with PCOS and ovarian cysts
- Halts conversion of 2-hydroxyestrone metabolites to carcinogenic estrogens (16-hydroxyestrone)
- Contains the equivalent cancer-protecting plant nutrients as eating 1 kilo of cruciferous vegetables (broccoli, Brussels sprouts, etc...)
- Eliminates PMS and makes periods effortless
- Maintains healthy PAP smears
- Eliminates hormonal acne



Take before menopause to ensure a healthy transition

WHO NEEDS HORMONE BALANCING THERAPY?

All women but especially those with:

- Exposure to pesticides, herbicides and toxins
- Endometriosis
- Fibrocystic breasts (benign breast disease)
- Peri-menopause
- Acne
- Obesity or weight problems
- Ovarian cysts
- Uterine fibroids
- Breast Cancer
- Ovarian Cancer
- PMS
- Desire to prevent hormone dependent cancers

FORMULA:

EVERY 2 CAPSULES CONTAIN:

Calcium D-Glucarate	150 mg
Indole-3-Carbinol (plant sourced)	150 mg
Green Tea Extract (30:1 from 3000 mg of Green Tea – caffeine free–80% Polyphenols)	100 mg
Turmeric (95% Curcumin)	50 mg
Milk Thistle Extract (30:1 from 3000 mg of Milk Thistle) (80% Silymarin)	50 mg
DIM (di-indolylmethane)	50 mg
Rosemary Extract (10:1 from 250 mg of Rosemary) (6% Carnosic Acid)	25 mg
Lycopene (from 83 mg Lyc-O-Mato® tomato extract)	5 mg
Sulforaphane (from Broccophane™ broccoli sprout extract)	200 mcg

VEGAN FRIENDLY

RECOMMENDED DOSAGE:

2 capsules of EstroSense™ at breakfast and 2 at dinner for fibroids, endometriosis, ovarian cysts, abnormal PAPS, lumpy breasts, heavy periods and Polycystic Ovarian Syndrome. Take with food.

2 capsules of EstroSense™ at breakfast for acne, period problems, hormone balance, to protect breasts, cervix and uterus and for maintenance. Take with food.

- **Indole-3-carbinol (I-3-C)** is an anti-cancer phytonutrient found in cruciferous vegetables. Research has shown that I3C helps to breakdown cancer-causing estrogens to non-toxic forms. I3C maintains a healthy cervix, protects against HPV cervical lesions and controls abnormal cell growth found in those with uterine fibroids, ovarian cysts and endometriosis.
- **Calcium D-glucarate** is a powerful detoxifier of excess estrogens from the liver.
- **Green Tea Extract** contains polyphenols, catechins and flavonoids shown to be protective against estrogen related cancers.
- **Curcumin** is the yellow pigment of turmeric—the chief ingredient in curry. It is a powerful anti-inflammatory agent and it works to inhibit all steps of cancer formation: initiation, promotion and progression. Curcumin also protects against inflammatory calcium loss from our bones and aids digestion.
- **DIM** helps to break down cancer-causing estrogens to non-toxic forms. DIM is one of the products created by the breakdown of Indole-3-carbinol. EstroSense™ has always provided DIM but now we have added an additional 50mg.
- **Milk thistle** enhances detoxification from the liver, inhibits breast cancer cells from replicating.
- **Rosemary Extract** is a potent antioxidant, inhibits mammary cancer development and it helps to detoxify carcinogenic estrogens.
- **Lycopene** found in tomatoes, pink grapefruit, papaya, guava and watermelon has been shown to reduce a woman's risk of breast cancer by 36 percent when those women took 6.5 mg per day.
- **Sulforaphane** from Broccophane™ sprout extract helps keep estrogens in a safe range. It stops conversion of dangerous estrogens into cancer causing estrogens. Sulforaphane helps protect against cancer causing chemicals.



ALL FORMULAS ARE MANUFACTURER TESTED AND 3RD PARTY VERIFIED FOR POTENCY

PREFERRED NUTRITION • 153 PERTH STREET, ACTON ONTARIO

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For more information, to sign up for Lorna's FREE e-letter
and to listen to Lorna's internet talk show go to

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