

## 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](http://www.hormonehelp.com)

# MenoSense<sup>TM</sup> Menopause Formula

## For the reduction of:

- hot flashes
- sleep disturbances
- irritability, nervousness and loss of concentration
- night sweats
- vaginal atrophy or dryness
- leg cramps
- menstrual abnormalities



## FORMULA:

**Daily Dosage:** Two capsules at breakfast and two capsules at bedtime.

### Each Capsule Contains:

**Dong Quai (*Angelica sinensis*) Extract 4:1 . . . . . 100 mg**

Dong Quai is an effective treatment for the symptoms of menopause, especially hot flashes, as well as painful menstruation, lack of menstruation (spotting but no full blood flow), and will relieve too frequent menstruation (more than one menstrual cycle per month). In menstruating women it is also recommended for treating infertility.

**Chasteberry (*Vitex agnus-castus*) Extract 10:1 . . . 80 mg (0.6% Acubine)**

Vitex, is effective in the balancing of hormones and has been traditionally used for the treatment of menstrual abnormalities, PMS, and menopausal complaints. It is especially important for women who are estrogen dominant with conditions including endometriosis, uterine fibroids, ovarian cysts, fibrocystic breasts and to improve the progesterone to estrogen ratio.

**Black Cohosh (*Cimicifuga racemosa*) Extract 1:1 . . . . . 80 mg**  
(2mg of triterpene glycosides measured as 27-deoxyacteine)

Black cohosh is the most researched herb for the treatment of the symptoms of menopause and

replacement for standard hormone replacement therapy (estrogen and progestins). Effective in the treatment of the following perimenopausal and menopausal symptoms: hot flashes, profuse perspiration, headaches, heart palpitations, depression, PMS, dysmenorrhea (painful menstruation), sleep disturbances, vaginal atrophy (thinning of the vagina causing painful intercourse), vaginal dryness, nervousness, irritability and loss of concentration.

**Gamma-oryzanol (*ferulic acid*) . . . . . 75 mg**

Gamma-oryzanol isolated from rice bran oil is used for the treatment of hot flashes and to enhance pituitary function and promote endorphin release by the hypothalamus thereby improving mood. Not only is it a very effective substance for alleviating menopausal symptoms but it also lowers triglycerides and total cholesterol.

**Hesperidin . . . . . 75 mg**

Hesperidin, a potent flavonoid, improves the vascular system and our capillaries thereby improving cardiovascular health and reduction of bruising. It has also been shown to reduce hot flashes and night time leg cramps.

**Vegan Friendly**

# How to Get off HRT?

## WOMEN ON ORAL HRT

Weeks 1 & 2 Alternate 1 day HRT, 1 day **MenoSense**

Weeks 3 & 4 Alternate 1 day HRT, 2 days **MenoSense**

Weeks 5 & 6 Alternate 1 day HRT, 5 days **MenoSense**

Weeks 7 & 8 Alternate 1 day HRT, 7 days **MenoSense**

## WOMEN ON TRANSDERMAL HRT

Weeks 1 & 2 Apply patch and wear for 5 days then apply a new patch and wear for 5 days. Take **MenoSense** every other day.

Weeks 3 & 4 Apply patch and wear for 7 days then apply a new patch and wear for 7 days. Take **MenoSense** every other day.

Week 5 Do not apply patch for 7 days. Take **MenoSense** Daily

Week 6 Apply patch and wear for 7 days. Take **MenoSense** Daily

Week 7 Do not apply patch for 7 days. Take **MenoSense** Daily

Week 8 Apply patch and wear for 7 days. Take **MenoSense** Daily

### REMEMBER TO:

- Walk briskly 30 minutes per day to reduce hot flashes
- Eat 2 servings of broccoli, Brussels sprouts, cauliflower cabbage or kale everyday
- Take your **FemmEssentials** containing vitamin E, known to reduce hot flashes
- Eliminate constipation
- Have a massage once a month



ALL FORMULAS ARE MANUFACTURER TESTED AND 3<sup>RD</sup> PARTY VERIFIED FOR POTENCY

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For more information and to sign up for Lorna's FREE monthly e-letter visit...

[www.HormoneHelp.com](http://www.HormoneHelp.com)