

Major HRT Study Halted

Public confidence in hormone replacement therapy (HRT) suffered a major blow in July 2002, when the government halted a large clinical trial out of concern for the safety of participants. The study, conducted by the National Heart, Lung and Blood Institute of the National Institutes of Health, was ended three years early because researchers found a small but unacceptable increase in the rate of breast cancer among women taking the estrogen/progestin combination.

Reported in the Journal of the American Medical Association (7/17/02), the study also showed an increase in heart attacks, strokes, and blood clots in the lungs and legs.

Menopause and HRT

Knowing that HRT may pose unacceptable health risks, women are searching for safer alternatives to alleviate the uncomfortable symptoms of menopause. Hot Flash Fix relieves normal menopausal discomforts by addressing the hormonal fluctuations that bring on the first disturbing hot flashes, night sweats, mood swings and other complaints.

Fluctuations in estrogen and progesterone begin in premenopause (as early as age 30) and have a profound influence on the body's internal balancing act.

During a hot flash, the pituitary gland releases luteinizing hormone (LH), in a futile attempt to restore estrogen levels. Surges of LH trigger sudden expansion of blood vessels in the face, neck, and upper body. Skin temperature rises and sweat glands are activated.

Medicinal Sage Oil the Key to health

As a potent antioxidant sage prevents free-radical damage thereby delaying the aging process, protecting cells from deterioration and aiding in cancer prevention. This action is one reason sage has been used in cancer treatments.^{7, 13}

Of particular value to women, sage has the unique combination of a mild estrogenic action and is able to dry up night sweats and hot flashes that accompany menopause. It is so potent that, within hours, a single dose can stave off the sweats for up to two days.⁸

Sage's hormonal effect has been employed as a female system tonic, and is often used to regulate the menstrual cycle, for menstrual cramps, infertility and hot flashes.¹³ It can also be used as a remedy for irregular and light menstruation, encouraging a better flow of blood.^{11, 12}

Sage's anti-sweat properties are of value to men as well. Taken regularly, sage benefits individuals who sweat at awkward times or excessively by helping to reduce perspiration volume while combating the bacteria that contribute to embarrassing body odour.⁹

Sage is a digestive, urinary and nerve tonic. It's digestive ability is particularly effective when large amounts of meat have been eaten or if there is constipation. Sage oil can relax the smooth muscle in the digestive tract while stimulating digestive juices which encourage the flow of digestive enzymes, enabling sage to act as an exceptionally effective digestive tonic.^{11, 13}

As a urinary system tonic sage aides the flow of urine, easing water retention and edema.^{11, 12}

Lifestyle Tips for Hot Flash prevention

Studies show eating large amounts of soy, a phytoestrogen rich food, can reduce hot flashes. Lignans, phytochemicals found in flaxseed, also have a protective effect against hot flashes and cancer. **Health 4 All MegaOmega Organic Sprouted Flax** is your best source of lignans (www.Health4allproducts.com). Aim for at least 2 servings each day. You should also eat fresh, organic vegetables, fruits, cereals, beans, whole grains and fish or hormone-free chicken. Increase fluids (especially water) and limit dairy foods. Avoid chemicals, fatty meats, sugar, processed and fried foods.

Ensure you are absorbing adequate amounts of calcium. Unfortunately most calcium found in pills, capsules and food (citrate, carbonate, sulfate, phosphate, coral calcium, and dairy calcium) are poorly absorbed. The best absorbed calcium is **Easy Vitamins & Minerals Calcium** (www.EZVitamins.com). Organic, 100% natural and with almost complete absorption, Easy Calcium powder can be added to any drink. It has no chalky taste, in fact it has almost no taste! Follow the label directions and ensure you take at least 1000mg per day in divided doses.

It is important to get adequate sleep, take naps when tired, and avoid stress. Meditation and yoga can be helpful in maintaining a calm, stress reduced lifestyle.

Avoid triggers such as spicy foods, caffeine, alcohol, overheated rooms, hot beverages and stress. Wear layered clothing made of natural fabrics, such as cotton or wool.

Regular exercise benefits your mood, heart and bones, helps regulate weight and contributes to your overall well-being.

Ingredients

Liquid:

Guaranteed pure Mediterranean Medicinal Sage Oil (*Salvia officinalis*), the world's finest Extra Virgin Olive Oil and Natural Vitamin E.

Organicap™:

Guaranteed pure Mediterranean Medicinal Sage Oil powder (*Salvia officinalis*), Calcium Silicate in vegetarian Organicap™ Capsules.

Indications

Recent medical reports have profoundly shaken popular beliefs regarding the safety of Hormone Replacement Therapy (HRT) for menopausal women. You may be one of the millions of women searching for safe, natural alternatives.

Pure-le Natural **Hot Flash Fix** is the leading natural menopause formula providing a clinically substantiated potency of the traditional women's herbal product, medicinal sage oil.

This time-tested key ingredient is a safe, natural HRT alternative for addressing normal menopausal discomforts such as hot flashes, night sweats and irritability. Now more than ever, women have the power to make informed choices and care for their own health needs.

Directions

Liquid: Place 1 - 2 drops under your tongue, hold for 30 seconds then swallow while drinking an 8oz glass of water or juice. Do not take with hot drinks. Take 2 - 4 times daily.

Capsule: Take 1 capsule with meals. Do not take with hot drinks. Take 2 - 4 times daily.

Contraindications

Avoid using Hot Flash Fix if you are pregnant, nursing, or are prone to epileptic seizures.

Complementary Therapies

Lignans, phytochemicals found in flaxseed, have a protective effect against hot flashes and cancer. **Health 4 All MegaOmega Organic Sprouted Flax** is the best source of lignans (www.Health4allproducts.com). Aim for at least 2 servings each day.

The best absorbed calcium is **Easy Vitamins & Minerals Calcium** (www.EZVitamins.com). Organic and 100% natural, Easy Calcium is almost completely absorbed. A powder that you add to any drink, it has no chalky taste and, in fact, is almost taste-less! Follow the label directions and ensure you take at least 1000mg per day in divided doses.

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Hot Flash Fix

