



Natural Changes

Stock #4106-4 (42 packets)

Natural Changes is designed especially to help women who are entering or already going through menopause. Natural Changes combines important vitamins, minerals, herbs and essential fatty acids that have been shown to help balance a woman's hormone functions and relieve menopausal discomforts. In addition, many of these vital nutrients play important roles in preventing health problems associated with aging, such as heart disease and osteoporosis. Each packet of Natural Changes contains:

C-X is an herbal formula designed to help relieve menopausal symptoms and support female hormone function. C-X provides a blend of herbs that help the body regulate estrogenic activity and correct hormone imbalances that can occur prior to or at the

onset of menopause. C-X also contains herbs that provide uterine tonic effects, help relieve dysmenorrhea (severe uterine pain during menstruation) and edema (fluid retention), and help the body combat the effects of stress. Each capsule of C-X contains: dong quai, blessed thistle, licorice root, eleuthero, sarsaparilla, black cohosh, squaw vine, and false unicorn.¹⁻¹³

Wild Yam & Chaste Tree supports the female glandular and reproductive systems with two important herbs that have been shown to help relieve menstrual and menopausal complaints. Wild yam has traditionally been used as an antispasmodic and anti-inflammatory, particularly to relieve ovarian and uterine pain and dysmenorrhea, as well as relieve hot flashes. Wild yam contains the steroidal saponin diosgenin, which acts as a weak phytoestrogen, and the phytosterol beta-sitosterol, which exerts both estrogenic and anti-estrogenic activity. Recent research has also confirmed that wild yam protects against the proliferation of human breast cancer cells in vitro. Chaste Tree is approved for use by the German Commission E for mastalgia (severe breast pain), menstrual irregularities and PMS. Chaste Tree displays a number of medicinal properties, including the ability to normalize hormonal imbalances stemming from an excess of oestrogen and an insufficiency of progesterone. Chaste Tree has been used effectively to restore absent menstruation, relieve PMS and ease the transition into menopause. Wild Yam & Chaste Tree is not recommended during pregnancy.^{2-5,14-21}

Super GLA - GLA (gamma-linolenic acid) is an omega-6 essential fatty acid that is present in relatively large amounts in the seed oils of the black currant, borage and evening primrose plants. GLA supplementation exerts both anti-inflammatory and immunomodulating effects and has been used as a first-line treatment for women with cyclic mastalgia. GLA supplementation has also been associated with a beneficial reduction in cardiovascular risk factors. Furthermore, GLA has been proposed as a valuable breast cancer therapy, due to its selective anti-tumor properties. Black currant oil and borage oil also provide omega-3 and omega-9 fatty acids respectively.²²⁻³⁰

Skeletal Strength is designed to nutritionally support the skeletal system and to help maintain structural integrity. Skeletal Strength contains vitamins, minerals and herbs needed by the body for building healthy bones, ligaments, muscles, and tendons. Skeletal Strength also enhances the health and vitality of the hair, nails and skin tissue. Skeletal Strength provides digestive aids to ensure absorption of its vital nutrients.

Nutri-Calm is a vitamin and herbal supplement designed to help the body combat the physical, mental and emotional effects of stress. Nutri-Calm contains herbs and vitamins, including B-vitamins, that support the nervous system, enhance immune function, reduce anxiety, relieve insomnia, relax nervous tension, and even facilitate memory and brain function. B-vitamins are critical for maintaining healthy nervous system function and reducing the effects of stress upon the body—symptoms of B-vitamin deficiency include tiredness, irritability, nervousness and depression.^{3-7,15,31,32}

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