

*What Every Woman
Should Know About
The Hormone Crash !
with
Positive Weight Release !
Hormonal Slimming
(Drugless Therapy for Slimming
without Dieting and Hormones)*

SpaceAge®

Natural Health Center

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Health Care - Naturally !

Health Care - Naturally !

Support

SpaceAge provides round the clock support through its Health Centers, Authorized Doctors / Health Professionals and on the Internet to all individuals, Doctors, Health and Beauty Care Professionals and Organizations interested in Health Care through Natural means.

Hormone Support Help Line: 1-949-861-8164 (USA)

Hormone Support Help Line: 2852-6564 (Bombay, India)

Hormone Support Group: 91-22-2850-3986/2850-8653 (INDIA)

For the name of the Authorized Clinic, Doctor or Health Professional in your area please contact us.

The information provided here is for education purposes only and is not intended as diagnosis, treatment, or prescription for any disease. It is recommended that you see an informed Health Care Professional concerning medical problems. A physical examination and case history will allow your Health Care Professional the opportunity to consider many essential factors, not covered in this booklet, before recommending a treatment program. Any treatment program can produce adverse reactions in sensitive individuals, and there are inherent risks in any self-treatment. The decision to use or not to use any of this information is the sole responsibility of the reader.

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1. A New Approach to Health & Beauty Care for the Millennium.

(Shows you how to Detoxify and Rejuvenate the whole Body and Naturally combat Chronic Ailments)

2. What Every Man Should Know About Andropause

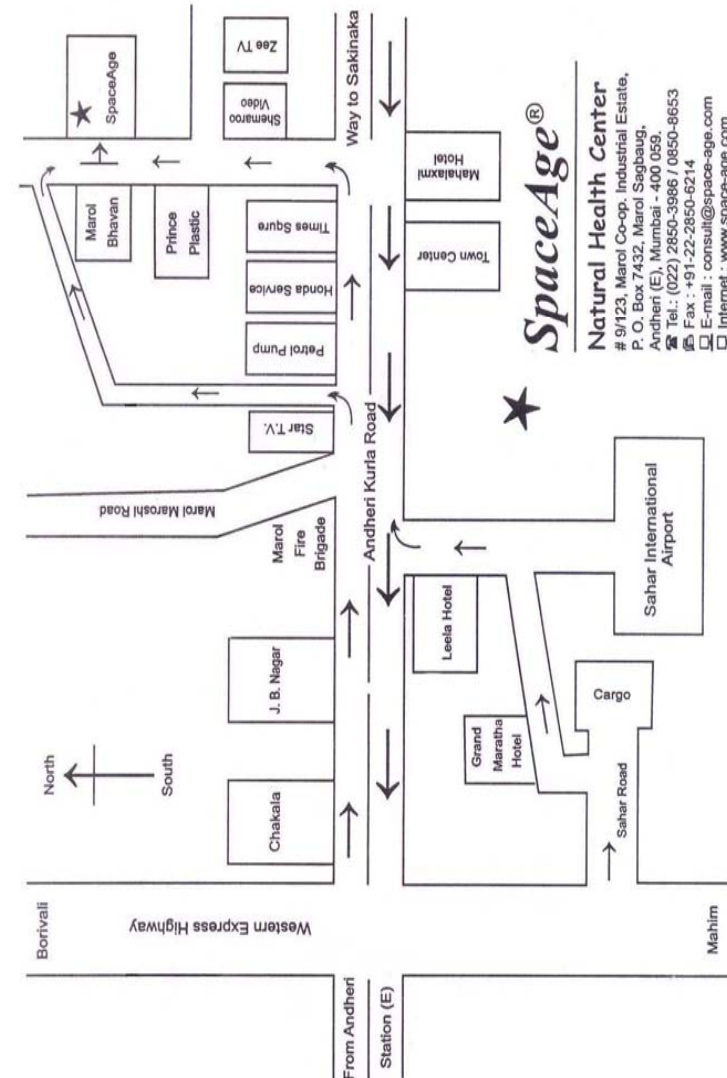
(Shows you how to correct Male Hormone Imbalance, Prostate Enlargement, Osteoporosis, Hypoglycemia, Diabetes and stimulate Growth Hormone and Anti-Aging)

3. AlkaBoost

(Shows you how to Naturally help the Body become Alkaline and rid itself of Acidic wastes - the secret of Reverse Aging, Health and Youthful Vitality)

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Mumbai Clinic Map



Herbal Dietary Supplements

Our **Super Slim Fast** - 850mg - 2 capsules, taken before Breakfast, Lunch and Dinner are known to help release weight.

Slim Excel - 850mg - 1 to 2 capsules, taken with Breakfast, Lunch and Dinner are known to help to increase Thermogenesis.

Colon Cleanse - 850 mg - 2 to 4 capsules at Bedtime, has been successfully used by Weight Watchers in conjunction with **Slim Excel and Super Slim Fast**.

Fenugreek - 500 mg is another Herb which has been successfully used by Weight Loss Watchers in conjunction with **Super Slim Fast**.

CelluLite - 850 mg is a Dietary Supplement which helps dissolve Cellulite and Fat.

Fat Burner - 750 mg is a Dietary Supplement which helps to scrape away excess Body Fat.

Kelp - 500 mg is Dietary Supplement which is a rich source of Natural Iodine. It has been used to increase the Rate of Metabolism of the Body. This helps to rapidly burn the assimilated food and helps increase the production of Thyroid Hormones

AbodX - 750 mg is a Dietary Supplement which helps to reduce inches from the Abdominal area.

Please note that all our Herbs are in their Original Natural Form and are Naturally Conditioned using our Proprietary Processes to improve their natural potency. This is unlike many Herbs on the market which are either Extracts or Freeze Dried or lower potency versions.

These Herbal Dietary Supplements will help you to find out for yourself, what others have already found out, that treating the whole Body rather than the symptoms is a healthy and successful way to release weight.

Caution: If Weight increase is the result of a Hormone Imbalance or Estrogen Dominance in the Body, it is absolutely necessary to also correct this.

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What Every Woman Should Know About The Hormone Crash !

If you have experienced....

PMS / Cramps	Irregular cycles	Hot / Cold Flashes
Menopausal symptoms	Lowered libido	Bone loss (Osteoporosis)
Headaches / Migraines	Breast tenderness	Swollen feet / ankle
Mood swings / Depression	Panic / Weeping	Vaginal dryness
Inability to lose weight	Blood Sugar imbalance	Hair loss
Fatigue	Leg / Muscle cramps	Fibrocystic Breast
Foggy thinking / Memory loss	Feelings of being crazy	Anger / Irritability
Lost interest in sex	Hysteria	Uterine fibroids
Water retention / bloating	Allergies	Age and Liver spots
Low blood sugar	Facial hair	Dry aging skin
Adult acne	Low Thyroid symptoms	Insomnia

... you may be experiencing **Hormone Imbalance** in your Body!

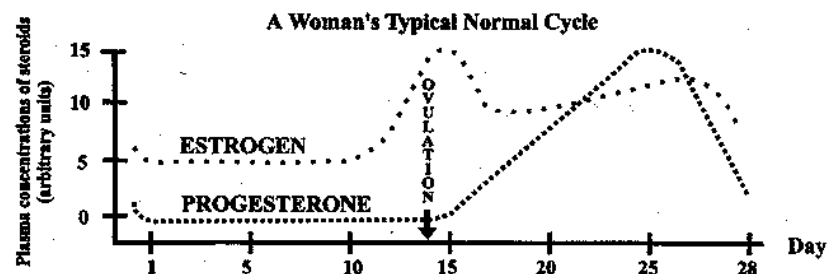
The above symptoms have been identified due to excessive Estrogen in a woman's Body. Many women have reversed the above symptoms and found relief by using Herbal Dietary Supplements like **Wild Yam** and **Hormone Balance**; and have made Dietary changes in their daily food intake to include *Soy Beans*, *Sesame Seeds* and other sources of **Natural Calcium**. This has helped to re-establish the Natural Hormone Balance in their bodies: Naturally.

What is Hormone Imbalance ?

Hormone Imbalance is an important health issue for women today. Hormone Imbalance can adversely affect a woman in any season of her life, from her cycling years, through menopause, and into the postmenopausal years. Contributing factors include prescriptive Synthetic Hormones (with undesirable side effects), foreign Estrogen prevalent in our diet and environment and improper use or misapplication of Natural Progesterone Creams.

In order to understand how Hormone Imbalance begins, it is useful to look at the normal menstrual cycle (see chart given overleaf).

Estrogen dominates the first half of the menstrual cycle and prepares the ovaries for ovulation. It also causes the buildup of the endometrial lining of the uterus. Estrogen further prepares the body to sustain another life by triggering the storage of fat, water, sodium, fiber, and other nutrients. Estrogen levels peak, mid cycle, at ovulation.



Progesterone is not produced by the ovaries until after ovulation. Progesterone is responsible for maintaining and "ripening" the uterine lining so that it is receptive to implantation should pregnancy occur. If no pregnancy occurs, a drop in Progesterone (and Estrogen) levels activates menses to flush out the uterine lining and causes the body to eliminate the extra nutrients it has stored - and the cycle begins again.

Hormone Imbalance in most women today are the result of Estrogen levels becoming excessive and / or Progesterone levels becoming deficient. Problems can begin when the stored fat, fiber, water, and nutrient buildup (produced by Estrogen) are not regularly and sufficiently eliminated. Eventually, this can lead to problems such as bloating, water retention, weight gain (refer Appendix "A" for Positive Weight Release), depression, fibroids, etc. This phenomenon, known as Estrogen Dominance, has become widespread in recent decades due to extreme changes in the lifestyle and environment of women in the industrialized world.

As women of all ages become increasingly aware of these problems, many are finding that they feel healthier, more energetic and younger when they address their Hormone changes with gentle, Natural Herbal Dietary Supplements.

How do Women Become Estrogen Dominant ?

Our Environment and Food: Today we are continuously surrounded by new environmental compounds called xenoestrogens. Xenoestrogens, which are primarily petrochemical, have a very potent estrogen - like activity. They are in our air, fuels, pesticides, herbicides, fungicides, plastics, clothing, bug / mosquito sprays and personal care products.

Our diet is also contaminated with Hormones. Synthetic Estrogens are now used to fatten cattle, as well as other meat-producing animals, and to increase milk and egg production. Most of us are ingesting Hormones in many of our meals.

Use of Synthetic Estrogens: Estrogen dominance problems can be exacerbated by the use of Synthetic Estrogens in the form of birth control or hormone replacement pills. Synthetic Hormones have molecular structures that are not compatible with our physiology. We do not have enzymes designed to modify their effects, nor can they be efficiently excreted.

Positive Weight Release does not subject the Body to the trauma of 500 Calories per day Diet which can lead to under nourishment and expose the Body to the risk of damage to its Organs and consequently Nutritional Imbalance. Also the Rate of Metabolism slows down and does not return to healthy levels when you get off your Crash Diet Program.

Why Women Should not Diet !

Crash Dieting for prolonged periods of time creates a shortage of food in the body. The Human Body, which has its own intelligence, shuts down certain "redundant functions" when there is a famine situation in the body. One of the functions that is automatically shut down in a Woman's Body is Ovulation. The logic being, "when there is insufficient food to support one life, there is no question for creating another life or carrying a Pregnancy to full term. At the start of the Ovarian malfunction, caused by prolonged and severe dieting, we see **Non-ovulating Cycles**, where the Body does not produce any Progesterone and the Estrogen levels remain unchecked and dominant. The Estrogen is stored in the Fat of the Body; Dieting now causes the Body weight to begin increasing at the rate of approximately 1 to 2 lbs. (0.5 to 1.0 Kg) per month.

Six months down the line, when you have put on approximately 10 lbs. (5 Kgs.), "common sense" tells us that more severe and prolonged dieting should solve the problem. At this point, the ovaries shut down completely to complicate the Hormone Imbalance situation further and the periods will cease totally and cause the body to go into a situation of **Premature Menopause**.

At this stage, the unchecked Estrogen levels in the body may cause **Water Retention and Bloating** so that even if you were to go on a total food fast, the body weight will increase due to just drinking a glass of water! So more severely you diet, the greater is the weight increase ! This explains why "**Women should never Diet**" or "**Eat well and Release Weight**".

In addition, Crash Dieting for prolonged periods can cause the Rate of Metabolism to permanently shift down into low gear, the Body Temperature to drop as low as 95 F. and can further create a situation of Chronic Hypothyroidism where none existed before. For more information on Hypothyroidism go to: <http://www.space-age.com/hypothyroidism.html>

How should women go about releasing weight if dieting is not recommended?

First look into any possible situation of Hormone Imbalance / Thyroid Malfunction and correct that. Next begin eating food normally (consuming about 1200 calories a day) and Detoxifying and Rejuvenating the Body to increase the Rate of Metabolism to hopefully the same levels as when you were a teenager. This is called "Positive Weight Release" through increased Rate of Metabolism and Hormonal Correction of the Body.

Caution: If Weight increase is the result of a Hormone Imbalance / Thyroid Malfunction / Estrogen Dominance, it is absolutely necessary to also correct this. In this day of enlightened eating habits we have found majority of people actually have a Hormonal Imbalance and not a real weight problem. Once corrected, the body Slims Down automatically and stays that way for a prolonged period of time.

In Conclusion

Detoxifying and Rejuvenating the Body is a first step to Positive Weight Release.

Positive Weight Release Appendix "A"

Hormonal Slimming

(Drugless Therapy for Slimming without Dieting and Hormones)

The Traditional Approach

Traditionally, Weight Control has been to view weight increase as a Symptom and mankind has spent billions of Dollars and hours in its fruitless control by "**Passive**" means. This paper is presented to put forth a new School of Thought on an emerging concept called **Positive Weight Release** which is an "**Active**" type of Weight Release Program.

This paper explains the reasons for a change in the traditional approach from a totally "**Passive Symptomatic Treatment**" to an **Active Program** known as "**Overhauling the Body**".

Overhauling the Body

When the Body starts to accumulate weight, it means that the various Organs of the Body have slowed down and the rate of metabolism of the Body has therefore also slowed down.

A more appropriate and a **Positive Approach to Weight Release** would be, as a first step, to **Detoxify the Body**, so that the Organs which have slowed down as a result of the Toxins accumulating in the Body, will speed up with the removal of Toxins from the Body.

The second step is, to **Rejuvenate the Body** and "*fine tune*" the Body (just like an automobile at its 25,000 mile Tune Up); further speed up the Organs so that the **Rate of Metabolism** is increased and the food being assimilated by the body is burnt much faster; and the Body does not continue to accumulate weight like before.

There are 4 Herbal Dietary Supplements (**Colon Cleanse, Kidney Care, Detoxifier, Lung Clear and LivMax**) that are involved in the Detoxification of the Body. These detoxify the intestines, the Kidneys, the Blood, Lungs and the Liver respectively. There is an optional herb **Basil** which can be used by people living in highly polluted environments and/or who were smokers at any time in the past. **Basil** will help to clear and Detoxify the Lungs so that the body receives enough Oxygen to maintain a high rate of metabolism of the Body.

There are 3 Herbal Dietary Supplements (**Energizer, Gooseberry and Liver Tonic**) that are involved in the Rejuvenation of the Body. Each capsule contains a number of Herbs which are targeted to different Organs of the Body, including the Brain - which is the "Super Computer" and "Master Server" which controls the whole Body. All these Rejuvenating Herbs are capable of **increasing the Rate of Metabolism of the Body back (Reverse Aging)** to when the body was much younger. For people who occasionally or habitually drink alcohol, or have very serious Chronic ailments, it is advisable to use **Liver Tonic** for a prolonged period to carry out a second level of Detoxification and Rejuvenation of the Liver.

This way, the **Weight Gain Challenge** of the Body may be overcome in a more positive way, as we are going right to the root cause of Weight Increase rather than working in isolation on the Symptom of Weight Increase.

Therefore, these synthetics can have an unnatural and far more potent hormonal effect on our body systems than Natural Hormones.

Not Ovulating: Women in their early to mid thirties, as they begin to approach menopause, have an increased frequency of anovulatory cycles, that is, cycles in which ovulation does not take place. (Women may continue to have periods even though they may not be ovulating.) When ovulation does not occur, no Progesterone is produced by the ovaries. Premenopausal women may therefore experience some of the estrogen dominance symptoms (described on the previous page) because they may not be producing the levels of Progesterone needed to balance the effect of Estrogen. Use a Fertility Thermometer to check your date of ovulation.

Menopause: It is a little known fact that Estrogen levels in women whose ovaries are no longer functioning will remain at approximately 40% of their former levels. This is because most women continue to produce estrogen by conversion of androgens (derived from the adrenal gland) into estrogen in the fat cells. Progesterone levels, however, drop to almost zero (1/120 of the former levels).

Symptoms of Estrogen Dominance

Allergies, Breast tenderness, decreased sex drive, depression, fatigue, fibrocystic breasts, foggy thinking, increased risk of stroke, infertility, miscarriage, PMS, rapid increase in weight, uterine cancer and fibroids to name a few.

If the body has a proper balance of Progesterone to Estrogen, many of these symptoms as well as menopausal symptoms can be alleviated.

What is Progesterone ?

Progesterone is one of the primary sex Hormones produced by women. Its major role is to promote the survival and development of the embryo. The healthy premenopausal female produces approximately 20 to 24 milligrams of Progesterone a day for about 12 days each month after ovulation. If conception does not take place, Progesterone levels drop and her period will generally start within 48 hours. If pregnancy occurs, Progesterone levels rise during pregnancy to aid in the development of a healthy fetus.

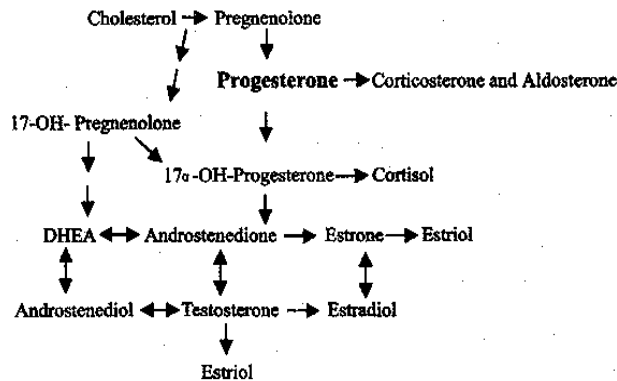
Natural Progesterone

Natural Progesterone can be produced in the Body by intake of a Herbal Dietary Supplement called **Wild Yam** and eating Soy Bean rich foods. Wild Yam and Soy contain Diosgenin which when digested are converted by the Body into Progesterone. Since the Body has its own intelligence and knows how much Progesterone is required by it, there is no chance of excessive Progesterone being produced and causing any side effects in the Body. The use of Synthetic or Natural Progesterone treatment is plagued by the problems of deciding the correct dose and the days of application. Herbal Dietary Supplements like Wild Yam and foods like Soy Beans do not have these problems as the Body itself regulates the digestion and absorption of these foods and takes from them exactly what ever it needs and the rest gets eliminated from the Body as waste matter in due course.

Natural Progesterone generated inside the Body can help to decrease the symptoms and discomfort associated with Estrogen Dominance (and / or Progesterone deficiency). Natural Progesterone produced in our Body is better, safer, and does not have the side effects associated with Synthetic Hormones or Hormone Replacement Therapy (HRT). The biggest risk of HRT (besides their Carcinogenic effect on the human body) is that, whenever any Hormone is administered, the Endocrine Glands which normally produce it; and which have their own intelligence and regulatory mechanism; ceases of function and atrophy with each passing month of external HRT and finally die. The downside being that once you start HRT or begin the external application of Creams or Dermal Patches containing Hormones, you will have to commit yourself to life long therapy; like a Diabetic Patient on ever increasing doses of Insulin with each passing year and suffer all the side effects of these chemicals. Yet, because natural substances cannot be patented, pharmaceutical companies choose to market the synthetic Hormones and Hormone Replacement Therapies and Programs.

Natural Progesterone Restores Balance of Body & Mind

Biochemically, Natural Progesterone provides the raw materials inside the Body from which all other Steroid Hormones are made. It is the precursor for testosterone, DHEA, cortisone, estrogen and salt-regulating aldosterone, etc. (as illustrated below). Natural Progesterone, therefore, has a balancing effect on the entire body. As a precursor, it gives the metabolism the flexibility it needs to create harmony in the dynamic, fluctuating system of the body. Our metabolism can synthesize from Natural Progesterone the other steroids it needs on a minute to minute basis. On the other hand, Synthetic Progesterone cannot act with the flexibility of a precursor and this is one reason they produce side effects. **Furthermore, because Natural Progesterone can convert into Estrogen, it is often all that many women will need.**



Natural Progesterone increases the communication between the Endocrine organs in the brain and the ovaries. It gives women that sense of well being and control. It allows a woman the ability to age slowly and naturally and make comfortable transitions from puberty through menopause and beyond.

Herbal Dietary Supplements required per person to start Program:

Colon Cleanse	30 capsules	Hormone Balance	100 capsules
Kidney Care	30 capsules	Wild Yam	100 capsules
Detoxifier	30 capsules	Natural Calcium	100 capsules
LivMax	30 capsules	CalCare	100 capsules
Basil	30 capsules	Endo Care	100 capsules
		Fertility Thermometer	
Energizer	100 capsules	Super Slim Fast	100 capsules
Kaya Kalpa	100 capsules	Slim Excel	100 capsules
Kama Sutra	100 capsules	Colon Cleanse	100 capsules
Shilajit	100 capsules	Kelp	100 capsules
Gooseberry	100 capsules	Fat Burner	100 capsules
		CelluLite	100 capsules
WaterX	100 capsules		
GOPU Tea	100 gms		
Super Colon Cleanse	30 capsules		
Super Kidney Care	30 capsules		
Go Smooth	100 ml		

BEAUTIFICATION OF THE BODY - NATURALLY !

Recommended for Models, Actors, Actresses and Flight Attendants

- A. Breast Development Program
- B. Height Increase Program
- C. Weight Reduction Program
- D. Acne, Black Heads and Blemishes Program
- E. Radiant Eyes Program
- F. Hair Care Program
- G. Skin Care and Complexion Program
- H. Facial Hair Removal Program
- I. Reverse Aging Program
- J. Physical & Mental Stamina Program
- K. Muscles / Body Development Program (for Male Models & Actors)
- L. Voice / Speech Development Program (for Actors & Singers)
- M. Miss Universe Program

Please contact us for Program details.

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Notes:

1. Herbs work best if taken with a little Milk. Alternatively, Fruit Juice or Water may be used.
2. Drink at least one glass (8.oz / 250ml) of water along with Capsule(s).
3. During the entire period of Detoxification of the Body, daily drink 8 to 12 glasses of water. Out of these 2 to 4 glasses should be fresh Lemon / Lime Juice with either Salt (preferably Black or Rock Salt), or Honey, or Sugar (preferably unrefined).
4. People with Higher levels of Toxins in the Body, tend to notice higher levels of discomfort, in the form of mild Headaches, constant urination, feeling of feverishness, etc.
5. Doses mentioned above are typically for 110 lbs. body weight. For substantially higher body weight dose may have to be increased proportionately.

Week	Natural Herbs	Duration	Remarks (For Adults - 110lbs approximately)
Option if you have Chronic Constipation, Acidity & Indigestion			
3rd and 4th week	Super Colon Cleanse	14 days	2 capsules at Bedtime. If required, take 3 or 4 capsules to achieve 2 bowel movements each day.
3rd and 4th week	Super Kidney Care	14 days	2 capsules in the morning.
5th to 8th week	Go Smooth	4 weeks	1 to 2 teaspoons at Bedtime.

Option if you would like to Release Weight Positively:

1st to 12th week	Super Slim Fast (Reduces Weight)	12 weeks	2 capsules 1 hour before Breakfast, midday and evening meals.
1st to 12th week	Slim Excel (Increases Thermogenesis)	12 weeks	1 capsule with Breakfast, Lunch and Dinner.
3rd to 6th week	Colon Cleanse (Assists in weight release)	4 weeks	2 capsules at Bedtime. If required, take 3 or 4 capsules to achieve 2 bowel movements each day.
+			
9th to 12th week		4 weeks	2 capsules at Bedtime. If required, take 3 or 4 capsules to achieve 2 bowel movements each day.
1st to 12 week	Kelp (Enhances Rate of Metabolism)	12 weeks	1 to 2 capsules with midday and evening meals. Gradually increase from 1 to 2 per meal to achieve no more than 1lb weight release per week. Add only 1 capsule per week to your daily dose if required.
1st to 12th week	Fat Burner (Releases excess Fat)	12 weeks	1 to 2 capsules morning and evening.
1st to 12th week	CelluLite (Reduces CelluLite)	12 weeks	1 to 2 capsules morning and evening.
1st to 12th week	CelluLite Massage Oil	12 weeks	Apply 1 to 2 times daily. Massage 10 minutes with fingers to break cellulite. Leave overnight.

C. REJUVENATION OF THE BODY

(Start this Program after completion of Detoxification of the Body).

3rd to 6th week	Energizer Gooseberry Shilajit	28 days	1 capsule of all three types in the morning.
3rd to 6th week	Kaya Kalpa Kama Sutra	28 days	1 capsule of both types in the evening.

D. REPEAT ABOVE DETOXIFICATION PROGRAM.

7th week	Colon Cleanse Kidney Care	7 days	Repeat as above
8th week	Detoxifier LivMax Basil	7 days	Repeat as above

end of 8th week

E. REPEAT ABOVE REJUVENATION PROGRAM.

9th and 10th week	Energizer	14 days	Repeat as above. Continue regular use of Energizer with gap of 2 to 4 weeks after every 12 weeks of use.
9th and 10th week	Kaya Kalpa Kama Sutra	14 days	Repeat as above.

end of 10th week

Natural Progesterone Stimulates Bone Building

In order to understand bone loss, it is important to understand bone physiology. There are two types of bone cells. Osteoclast cells dissolve or reabsorb the old bone, and Osteoblasts then move in and produce new bone. This mechanism provides our bodies with the ability to continually replace, repair, and strengthen our bones. Bone mass begins to decline in women during their early to mid thirties, and accelerates during menopause. It was theorized, therefore, that bone loss is associated with the decline in hormones which leads to menopause. In the 1970's Estrogen was found to somewhat restrain Osteoclast function and therefore to lessen or slow down bone loss. Research has now revealed that Natural Progesterone stimulates Osteoblast bone building. Thus, while Estrogen only slows bone loss, Natural Progesterone can actually help to rebuild it.

If your recent Bone Density Test shows loss of Bone mass, the same can be easily reversed by taking Herbal Dietary Supplement **Wild Yam**. Also make Dietary corrections to include Natural sources of **Organic Calcium like Osteo-Pak or Super Calcium** as per Dietary Recommendations given later on in this article.

After a few weeks of taking **Wild Yam**, you may be surprised to find that, while you don't look and feel fatter; and though your clothes fit you just fine, your weighing scale shows that you weigh 5 to 10 lbs. / 2 to 5 Kgs. More!

Please don't be alarmed, be happy, heave a sigh of relief that your Bone Density is going up and your bones are now heavier than before. ***This is a sure sign of reversal of Osteoporosis.*** Within a few years of Menopause many women have ***easily lost 30% bone density or weight.***

Synthetic Hormones

Research shows that the use of Synthetic Estrogen can increase a women's risk of fibrocystic breast, edema, uterine fibroids, endometrial cancer and breast cancer. An article in The Wall Street Journal, dated June 17th, 1995, states that a new Harvard study of long term Estrogen users found that Estrogen users have a 32% higher risk of developing Breast Cancer. Women taking Synthetic Estrogen should consider this information carefully, especially in view of the fact that many women find relief from symptoms using Herbs that promote the release of Natural Progesterone in the Body.

For women who are taking Estrogen, and considering supplementing with natural Progesterone, it is important to understand that the Progesterone can sensitize Estrogen receptor sites and consequently Estrogen Dominance symptoms may initially increase. Dr. Lee, therefore, recommends that women taking Estrogen reduce their dosage by one half when they begin taking **Wild Yam** to synthesize Natural Progesterone inside their bodies. Many women continue to taper off slowly, and find, as Natural Progesterone sensitizes the Estrogen receptors, that their body's own Estrogen has become sufficient.

Some women, especially those whose ovaries have been removed, may overcome Estrogen dominance with the use of Natural Progesterone in the first or second month. They may need to add supplementation with natural Estrogen for which we recommend the use of our **Hormone Balance** Dietary Supplements in conjunction with **Wild Yam**.

Estrogen Dominance & Thyroid Function

Estrogen causes food calories to be stored as fat. Thyroid Hormone causes fat calories to be turned into usable energy. Thyroid Hormone and Estrogen therefore have opposing actions.

Estrogen dominance inhibits Thyroid action and lowers the rate of metabolism of the Body. Natural Progesterone inhibits Estrogen action.

The symptoms of Hypothyroidism may occur because of Estrogen Dominance (deficiency of Progesterone). Hypothyroidism, which results in weight gain and a host of other symptoms, can be corrected by the presence of Natural Progesterone in the body.

Many other presumed Thyroid dysfunctions (like falling hair, water retention, loss of memory, confused thinking, depression, dry skin) and Autoimmune Disorders are actually caused by Estrogen Dominance.

The crucial nutrient for Thyroid Hormone synthesis in the body is Iodine. Herbal Dietary Supplements like **Kelp** are a rich source of natural Iodine.

Kelp can therefore increase the Rate of Metabolism of the body and result in corresponding weight reduction. Please refer Appendix "A" on **Positive Weight Release**.

Other Dietary Herbal Supplements like **Super Slim Fast**, **Slim Excel**, **Fenugreek**, **Fat Burner** and **CelluLite** are also effective for efficient weight release.

Success in effective Weight Release can occur once **Hormonal Imbalance** in the Body is corrected and proper **Detoxification** and **Rejuvenation** of the Body is done to increase the Rate of Metabolism.

EndoCare is a Herbal Dietary Supplement which helps to Rejuvenate the glands of the entire Endocrine System so that the body begins to naturally generate its own Hormones.

Usage Guide

This is intended to offer general instructions for the use of Natural Herbal Dietary Supplements and Herbal Oils. It is important to understand that every woman is different, and her hormone levels are unique. We offer these suggestions as a starting point for experimentation to discover what works best for you. Nothing stated here is intended as a treatment for any disease or illness, and should not take the place of consulting a nutritionally conscious, informed physician.

Many women using these guidelines discover that they experience almost immediate results. Others report results after one, two or three weeks, and some women do not see significant results until they have gone through two to three monthly cycles. Most women who use these Herbal Dietary Supplements regularly and consistently for a sufficient length of time, experience the relief they desire.

TEN WEEK PROGRAM TO GOOD HEALTH!

(For Woman with Hormone Imbalance / Hysterectomy / Post Menopausal)

A. DETOXIFICATION OF THE BODY

Week	Natural Herbs	Duration	Remarks (For Adults - 110 lbs approximately)
1st week	Colon Cleanse (To remove Toxins from the Colon)	7 Days	Start with 1 capsule at Bedtime for the 1st two days and then go up to 2 capsules at a time. If any serious discomfort is felt reduce dose back to 1 capsule or discontinue use for one or two days and continue with a lower dose thereafter. When the Body tries to detoxify itself certain discomfort may be felt and is quite normal.
Next morning after your start Colon Cleanse you should notice an increase in your bowel action and in the amount of fecal matter that you eliminate. The consistency should also be softer. If this does not happen, you may gradually increase to two or three or four capsules on each subsequent day and see how it works. Continue taking these capsules for 7 days till you have a minimum of 2 bowel movements each day, i.e. one for each major meal you eat.			
1st week	Kidney Care (To remove Toxins from the Kidney)	7 Days	Start with 1 capsule in the Morning and then gradually go up to 2 capsules at a time.
Avoid drinking Alcohol & eating Meat during the 2 week Detoxification Program.			
end of 1st week			
2nd week	Detoxifier (To remove Toxins from the Blood)	7 Days	Start with 1 capsule in the Morning and then gradually go up to 2 capsules at a time.
2nd week	LivMax (To remove Toxins from the Liver)	7 Days	Start with 1 capsule in the Evening and then gradually go up to 2 capsules at a time.
2nd week	Basil (To remove Toxins from the Lungs)	7 Days	Take one capsule in morning.
end of 2nd week			

B. SPECIAL HEALTH CHALLENGES.

(Start this in the first week along with Detoxification of the Body).

Option if you have Hormone Imbalance:

1st to 8th week	Hormone Balance (Balances Estrogen & Progesterone)	4 weeks to 8 weeks	1 capsule in the morning around 8:00 am and/or in the afternoon around 3:00 pm
1st to 12th week	Wild Yam (Precursor to Progesterone)	12 weeks	1 to 2 capsules in the morning around 8:00 am and in the afternoon around 3:00 pm. Start with 1 capsule in the morning and afternoon and gradually add 1 capsule every week to go up to 3 or 4 capsules per day as required to diminish Hormonal Imbalance Symptoms
1st to 12th week	Endo Care (Tonic for Endocrine Glands)	12 weeks	1 to 2 capsules in the morning and evening.
1st to 12th week	Fertility Thermometer	12 to 24 weeks	Record early morning temperature before getting out of Bed. Find out date of Ovulation.

Option if you have Osteoporosis:

1st to 12th week	Natural Calcium (Increases Bone Density)	12 weeks	1 capsule in the morning and evening
1st to 12th week	CalCare (Enhances assimilation of Calcium)	12 weeks	1 capsule in the morning and evening

Option if you have Water Retention:

1st to 4th week	WaterX (Diuretic)	4 - 8 weeks	2 capsules in the morning around 8:00 am and in the afternoon around 3:00 pm when reqd.
1st to 4th week	GPU Tea (Diuretic Tea)	4 - 8 weeks	1 to 2 cups per day

The Urgent Need of Today

Today millions of women young and old suffer from disorders related to Hormone Imbalance due to the high levels of Estrogen in our Diet and the environment.

Estrogen enters our Body through:

1. The grains - wheat, rice, lentils, etc., Milk, Eggs and Meats that we eat;
2. The Petrochemical products like Herbicides, Pesticides and Fungicides; Mosquito and Cockroach sprays;
3. The Pollution that we breathe; and
4. Contraceptive pills used.

This has affected over 90% women above the age of 40 years and approximately 35% women in the age group of 20 to 40 years.

Many young girls are reaching puberty at an early age of 8 years when the body is not fully developed for this function and many are reaching menopause at the age of 25 years !

In short, ***Hormone Imbalance has reached Epidemic Proportions.***

There is an urgent need for the authorities like the "Health Ministry", " Food & Agricultural Ministry" and the "Environmental Protection Agency" (EPA) to wake up to this ***Stealth Epidemic*** that is undermining the health of the people.

Our Center is engaged in decimating information of this subject. We also offer Free Counseling on changes required to be made in Dietary patterns to face the onslaught of Synthetic Estrogen in our lives. Synthetic Estrogen is not biodegradable and the soil and seeds will stay contaminated for decades to come unless a massive "Clean-up Operation" is immediately undertaken on a priority basis.

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Hormone Balance Massage Oil

In addition, we have a **Hormone Balance Massage Oil** which can be used to strengthen the Hormone Balance in the Body.

It contains elements that contribute to the secretion of Progesterone - Testosterone which helps improve the Estrogen & Progesterone - Testosterone Balance in the Body. It also helps alleviate PMS and Premenopausal symptoms.

The **Hormone Balance Massage Oil** should be massaged into the soft capillary-rich areas of the skin such as the face, neck, upper chest, breast, inner arms, palms and backs of the hands, and soles of feet until it has noticeably disappeared. It is important to rotate the sites of application. We suggest at least a four day rotation schedule. In other words, choose four sites for application and rotate daily (during the period application). For example, if you choose to apply the Massage Oil to your face on the first day, you may choose the upper chest the next day, the inner arms on the third day, the hands or the soles of the feet on the fourth day, and then start over with the face. Rotating sites is important because it prevents the subdermal receptors from becoming saturated, which could impair absorption.

Apply 4 to 6 drops in the morning and / or evening. Some women feel the **Hormone Balance Massage Oil** helps them to relax and prefer using it in the evening.

Wait and see what your results are during the first week or so. Then you may want to increase the number of applications from one to two per day. The best way to tell if you are using enough is to see whether or not your symptoms are relieved, keeping in mind that results may take time. Every woman's biochemistry and ability to absorb is different. Since Natural Progesterone is known for its freedom from side effects, there is room to experiment.

Irregular Periods

Periods are considered irregular if the normal 4 day typical flow you had when you were a teenager has now reduced to 2 days and/or the quantity of flow has reduced substantially. Alternatively, periods are considered irregular if the normal 28 day typical cycle has moved substantially or is erratic in nature.

When periods are irregular there is a distinct possibility that Ovulation is not occurring, no Progesterone is being produced and Estrogen levels are remaining high.

A simple method to verify if ovulation is occurring, is to use a Fertility Thermometer to find the date of ovulation, which is normally the 14th day after periods commence.

If you have irregular Periods, a Hormone Imbalance has begun to occur in your Body.

We have two Herbal Dietary Supplements **PMS** and **Super PMS** which can be used in case of Irregular periods.

Wild Yam is also known to be beneficial Herbal Dietary Supplement for painful menstruation, ovarian pain and cramps.

WaterX is another Herbal Dietary Supplement which can be used to combat Water Retention and Bloating in the Body. For cases of severe Water Retention drink **GOPU Tea**.

Hysterectomy

If you are contemplating Hysterectomy, due to Cysts and Fibroids in the Uterus you should first consider the use of Herbal Dietary Supplements **Cysts** and **Special Cysts**. Once Hysterectomy is performed, the Glands that help produce Estrogen and Progesterone in the body are missing and it will be necessary to take **Wild Yam** / Soy rich food for a very prolonged period. If unattended to, this Hormonal Imbalance can lead to advanced osteoporosis which can result in breaking of the Hip Bone, which is the weakest bone in a woman's body. The Bones having become brittle as a result of osteoporosis, cannot be mechanically joined and will confine the woman to a wheel chair for life. Taking Synthetic Hormone Replacement Therapy to correct this situation will not be in the best interest as research has shown that prolonged use of Synthetic Hormones has led to the development of Cysts, Fibroids and Tumors in the Body.

Dietary Recommendations

Eat lots of Soy Beans in your daily diet to improve the Hormone Balance of your Body and to reduce the risk of future Osteoporosis. Soy Beans are a rich source of Calcium and can be had in the form of Flour, Granules, Nuggets or plain roasted or salted Beans. Boil fresh Soy Bean Pods in salted water and eat as a snack.

Dried Soy Beans lentils can be soaked overnight in water and/or germinated to be eaten as a salad or cooked as a vegetable. Soy Beans can be ground to flour and added in 20% quantity to Wheat flour to make conventional Bread, Syrian Bread or Asian Indian Breads (Chappatis / Rotis / Nans / Parathas / Puris). Eat tofu, Soy Sauce and miso regularly. High fiber diet can decrease total circulating Estrogens in the Body.

Wild Yam is a Dietary Supplement that contains Diosgenin which is a precursor to Progesterone in the Body. Progesterone helps to re-deposit Calcium back on the bones. Walk 30 minutes daily. High Estrogen Levels are modulated by cruciferous vegetables, such as kale, collard greens, mustard greens, broccoli, cabbage and turnips. Eat one serving daily. A good source of Natural Calcium which is easily assimilated in the body is Sesame seeds. The Black variety has a higher therapeutic value and a lower Oil content. You may soak overnight and eat. Chew to a fine paste. Include Sesame Seeds with your daily meals. They are a rich source of Calcium, Proteins, Magnesium and Iron. Eat Tahini (white Sesame Seed Paste) / white Sesame Seed + Dried Roasted Coconut Chutney with every meal. Fresh Coconut water and Carrot / Orange Juice are also rich sources of Calcium. Almonds are another rich source of Calcium. They contain trace mineral Boron which is essential for proper assimilation of Calcium in the body. Soak 5 - 10 Almonds overnight, skin and eat every morning.

Eat only unrefined crystalline Sea Salt which is a rich source of Natural Iodine. Peas are also rich in Iodine.

In case of Hysterectomy, regularly take **Wild Yam**, **EndoCare** and **Hormone Balance**. Include Soy Beans and Natural Sources of Calcium in your daily diet on a continued basis. Walk minimum 30 minutes daily.

Tell Tail Signs for Husbands to look out for

1. Headaches / Migraines
2. Mood swings / Depressions
3. Increase in weight
4. Fatigue
5. Anger & Irritability
6. Inability to efficiently handle responsibilities (domestic and / or business) with the same ease and efficiency as in the past.
7. Fuzzy thinking / Poor Memory
8. Hot / Cold Flashes
9. Insomnia
10. Forgetfulness
11. Inability to concentrate

If these and many more Symptoms go un-noticed, it can cause tensions in the marriage and home and may result in the relationship or marriage falling apart. So don't take Hormonal Imbalance in your Woman's Body lightly. It is a serious matter which can be easily and safely corrected within a few weeks of making simple Dietary changes and by intake of necessary Herbal Dietary Supplements for a short duration.

Many women become incapable of normal functioning, both physically and emotionally, because of a Hormonal Imbalance in their body. Correcting this speedily is important. Besides the obvious health benefits, many have saved their marriages, their families, their careers and their sanity by taking corrective Herbal Dietary Supplements.

Reversing The Hormone Crash

As a first step, **Detoxify the Body**, so that the Organs which have slowed down as a result of the Toxins accumulating in the Body, will speed up with the removal of Toxins from the Body.

There are 4 Herbal Dietary Supplements (**Colon Cleanse**, **Kidney Care**, **Detoxifier and LivMax**) that are involved in the Detoxification of the Body. These detoxify the intestines, the Kidneys, the Blood and the Liver respectively.

The second step is, to **Rejuvenate the Body** and "*fine tune*" the Body (just like an automobile at its 25,000 mile Tune Up); further speed up the Organs so that the **Hormone generation in the Body** is stepped up. Herbs to be used during Rejuvenation are **Energizer**, **Kaya Kalpa**, **Kama Sutra**, **Shilajit** and **Gooseberry**.

The **Wild Yam** and **Hormone Balance** will help in the natural synthesization of Progesterone in the Body and maintain an automatic natural balance between the Estrogen and Progesterone levels so that you do not become Estrogen Dominant. These Herbal Dietary Supplements can be taken simultaneously with the beginning of the Detoxification of the Body and can be continued right through the Rejuvenation of the Body.

In conclusion it is right to say that **Detoxifying and Rejuvenating the Body is the first step to Reversing the Hormone Crash**.

A Detoxification and Rejuvenation Program, once thoroughly done, is known to recreate in some cases, a Natural Hormone Balance within the Body even where Hysterectomy resulted in the complete removal of the Uterus and Ovaries. This has been reported in many cases where the other Glands of the Body have stepped in to start Hormone production.

To reverse the effects of Weight Increase please refer to our **Positive Weight Release** Techniques given in Appendix "A" where the Rate of Metabolism of the Body is adjusted to help shed weight.