

HEAL Marketplace

“Supporting Health Through Nutrition”

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MENOPAUSE

Question to Dr. Christopher in his Newsletter.



Is there danger of overdosing with estrogen herbs for menopause as is known to happen with manufactured birth control pills which sometimes cause clotting because of the excess estrogen?

His answer: No. Herbs are assimilable and any part unused is dispelled naturally. The inorganic preparations are accumulative, causing the side- and after-effects.

Dr. Christopher's Hormone Replacement Formula: Changease

A hormone estrogen herbal combination consisting of: Black Cohosh, Sarsaparilla, Ginseng, Blessed Thistle herb, Licorice root, False Unicorn root and Squaw Vine.

These are natural herbal foods that are needed by both **men** and **women** of all ages. Since they are natural, the body can accept, assimilate and use those materials that are needed to produce estrogens and other hormones naturally. This formula will assist in rebuilding the weak malfunctioning areas



and help keep the organs healthy so they can supply the proper amounts of hormones and estrogens themselves. Herbs are a natural food, so they do not have "side effects" and "after effects" as are so evident in man-made and synthetic drugs.

The recommended dosage is a cup of the tea (one teaspoon of tea to cup of hot water) both a.m. and p.m. (or more often if needed) six days a week as long as necessary to get the desired results.



This herbal combination is a great blessing during **puberty**; and again a boon to womankind **right after a baby is born** in order to replace the estrogens and hormones used during pregnancy.

One of the most appreciated times for this formula's use is during **menopause**. Many older women claim they have found relief from hot flashes--and other menopause problems, after using this formula. The recommended dose would be as a cup of tea, two or more times a day, as needed.

Revised HEAL Product Catalog is ready for download.
<http://www.healmarketplace.com/catalog2010.pdf>

MENOPAUSE The rest of the story

Excerpts from *Every Woman's Herbal* by Dr. Christopher

What happens when our bodies go into menopause is this: The ovaries begin to cut back on the production of estrogen, which stimulates an increase of a hormone called the follicular stimulating hormone, that which orders the ovaries to start preparing the egg cell. This hormone is trying to get the ovaries to start producing eggs again. The production of this follicular stimulating hormone is normally inhibited because the body produces high enough levels of estrogen. When the level of this hormone increases in the body, it can disturb the hypothalamus gland, which controls normal body temperature, sleep patterns, stamina levels, and control of the autonomic nervous system, which regulates breathing, heartbeat, digestion, blood pressure, and so on. During this gradual adjustment to not producing eggs, these basic functions of the body are disturbed. Few women go through this change without some symptoms.

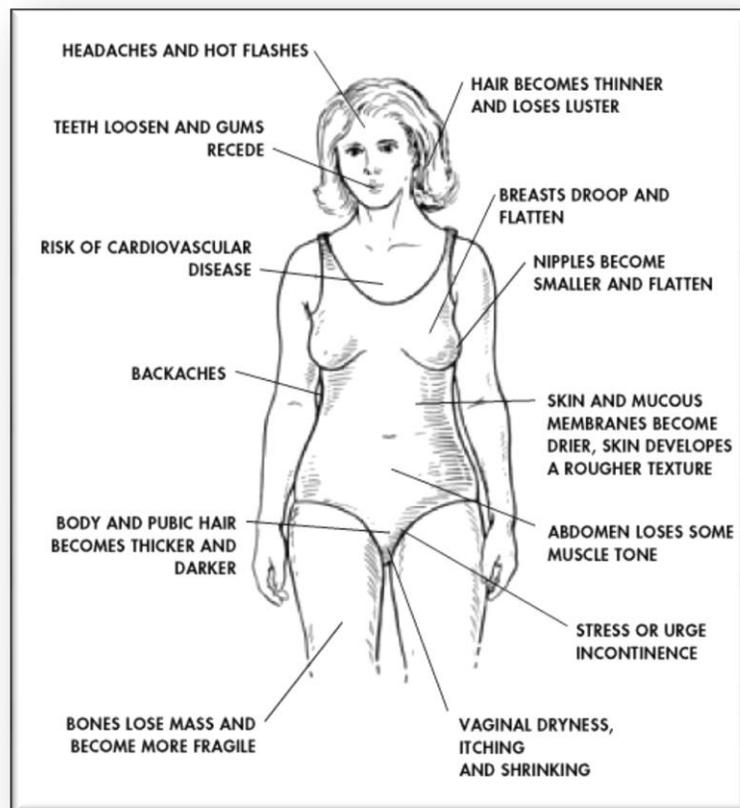
Only in modern societies has menopause been considered a negative thing. In most other societies, women have welcomed this change as yet another appropriate time in their lives. Many women, wishing to avoid the temporary discomfort of the change, take hormones to continue their periods and delay menopause, although when we stop taking the estrogen, the symptoms

simply reappear again; we cannot delay menopause forever. Besides that, estrogen pills carry some pretty frightening side-effects. The labeling on the package insert contains this information, including an increased risk of cancer in the uterus which increases as the time increases that a woman takes the estrogen. Cancer of the breast has also been linked to estrogens. In addition, estrogen does not keep the skin soft or help a woman feel young. It does not help simple nervousness caused by menopause. Other side effects which women have experienced include edema, nausea, dizziness, weight gain, bleeding, vomiting, cramps, nervous tension, and excess cervical secretions.

Various drugs are prescribed for menopausal symptoms, all of them with various unwanted side effects. Rather than list them all, we simply say, avoid all

drugs for this natural condition in your body. Natural methods can help you cope with the problem. Some women increase their life's activity and keep themselves busy. They handle their depression and nervousness by working their physical bodies. Some of them kick the wall or scream when it gets to be too much! Some women rest. Superior nutrition, avoiding undue stress, taking no addictive substances, such as drugs or alcohol, and

Possible Symptoms of Menopause



simply say, avoid all

exercising well can help. Talking over the problems with close friends or relatives can often relieve a bad burden. Some women suggest that our unresolved problems tend to come to the surface when we are experiencing menopause--same as during birth--and it's a good to work through these.

Dr. Christopher recalled the case of a lady in Vancouver, B.C. She was climbing the wall with nervous tension due to menopause. Her hot flashes were driving her almost insane. When she would throw off the covers at night, her husband would get cross, and she was keeping him awake at night as she would get up and down with discomfort of hot flashes. She was using estrogen, but she felt it was doing her more harm than good, so she asked Dr. Christopher for help.

He put her on the three-day cleanses and mucusless diet, and she suffered for a time from extreme withdrawal symptoms from taking the commercial hormones. She took the female corrective formula, two or three capsules, three times a day, and the hormone-estrogen formula, using those three capsules, three times a day. After a short time, she came to Dr. Christopher and said that her whole life had changed. She could sleep all night, without throwing the covers off. She didn't have the nervous screaming jags as she had before, and her husband fell in love with her again. She felt that it was worth the dietary change and the effort to take the herbs to make this difference.



After we go through the menopause, we have experienced another important rite of passage in our womanhood. It signals that our childbearing years are closed, and we enter into a new phase of productivity and experience. Many women feel themselves become more service-oriented, either to their children and grandchildren, or to society, using their talents to enhance others' lives. Some women go to a new career, doing something for the love of it rather than just for need. It's a great time to follow that axiom of working at something you love, and the money will take care of itself. Some women can learn the crafts that they have wished to do all their lives, thus filling their link in the chain of women who have loved to weave, garden, sew, make baskets, dye, etc.



It's also a time to relax in the marriage relationship. Most women say that they do not lose their sexual drive through or after menopause, and it's a time to enjoy the marital relationship without concern about pregnancy. If we can shed our society's insistent demand that only youth is attractive and worthwhile, we can enjoy this change in our life. I personally think that some of the most beautiful women I've seen are grandmothers.

During menopause, our bodies are doing what they are supposed to be doing, just as they did at puberty, childbearing, and lactation. We can enjoy this, and appreciate the healthy response of our physical mechanism. Menopause Naturally: Preparing for the Second Half of Life by Saja Greenwood, M.D., Volcano Press: San Francisco, 1984, contains a beautifully wholistic approach to the issues of menopause.