

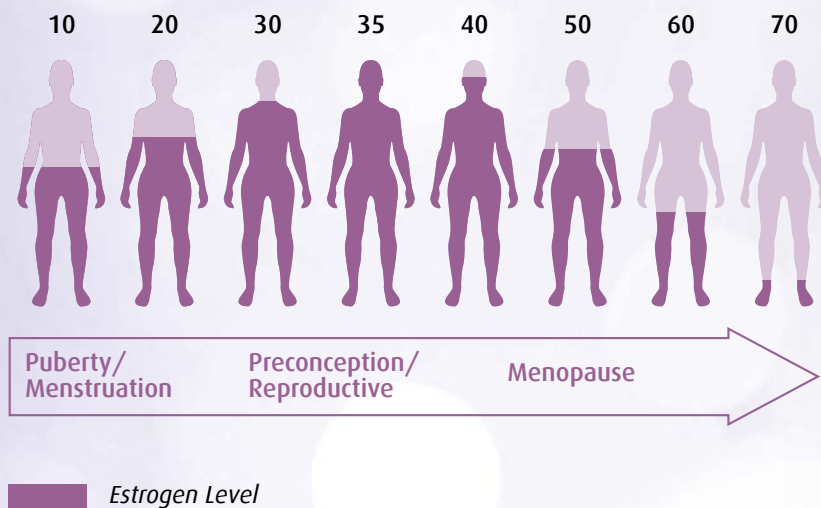
Female Health

As women age, the female endocrine system undergoes many changes. Endocrine system balance is important to maintaining a healthy reproductive system but also essential for healthy menstruation, nervous system function and general well-being.

Hormones play an important role through all stages of life. The female hormones (estrogen and progesterone) have a key influence on a woman's reproductive health, from menstruation to pregnancy through menopause. Your needs change at different stages of your life, and your practitioner will personalize recommendations based on these individual needs.*



Female estrogen production with age



Did you know?

- **Premenstrual Syndrome (PMS)** is a common health problem in women with almost **85%** of women in the U.S. experiencing some form of PMS in their reproductive years.¹
- **Menopause** – as women age, estrogen levels start to fluctuate and then drop, leading to menopause. There are approximately **37.5 million** American women reaching or currently at menopause. The average age of menopause is 51 years, however, there is a wide distribution that ranges from 40 to 58 years.²

Get on track to a happier, healthier lifestyle with the following key lifestyle tips:



Eat a well-balanced diet – good quality lean protein, plenty of healthy fats and fiber, and at least 3 portions of fruit and 5-7 servings of vegetables daily.



Phytoestrogen-containing foods such as linseeds, soybeans, nuts, apples, fennel, celery and oats.



Drink plenty of fluid – up to 8 glasses of water daily along with an occasional herbal tea. Avoid caffeinated drinks such as coffee and energy drinks.



Exercise – moving more and sitting less by exercising at least 3 times per week has shown to improve circulation and nutrient delivery for hormones, improve energy levels, reduce stress and raise mood. Find an exercise plan that suits you.



Manage stress – prolonged stress can influence hormonal imbalance as cortisol increases inflammation and disrupts the production of hormones such as progesterone. Incorporate meditation and self-care exercises into your daily routine.



Sleep – establish a good sleep routine, allowing for 7 or more hours in bed each night. Without enough sleep, cortisol and insulin are negatively impacted, keeping you in the loop of hormonal imbalance.

Key herbs that support women's health:

- ✓ **Ashwagandha** (*Withania somnifera*) – soothing herb for managing stress by fortifying both the nervous system and adrenal glands.
- ✓ **Black Cohosh** (*Actaea racemosa*) – provides relief from the discomfort associated with menopause.
- ✓ **Chaste Tree** (*Vitex agnus-castus*) – encourages a healthy menstrual cycle and eases discomfort associated with premenstrual syndrome.
- ✓ **Shatavari** (*Asparagus racemosus*) – important herb from the Ayurvedic tradition in India, traditionally used as a women's tonic to nourish the female reproductive organs.
- ✓ **White Peony** (*Paeonia lactiflora*) – traditionally used to help the body produce a normal menstrual flow and support reproductive function in women.*

Practitioner Recommendations:

Product Name	Dosage

Additional Information:

Next Appointment:

References:

¹ Office on Women's Health, U.S. Department of Health and Human Services

² Centers for Disease Control and Prevention, Menopause: Women's Reproductive Health

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.