

# CHANGES

THE OFFICIAL CONSUMER MAGAZINE FOR THE NORTH AMERICAN MENOPAUSE SOCIETY

## HELPING YOU

MAKE INFORMED  
HEALTH DECISIONS  
DURING MENOPAUSE  
AND BEYOND



# New Natural Hormone Balance

The recent publication of comprehensive clinical research on a new nutraceutical product specifically designed for postmenopausal women, confirms Femenessence as a safe, effective, natural alternative to hormone replacement therapy (HRT).

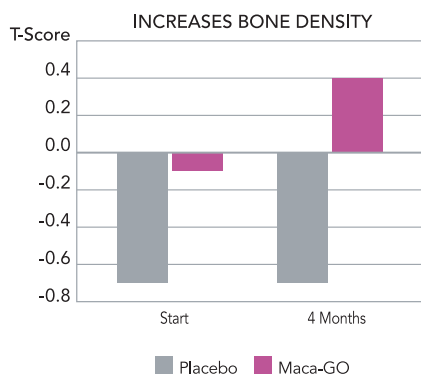
**F**emenessence is derived from carefully selected, organic plantings of the cruciferous root *Lepidium Peruvianum Chacon*. With its organic origins USDA certified, the root then undergoes a proprietary non-chemical process, which delivers the commercial product known as Maca-GO (Femenessence). The end result of this proprietary process is increased concentration and bioavailability of the entire spectrum of active constituents found in the maca root. In contrast, chemical extraction processes that use a variety of solvents, deliver an end product with an increased concentration of only one or two active constituents.

Femenessence, when used in a clinical study on early postmenopausal women, was shown to balance the four main female hormones (oestrogen, progesterone, LH and FSH). This is in direct contrast to other phyto-hormonal or HRT treatments, which generally affect levels of only one or two key hormones.

Femenessence works primarily as an adaptogen. Through its action on the hypothalamus it stimulates the body to secrete the level of hormones that are appropriate for the woman's physiological stage of life and which are necessary for optimal health. In other words, Femenessence induces each individual postmenopausal woman's body to secrete the appropriate balance of hormones for them.

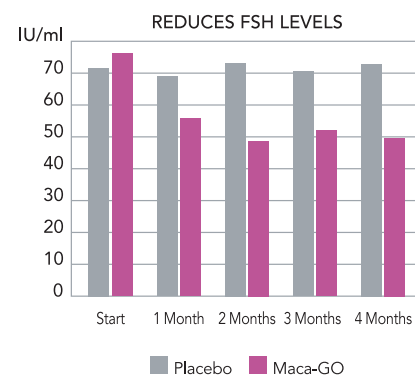
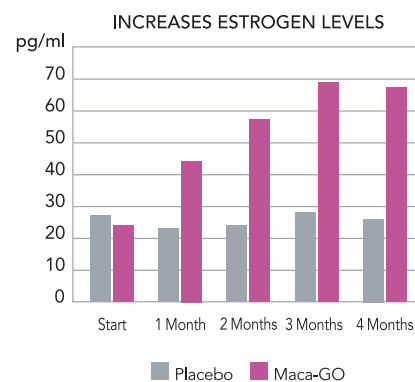
In addition, with the attainment of optimal hormone balance, it has been shown that Femenessence delivers a number of concurrent health benefits. These include significant reductions in body weight, lower levels of both blood triglycerides and low density lipoproteins (LDL) with simultaneous increased levels of high

density lipoproteins (HDL) - beneficial to cardiovascular health. Increases in serum calcium and phosphorus levels were also reflected in increased bone density after only four months of use by postmenopausal women.



More than 120 postmenopausal women participated in the clinical trials. They demonstrated a statistically significant increase in E2 ( $P < 0.05$ ) with a statistically significant reduction in FSH levels ( $P < 0.05$ ). Levels of progesterone and LH also increased ( $P > 0.05$ ). Femenessence significantly alleviated symptoms ( $P < 0.05$ ) of menopausal discomfort such as hot flashes, night sweats and vaginal dryness as indicated by reductions (from 43 to 17) in the Kupperman's Menopausal Index.

Natural Health International's pharmacological study showed that when Femenessence was given to mice and rats at levels of 7.5g and up to 15g/kg body weight, there were no toxic effects determined at the range of doses used. These studies further showed a distinctive ( $P < 0.05$ ) antidepressant-like and sedative effect on surgically induced "menopausal" (ovariectomized) rats, while there was no



anxiolytic activity or disturbance of cognitive function observed in both test (ovariectomized) and control (sexually active, non-ovariectomized) animals. After a series of analytical, histological, pharmacological and toxicological tests on laboratory animals (ovariectomized and non-ovariectomized rats) and a pilot study on 30 pre-menopausal women, it has been concluded, that Maca-GO (Femenessence) may also be of value in alleviating symptoms experienced by women in the pre-menopausal stage. For more information call us toll free on 1-888-668-3661 or visit [info@naturalhi.com](mailto:info@naturalhi.com). ■



A photograph of two women, one younger and one older, sitting at a desk and looking at a computer monitor. The monitor displays a website with various health-related information. A large, stylized quote is overlaid on the image.

Femenessence™

*“We were worried  
about side effects too...”*

Femenessence™ is a 100% organic, clinically trialled product for peri and post menopausal women that may support:

- The body during normal hot flashes\*
- The body during normal night sweats\*
- The body with normal vaginal dryness\*
- An improved outlook on life\*
- Healthy energy levels\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent and disease.

Femenessence™ naturally supports normal hormone balance by stimulating your own hormone production... and nothing is more natural than your own hormones. Femenessence™ has been fully tested for safety and toxicology.

For more information please call toll free on 888 668 3661 or visit [www.femenessence.com](http://www.femenessence.com)

Natural Health International

