

FEELING GREAT ...NATURALLY



Profemin™

NATURAL MENOPAUSE SYMPTOM RELIEF

MENOPAUSE
SURVIVAL
GUIDE



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NATURAL MENOPAUSE SYMPTOM RELIEF

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Congratulations on your purchase of Profemin™!

You've made an excellent choice to help keep the symptoms of menopause at bay. We are really happy to welcome you to our Profemin™ family!

We have created this guide, "Feeling Great...

Naturally", to provide you useful information about symptoms and solutions for menopause, so that you are empowered with the right tools for this journey. Menopause is a natural part of life that every woman will go through, and even though the experience might differ from woman to woman, there are commonly observed symptoms that can be effectively managed with simple solutions and recommendations for making this transition seamless. Knowing more means worrying less, and worrying less means enjoying life more!

Eating healthily and staying physically active are expressions of love for yourself and your loved ones. A "Loving Lifestyle" can improve the quality of your life each and every day, by keeping you vibrant, giving you energy and helping you look better. It is advised that you consult with your personal Health Care Professional (HCP) before adopting the suggestions provided in this guide. We hope this guide will provide you with valuable insights to embrace this new chapter of your life.

A Loving Lifestyle

Living a healthy lifestyle is usually the first action suggested to assist with perimenopause and menopause symptoms. Ideally, this approach should be explored before you initiate any other treatments, including supplements or prescription medications. We refer to a "healthy lifestyle" as a "Loving Lifestyle" because eating healthily and staying physically active are expressions of love for yourself and your loved ones. A Loving Lifestyle can improve the quality of your life each and every day, by keeping you vibrant, giving you energy and helping you look and feel better.

A Loving Lifestyle is comprised of the following steps:

- Being physically active.
- Eating more real food.
- Eating less unhealthy food.
- Making water your primary drink.
- Writing to keep you on track.
- Living, giving and loving more.

Symptoms and Solutions

Perimenopause and menopause can be characterized by many different symptoms that can affect well-being from head to toe. Over time, most women experience one or more of these symptoms. However, almost every woman can find relief for her symptoms either with lifestyle changes or prescription alternatives.

Before getting into specific symptoms and solutions, it is important to understand the distinction between perimenopause and menopause. You are in menopause if you have not had a period for one year. Perimenopause describes the time before your periods end. During this time, you are still having periods, but your hormone levels are erratic. One of the first signs of perimenopause is a change in your periods. For example, they may be lighter, heavier, more frequent, or you might start skipping periods. Many perimenopausal women report having hot flashes and other symptoms that are typically associated with menopause. The treatment for perimenopausal symptoms, however, is often different.

Hot Flashes and Night Sweats

Any discussion of menopause symptoms needs to start with hot flashes and night sweats. Hot flashes are the most common symptom women complain about during perimenopause and menopause. More than 75% of women in the U.S. will experience hot flashes. While the cause of these symptoms is unclear, there is no debate that they can have quite a negative impact on our daily lives. When hot flashes occur during sleep and are associated with sweating, they are called “night sweats.” Women who have night sweats often do not sleep well, resulting in fatigue, irritability, depression and memory problems.

Different therapies may be recommended based upon how troublesome hot flashes and night sweats are for you. If they are mild, then lifestyle modification including diet, exercise and employing strategies to keep cool is usually the best first choice. Having moderate symptoms means you have both hot flashes and night sweats. Severe symptoms mean you have hot flashes and night sweats that interrupt your activities.

If your hot flashes or night sweats are troublesome, you may want to keep a Hot Flash Diary.

Non-Prescription Solutions:

- Avoid trigger foods, including spicy foods, hot drinks, alcohol, and caffeine including coffee, tea, soda, energy drinks and other sources of caffeine. Also try cutting out sweets.
- Keep cool with fans, air conditioning, and cotton bed sheets. Wear light cotton clothing and dress in layers. And, of course, drink cold water.
- Keep a Hot Flash Diary. In it, record the number of hot flashes you have every day. Write down when they happen, what triggers them (e.g. a certain food, drink or stress) and what kind of impact they have on you. Using the information gathered over a couple of weeks can help you and your Health Care Professional (HCP) decide how to modify your lifestyle.
- Exercise regularly. 30 minutes of exercise daily can help you sleep better and improve your hot flash symptoms.
- Try deep breathing. Breathe slowly and deeply in through the nose and out through the mouth when a hot flash starts.
- Try reducing stress. Incorporate relaxation techniques like meditation, massage or yoga.

Symptoms and Solutions

Vaginal Dryness and Atrophy

Vaginal dryness is a menopause symptom that many women don't talk about. It is the direct result of estrogen loss during menopause. Once you've entered menopause, it can take a while for vaginal dryness to occur. You may not experience symptoms for a few years. The symptoms of vaginal dryness include less vaginal lubrication, painful sex, and more frequent vaginal and bladder infections. Over time, vaginal dryness can turn into vaginal atrophy, which means that the vaginal walls become pale, thin, narrow and lose elasticity. These vaginal changes make infections more common. Even if you are not sexually active, you should be concerned about this eventuality, as pelvic examinations will become more painful and may lead to tearing, bruising and even bleeding.

Sexual Interest

Libido is a complicated subject. Sexual desire is influenced by many components, like your attitude towards sex, feelings about your aging body, relationship with your partner, as well as depression and anxiety. And then there is the fact that you may be just plain tired and irritable from poor sleep, work or other stressors. In addition, certain medications like antidepressants and anti-hypertensives can also reduce libido.

Hormone levels, specifically estrogen and testosterone, play a role too. During the reproductive years, your ovaries produce both estrogen and testosterone, which are important for helping with libido. During perimenopause, estrogen levels start to fluctuate. Finally, at menopause, your ovaries stop making estrogen altogether. However, they are still making testosterone for about five more years. This probably explains why some women do not initially report a reduced sexual desire.

Testosterone testing, however, is not helpful in predicting whether you should expect to have a healthy libido or not. Your levels can be normal, and you may still experience a loss in libido. Additionally, most laboratories cannot provide accurate testosterone levels in post-menopausal women. If you are going to try hormone therapy to improve sexual function, it is best to start with estrogen replacement, both systemically and locally, for a few months before you consider adding testosterone to your regimen.

Non-Prescription Solutions:

- Start with your heart. Communicate with your partner about your particular issues and concerns.
- Devote more time to foreplay. Have more patience with yourself and your partner.
- Get more creative. Change up your usual routine, and try new things.
- Live a Loving Lifestyle. This will help with issues of weight and feelings of desirability.
- Consider sex therapy, which is very helpful for many couples.

Sleep Disturbances

Almost 50% of women in the U.S. between the ages of 40 and 64 report some sleep problems. These include not getting enough sleep or getting a poor quality of sleep. Most adults need 6 to 9 hours of sound sleep to function optimally.

Sleep disturbances are caused by many factors like stress, anxiety, depression, sleep apnea,

Symptoms and Solutions

prescription drug use, chronic pain and medical illnesses, to name a few. For some women, night sweats may be a cause for their sleep disturbances. For others, they are not.

Regardless of the cause of your sleep disturbances, inadequate sleep causes fatigue, irritability, memory issues and an inability to concentrate and function normally. Inadequate sleep also increases your risk of heart disease and depression. But there are many ways to address issues with sleep.

Non-Prescription Solutions:

- Establish a quiet, cool, dark haven for sleep. Your bedroom should be reserved for sleeping and sex only.
- Maintain regular bedtime habits, like taking a warm bath, retiring for bed at the same time nightly and awakening at the same time daily.
- Go to bed one half-hour earlier. Even if you don't fall asleep, the extra rest can be helpful.
- Exercise daily, but not before bedtime.
- Avoid caffeine, nicotine and alcohol before bedtime. Remember, caffeine can also be found in chocolate, soda, and some over-the-counter medicines.
- Engage in relaxation techniques like meditation and deep breathing.
- If you cannot fall asleep after 15 minutes, leave your bedroom and engage in a relaxing activity until you feel sleepy again.
- Avoid stimulating television or reading material before bedtime.

Concentration and Memory

No, you aren't losing your mind. Many menopausal women express concern over a loss of memory. They have difficulty with word recall as well as the ability to concentrate and focus. Some women describe these symptoms as "brain fog." There can be multiple causes for memory issues, some related to lower levels of estrogen and many related to general aging and life stressors. Sleep disturbances, hot flashes, aches and pains, and stress, which contribute to anxiety and depression, can also make it harder to concentrate, focus, and remember things. Often times, when patients address these other issues, they find that some of their "brain fog" lifts too.

Non-Prescription Solutions:

- Use your head! Keep your brain challenged and engaged with activities like crossword puzzles, book clubs and chess.
- Continue to learn fun new skills like ballroom dancing or pottery making.
- Maintain a good social network. Interaction with other people has been shown to protect brain function.
- Exercise regularly.
- Eat foods that contain Vitamin B6, B12, folic acid and Omega-3 fatty acids, such as fortified whole grain cereal, spinach, salmon, shellfish, flaxseed, chickpeas and other beans. Although the scientific data is limited here, there is no harm in eating these foods. And remember, eating actual food with these nutrients is the ideal way to go.

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Sadness and Anxiety

Perimenopausal and menopausal women are at risk for experiencing feelings of sadness, anxiety, irritability, anger, reduced energy levels and a decreased sense of well-being. There appears to be a strong association between depressed mood changes and subsequent hot flashes. The reason for this is complicated and may have to do with both fluctuating and decreasing hormone levels.

Other possible causes of mood issues during the menopause transition include a variety of midlife stressors such as caring for children and aging parents, dealing with relationship issues, divorce, widowhood, medical illness and financial concerns. There are many effective strategies to consider when addressing sadness and anxiety.

Non-Prescription Solutions:

- Exercise regularly. It releases endorphins which can make you feel happy.
- Maintain a healthy diet.
- Avoid excessive alcohol and caffeine.
- Engage in deep breathing and meditation.
- Put yourself on your own "To Do" list. This simply means doing more activities that you enjoy.
- Write down your feelings in a journal.

Weight Gain

Many women either gain weight or struggle to maintain their weight during the menopause transition. Despite a more sedentary lifestyle and a decrease in muscle mass associated with aging, many women continue to eat the same amount of calories every day. As we age and our metabolism slows, many of us simply do not make the necessary lifestyle modifications to offset these changes.

If you are doing all the right things as far as diet and exercise are concerned and are still gaining weight, your Health Care Professional (HCP) should check to make sure you do not have hypothyroidism which is associated with weight gain. Excess weight leads to heart disease, diabetes, aches and pains, insomnia, bladder issues and more.

Non-Prescription Solutions:

- Reduce your calorie intake. Cut out the empty calories, and eat foods that are more nutritious.
- Increase your calorie burn. Make the commitment to get 30 minutes of aerobic exercise at least 4 days a week. Start a strength training program that will build muscle and help you burn even more calories. Set realistic goals for yourself, and consult with your Health Care Provider (HCP) if you have questions.

Symptoms and Solutions

Skin Health

Many women begin to notice that their skin becomes much drier and more wrinkled after menopause. There is a good explanation for this. Estrogen has a lot to do with the healthy appearance of our skin. It plays a key role in collagen production, and collagen is what makes our skin plump. After menopause, our estrogen levels become very low, and we lose this skin protection quickly. This is one reason why skin sags, wrinkles and gets drier.

It should also be noted that we are from a generation of sun tanners. When we were younger, we probably did not use SPF suntan lotion, hats and protective clothing to protect our skin during those critical early years. Smoking also adversely affects skin health and causes premature aging and wrinkling.

The cosmetic impact that wrinkles and skin aging have on many women should not be dismissed. But it's good to know that despite the damage we may have done to our skin in the past, we still have time to treat our skin well now.

Non-Prescription Solutions:

- Drink plenty of water to keep your skin hydrated.
- Use sunscreen with a minimum SPF30 to protect against both UVA and UVB radiation.
- Apply sunscreen all year long, and don't forget your hands and neck.
- Avoid excessive sun exposure, especially between the hottest hours of 11am-2pm.
- Wear hats, protective clothing and use a sun umbrella routinely.
- Quit smoking.
- Reduce your alcohol and caffeine consumption.
- Exfoliate your skin regularly.
- Moisturize with an oil-based product immediately after your bath or shower.
- Eat healthy foods that contain beta carotene, Vitamin C, E, Omega-3 fatty acids and zinc, like spinach, broccoli, collard greens, kale, cantaloupe and salmon.
- Teach good skin protection habits to your daughters now!

Symptoms and Solutions

Bone Loss and Osteoporosis

Osteoporosis is a silent disease which affects bone. Most women won't know that they have this disease until they fracture a bone, start getting shorter or develop a "Dowager's" hump. Women actively make new bone up until about the age of 30 and then start losing it slowly until the menopause transition.

Once women stop making estrogen, which is very protective of bone, loss is very rapid. This is especially true within the first 5 years of the menopause transition. And genetics plays a big role here too. If you have a mother or grandmother with osteoporosis, then you have an additional risk for getting this disease. Additionally, there are other risk factors, like not taking enough Calcium with Vitamin D3, smoking, drinking too much alcohol, weighing less than 126 lbs, being Caucasian or Asian, taking certain medications like steroids and having a previous fracture.

Non-Prescription Solutions:

- Take calcium supplements: 1500mg/day in split doses, which means half in the morning and half later. Calcium Carbonate is better absorbed after a meal. Calcium Citrate does not have to be taken with food.
- Take vitamin D3, too: 1000-2000 IU/day helps get the calcium absorbed and into your bones.
- Quit smoking because it reduces estrogen levels.
- Make strength training part of your weekly routine.
- Improve your balance and minimize falling by doing flexibility exercises like yoga.
- Avoid excess alcohol.

Aches and Pains

Many women start to feel generalized aches and pains in their joints and muscles beginning in perimenopause and menopause. The most common cause of joint disease is called osteoarthritis or degenerative arthritis. Following menopause, there seems to be an increase in the frequency and severity of this disease.

Non-Prescription Solutions:

- Maintain a normal body weight to reduce the stress on your joints.
- Exercise regularly, paying particular attention to strength training and improving posture.
- Apply hot or cold packs to affected joints.
- Take Vitamin D3, 1000-2000 IU daily.
- Try physical therapy.
- Manage pain with over-the-counter medications.

Symptoms and Solutions

Headaches

As with other aches and pains, headache frequency also seems to change around perimenopause and menopause. Many perimenopausal women who have a history of menstrual cycle-related headaches find that their headaches tend to get worse during this time. This is likely due to fluctuating hormone levels that are the hallmark of perimenopause.

After menopause, when hormone levels are consistently low, these same women report that their headache symptoms improve. Additionally, some women without a previous headache history start to experience them during perimenopause and menopause. And there are also some long-term headache sufferers who report that their headaches go away for good. Causes of headaches are complicated, and your headaches may get better, worse or stay exactly the same during this time.

Non-Prescription Solutions:

- Keep a headache diary. Write down the time of day your headache started, the duration and the level of pain. Pay attention to triggers like particular foods, beverages, and changes in your sleep pattern.
- Reduce stress. One way to do this is to practice deep breathing exercises.
- Use over-the-counter pain medication in moderation.
- Consider consulting a neurologist or headache expert for a more extensive evaluation and treatment plan.

Your Appointment with Your Health Care Professional (HCP):

We have talked about many different options in this guide that can help you feel better, involving your Health Care Professional (HCP) is your decisions is essential. Therefore, We have compiled a list of steps, so you can get as much as possible out of your next appointment.

Preparing for the Appointment

List your symptoms, their intensity, frequency and impact on your life, or use the information you completed at the beginning of this Guide.

- List any treatments you have tried and indicate the results.
- Think about your goals for treatment and tolerance for risk.
- Be prepared to discuss your family history of breast cancer, heart disease and osteoporosis.
- Identify all the medications and doses that you are taking.
- Consider anything else that your HCP needs to know about your medical history.

During your Appointment

Discuss your goals for treatment. Include your hopes, fears and priorities.

- Ask about your treatment options along with the benefits and risks of each approach.
- Discuss lifestyle modification.
- Keep asking questions until you really understand the information.
- Take notes.
- Ask your HCP to write anything down which would be helpful.

Remember, this is your appointment.

Product Info

What is Profemin™?

Profemin™ is a dietary supplement that was formulated to utilize the synergistic benefits of three Asian herbs that have been used for hundreds of years throughout Asia. Profemin™ is a patented blend of angelica gigas nakai extract, traditionally used for gynecological health; cynanchum wilfordii extract, an important herb in Asian medicine used to improve circulatory function; and phlomis umbrosa extract, used for thousands of years for its anti-inflammatory and pain relieving properties. This patented blend of ingredients has been shown in a double-blind clinical study to provide women significant relief from the major symptoms of menopause. Profemin™ is a safe, natural, and reliable supplement for menopausal symptom relief.

What symptoms does Profemin™ relieve?

Profemin™ has been scientifically shown in a double-blind placebo-controlled clinical study to provide significant relief from any of the following menopause symptoms:

- Hot Flashes
- Night Sweats
- Cold Sweats
- Trouble Sleeping
- Nervousness
- Moodiness or Feeling Blue
- Tired Feelings
- Vaginal Dryness
- Aches and Pains

In the Profemin™ clinical study, over 96% of women taking Profemin™ reported improvement in 4 or more symptoms of menopause after just 6 weeks of taking Profemin™. In fact, some subjects reported results in as little as 1 week.

Is Profemin™ a natural product?

Profemin™ is a natural herbal supplement consisting of three herbs that have been used for hundreds of years in traditional Asian medicine. Profemin™ starts as a hot water extract, and then is vaporized so that the extracted blend of herbs can be freeze-dried to a fine powder.

Product Info

How many capsules of Profemin™ should I take?

You should take 1 capsule of Profemin™ twice a day.

Are there harmful side effects to the ingredients in Profemin™?

Profemin™ has no harmful side effects.

Why not go to a health food store and just buy a formula like Profemin™?

Profemin™ is an exclusive patented formula that you will not find anywhere else. Profemin™ is a leader in quality, science, and purity.

How quickly will I see results?

In the double-blind placebo-controlled study on Profemin™, over 96% of the women taking Profemin™ had significant improvement in at least 4 of the major symptoms of menopause by the end of the first 6 weeks.

Will my sex life get better with taking Profemin™?

By safely and effectively relieving the major symptoms of menopause, Profemin™ helps provide a better quality of life by addressing symptoms such as hot flashes, night sweats, vaginal dryness, moodiness, aches and pains, and trouble sleeping. As a woman feels better and more relaxed about her menopausal experience, it is only natural that many aspects of her life will improve and so she may achieve lasting enjoyment, satisfaction, and life-long intimacy.

Is it too late for me?

Now is the best time to take even better care. Even if you are just starting out, making simple lifestyle changes like those recommended throughout this guide can have a profound positive effect on your menopausal symptoms, plus supporting your overall health. Make Profemin™ an integral part of your menopausal health strategy and live the best years of your life fully and freely on your terms!

Notes

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