

Are your menopause symptoms driving you crazy? These 6 healthy choices will help feel like yourself again.

In the years leading up to menopause, most women find themselves on a roller coaster of hormones that spike and plummet, emotions that swing from depression to anxiety to space cadet, a sex drive that takes a nose dive, up and down all night, sweating, and a waist line that's . . . well . . . expanding.

The symptoms of menopause are natural. They are the result of estrogen levels declining when a woman is about to enter her non-reproductive years. Still, it's hard to feel normal when you're going through this phase of life. You just don't feel like yourself.

Women in their early to mid-40's experience symptoms such as . . .

- Anxiety
- Vaginal dryness
- Moodiness and depression
- Sleepless nights
- Night sweats
- Hot flashes
- Fatigue
- Irrational thoughts
- Aches and pains
- Brain fog
- Loss of sex drive

Women can spend up to *a third* of their lives in menopause, but there is no need to suffer the worst of the symptoms for decades.

It is possible to gain control again, find your balance, and feel like YOU. The key is to find a natural treatment.

Decreased estrogen is the root cause of most of these uncomfortable changes, both physical and emotional.

Unfortunately, it's not a simple matter of keeping the hormone's up. In fact, hormone therapies have been known to increase the risk of breast cancer, heart disease, blood clots, and stroke.

In 2002, the National Institutes of Health conducted a study called the Women's Health Initiative to find out whether hormone therapy truly is dangerous. Unfortunately, the study ended early because of safety risks.

Soy and black cohosh have also been used to treat menopause. Sometimes they work, and sometimes they don't.

What if you could find something that to take that is safe and will actually work?

What if there is a way to naturally fix the very *root cause* of this distressing issue instead of getting an expensive prescription that will give you harmful side effects?

Dr. Marcus Laux is the is the co-author of *Natural Woman, Natural Menopause*. He said, "As menopause is a natural event, I highly recommend that women first and foremost seek natural support for their menopausal symptoms."

The good news is that every woman can improve her menopausal symptoms and reduce her health risks by making healthy choices.

In this article, we're going to reveal the 6 healthy choices that will relieve your menopause symptoms.

Pay Particular Attention to #5, #6, and #7 because they help you with the most disruptive symptoms—hot flashes and night sweats.

No more expensive medications or doctor's visits.

You'll give yourself the best chance of going back to living the way you used to and never worry about this embarrassing "little secret" again.

Healthy Choice #1: Exercise to Stay Fit and Control Stress

The simplest thing that you can do to take the edge off from your menopausal symptoms is to get some exercise.

According to the American Heart Association, women are more likely to get heart disease when they reach menopause because estrogen protects your heart. Regular cardio workouts can keep your heart healthy.

As far as cardio goes, it doesn't matter what you do, as long as you enjoy it. Walking, jogging, dancing, and swimming are all great ways to keep your weight at a healthy level and relieve stress. Cleaning and gardening also count.

Remember to add strength training. During menopause, you lose lean muscle mass, which lowers metabolism. You are also at a higher risk for osteoporosis. Lifting weights keeps your bones strong.

Spend extra time with light stretching and warm up to prevent injury and soreness.

Healthy Choice #2: Adjust your diet

One of the most common mistakes women make is to eat the same way they always have.

With a slower metabolism, women should plan to eat about 200 fewer calories every day.

Start by reducing sugar. Hormone changes make it harder to maintain blood sugar levels. Cutting back on sugars (like the kind you find in cookies and cakes) is a simple change that can make a big difference.

Make sure those calories count. It's more important than ever to get enough calcium, iron, fiber, fruits and vegetables and water every day.

Cut back on saturated fats and salty foods.

Spicy foods, caffeine, and alcohol can all trigger hot flashes.

Natural Option #3: Take time to unwind

Stress can affect you physically, mentally, and emotionally. It even can cause your hormones to become unbalanced.

Setting time aside to destress and unwind every day can have a positive impact on all of your menopausal symptoms.

Your stress levels directly impact your sleep, mood, attention span, and even your blood sugar levels.

Meditating, practicing yoga, or doing a relaxing creative activity are all ways to reduce stress levels.

Healthy Choice #4: Have sex

Menopause can take a toll on your sex life. Your libido drops with your estrogen levels. For some women, weight gain brings self-consciousness, which can also affect your sex drive. Sleepless nights, anxiety, and other highly stressful emotions can wreak havoc on your sex life.

Having sex can reduce those feelings of stress, lower blood pressure, and help you sleep. When you have an orgasm during sex your body releases endorphins, which helps reduce aches and pains.

Sex, however, can be challenging during menopause . . .

Vaginal dryness and a decrease in blood flow can make sex uncomfortable or painful during menopause. Water-soluble personal lubricants like K-Y Jelly or Astroglide can help. Consider

cutting out alcohol, since it can make you dehydrated—which can make lubrication even more difficult.

Sex releases oxytocin, which makes you feel happier and more connected to your partner.

Healthy choices #5, #6 and #7 deal with what might be the most aggravating symptoms by far: hot flashes and night sweats.

A hot flash is hard to miss. Suddenly your face, chest, and head feel hot. Your skin turns pink, and you start sweating. When they strike at night you might wake up drenched in sweat, then suddenly freezing and unable to get to sleep.

Hot flashes can be one of the most disruptive symptoms of menopause.

80% of menopausal women have them. It is what drives most women to the doctor for treatment . . . often resulting in them getting a prescription for hormone replacement therapy, which has many dangerous side effects.

While exercise can help you to maintain a healthy body weight, it hasn't been proven to help with hot flashes.

We won't make obvious recommendations, like turn down the thermostat and carry a fan with you wherever you go.

We want to share with you something that has been proven to help . . .

In a randomized, placebo-controlled, clinical study conducted in the US three powerful ingredients have been shown to provide relief of menopausal symptoms safely, quickly, and effectively.

(98% of women in the study found relief from *hot flashes, night sweats, trouble sleeping, nervousness and depression, fatigue, aches and pains, and vaginal dryness*. Many women found relief in as little as one week!)

Ingredient #1: Angelica Gigas

Angleica Gigas is a perennial from China, Japan and Korea with purple flowers. It does well in moist soil and shade and blooms in late summer.

Its roots are used in traditional Chinese medicine to support gynecologic health.

Ingredient #2: Phlomis Umbrosa

Traditionally used for thousands of years for its anti-inflammatory and pain relieving properties.

Ingredient #3: Cyanchum Wilfordii

An important herb in Asian medicine traditionally used to improve circulatory function.

These three ingredients have been combined in a powerful formula designed to bring relief to women during menopause. It is called Profemin™.

It was created by Dr. Marcus Laux, a world-renowned expert in natural medicine. He testified before the Clinton Presidential Commission on Dietary Supplements and has served on numerous scientific advisory boards for leading natural medicine companies. He is a licensed naturopathic physician who received his doctorate from the National College of Natural Medicine (NCNM) in Portland, OR, in 1985. He served as Clinical Professor of Obstetrics & Gynecology at NCNM; Adjunct Faculty at Bastyr University of Natural Health in Kenmore, WA; and Assistant Adjunct Professor at Emperors College of Traditional Oriental Medicine in Santa Monica, CA. Dr. Laux maintained a full-time, private family practice for two decades in Beverly Hills and Malibu, CA, one of the first integrated clinics with MD, ND, DC, LAc and D.O. in the U.S.

Dr. Laux said, “Profemin™ works naturally without hormones, without a prescription, and without harmful side effects. By making Profemin™ a core part of your health strategy, you can make these the most rewarding years of your life—living more fully on your terms! I’m confident it will help you feel your absolute best at an especially challenging time of life. In my professional opinion, Profemin™ is the number one choice for menopausal women.”

Here’s what women have said after trying Profemin™ . . .

“I’m happier. I’m calmer. I sleep like a baby. I haven’t had one hot flash.”

Cynthia, 61

“Before Profemin™, I just felt achy, and I didn’t even realize that it was associated with the menopausal symptoms. And then, when it’s gone, and you realize, ‘Oh, my gosh. I feel so good all around.’”

Jacque, 50

“With Profemin™, I feel like a mature grounded woman not a hysterical nutjob!”

Bridget B., 50

“My hot flashes diminished enormously. It changed my life.”

Lisa S., 50

No matter how much menopause may be disrupting your life, you can take control and start to feel like your best self. Some women have reported feeling better in as little as one week with no harmful side effects.

What I'm about to give you is 100% natural, so no need for a prescription or a doctor!

Now is your chance to FINALLY get the results you've been looking for, so you can feel like yourself.

Say goodbye to . . .

- Waking up in the middle of the night soaking your sheets and pajamas with sweat
- Uncontrollable emotions, irrational thoughts, bursts of rage, and slumps of depression
- All those aches and pains
- Vaginal dryness and lack of libido

You don't have to live with any of this!

Click here to learn how you can alleviate your menopause symptoms in six weeks with an all-natural, potent solution backed by science . . .

These incredibly powerful NATURAL ingredients have been proven to bring relief to countless women—even after they've tried almost everything.

To learn more about this all-natural, safe solution that actually WORKS . . .

Click here and see for yourself.