



WOMEN'S HEALTH

Premium Wellness Without Hormones

by Richard Huemer, M.D.

(NAPSA)—What now? Now that a major hormone replacement clinical trial has been halted, many women no doubt feel let down. Their doctors feel betrayed —by the big drug companies.

In July 2002, the National Heart, Lung, and Blood Institute of the National Institutes of Health terminated a major clinical trial on the risks and benefits of combined estrogen and progestin in healthy menopausal women. The study, scheduled to run until 2005, was stopped after an average follow-up of 5.2 years. The reason was an increased risk of invasive breast cancer and other health complications.

However, there is a silver lining in this cloud. As it happens, proven methods of supporting women's health can be found in nature. Common health problems of midlife can be prevented with quality nutritional support formulas combined with proper diet and exercise.

Nutritional Solutions

The primary nutritional formula for women of this age should be a quality multiple vitamin and mineral formula that contains extra calcium, vitamin D, boron, magnesium and other nutrients required in additional amounts by women in midlife.

For generations, women have relied upon black cohosh (*Cimicifuga racemosa*) to relieve hot flashes, night sweats and mood swings. In addition, standardized herbal extracts such as dong quai, licorice root and fennel seed help promote hormonal balance. Soy extract provides natural plant-based estrogens (phytoestrogens)



Women have natural options for promoting their health, including herbal supplements.

to aid women's bodies, and is scientifically proven to support bone and heart health.

Proper nutritional support can help people of all ages maintain and strengthen their bones. Key ingredients include calcium, vitamin D and boron.

Prescription for "Hormone-Free" Health

The current crisis of women and hormone replacement therapy offers women the opportunity to pursue good health without the risks of synthetic or horse-derived hormones. The herbs and nutrients described can, as elements of a total health program, allow women to experience menopause without misery.

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