

Women's Health **UPDATE**

Say Goodbye To Menstrual Discomfort

(NAPSA)—Many women experience a variety of symptoms related to the menstrual cycle that may affect their quality of life. For example, pain at this time of the month is one of the leading causes of women missing work, while endometriosis, a disorder of the uterus lining, is one of the most common causes of infertility and pelvic pain.

There are a number of solutions for problems associated with menstruation, but the majority of remedies involve taking prescription-based medications or hormonal therapy that may have undesirable and sometimes dangerous side effects.

Promising Hope

Now there is promising hope for women in the form of the natural health supplement. One of these is a pine bark extract from the French maritime pine tree that is patented for dysmenorrhea (painful periods) and endometriosis. Recent published medical studies on this supplement, called Pycnogenol®, reveal its effectiveness in women's health.

Inflammation is the cause of uterine contractions and pain, known as dysmenorrhea. Because Pycnogenol® is a natural anti-inflammatory, it helps soothe the pain associated with inflammation.



Pain Reduced 80 Percent

The cause of endometriosis is unknown and treatment to fully cure endometriosis has yet to be developed. Research concludes that this supplement reduces abdominal pain by 80 percent and cramps by 77 percent with patients suffering from endometriosis.

Perimenopausal, the stage when a woman ends her reproductive years, can last anywhere from two to eight years. Studies reveal Pycnogenol® reduces "climacteric symptoms" such as hot flashes, depression, panic attacks and other common symptoms associated with women entering menopause transition.

Pycnogenol® has been studied for the past 35 years and is widely available in more than 600 natural health products worldwide. For more information about the natural alternative to prescription medications for relief of menstrual disorders, visit www.pycnogenol.com.