

# Hot Flashes?

## Menopautonic™



### Herbal Replacement Therapy

- Eases menopausal transition
- Relieves hot flashes and night sweats
- Enhances post-menopausal health
- Reduces irritability, depression and fatigue

## HORMONE REPLACEMENT THERAPY. IT'S A REAL DILEMMA.

Hi, I'm Daniel Gagnon, Medical Herbalist. The number one goal of my practice is to provide my patients with healthy results.

You've heard the news. The medical profession has found that there are significant risks associated with hormone replacement therapy (HRT). These include higher incidences of cancer, gallbladder disease, heart disease, blood clots and strokes. If you're a woman who's taking or considering taking HRT to relieve the symptoms of menopause, you're facing major concerns. Are the risks of taking or continuing HRT worth the negative side effects? Only you and your doctor can come to this decision. But you need to know there are some definite alternatives to traditional HRT which provide excellent benefits and relief from menopause symptoms. We're referring to herbal supplements. But before we discuss herbal approaches, let's talk briefly about menopause.

### WHAT IS MENOPAUSE?

Menopause is the cessation of menstrual bleeding. It generally occurs in women from their late forties to mid fifties, at the average age of 51. Menopause is a normal, natural aging event except when it is brought about by medication, radiation, or surgery. It is estimated that 42 million American women over the age of 50 are already menopausal. Another 20 million will reach menopause in the next decade.

### WHAT HAPPENS DURING THE TRANSITION TO MENOPAUSE?

Before menopause, you experience your monthly menstrual cycle during which hormones are released throughout the body. During the transition to menopause, you go through a period where your ovaries gradually shrink and ultimately shut down hormone production. Once this occurs, the adrenal glands located above the kidneys take over, but they only produce a small amount of hormones sufficient to keep the tissue healthy. Your body no longer needs to prepare the nest for possible fertilization.

### WHAT ARE THE SYMPTOMS OF MENOPAUSE AND DO ALL WOMEN HAVE THEM?

25% of natural menopausal women have no symptoms other than the stop of monthly periods. Those are the lucky ones. For the rest, during the transition to menopause, the symptoms can range from mild to severe. Symptoms may include fatigue, irritability, insomnia, menopausal depression, anxiety, tension, nervousness, hot flashes (sometimes referred to as "power surges"), night sweats, occasional dizziness, headaches, heart palpitations, rapid heartbeat, cystitis, incontinence, vaginitis, vaginal dryness, nausea, and pain in joints and muscles. For some women, the transition to menopause can be an extremely difficult time.

### EASING THE TRANSITION WITH HERBAL MEDICINE

There is an excellent alternative to orthodox hormone replacement therapy that can have dramatic effects on easing menopausal symptoms — with no known side effects. It's called herbal replacement therapy and it's available through Menopautonic™, a synergistic formula composed of a variety of herbs which have been proven to ease menopausal symptoms.

### WHAT IS MENOPAUTONIC™ AND HOW DOES IT WORK?

Menopautonic™ is a systemic formula that decreases or stops menopausal symptoms such as hot flashes, sweating, nervousness, insomnia, urinary frequency and back pain. In combination with exercise, Menopautonic™ enhances bone health. It also lifts menopausal depression within a short time. Because there are receptor sites for the female hormones estrogen and progesterone throughout the entire body, Menopautonic™ works to address menopausal symptoms everywhere those sites exist.

## HERE ARE SIX WAYS THAT HERBS, ETC.'S MENOPAUTONIC™ CAN BENEFIT YOU:

### MENOPAUTONIC™ NORMALIZES THE FEMALE HORMONAL SYSTEM

It balances and normalizes the function of the female hormonal system by promoting a healthy estrogen to progesterone balance. It reduces hot flashes, night sweats and thinning and drying of the vaginal lining. Unlike hormone replacement therapy (HRT), the herbs in this formula have not been shown to stimulate breast tumor cells.

### MENOPAUTONIC™ BALANCES THE GLANDULAR SYSTEM

This herbal system supports the shift in hormone production from the ovaries to the adrenal glands. Moreover, it ensures that the thyroid gland gets sufficient amounts of iodine to function properly. This, in turn, supports other circulating hormones; in this case estrogen and progesterone. Menopautonic™ contains adaptogens; substances that help your body stay strong when faced with increased stress. It supports the hypothalamus, the pituitary gland, the adrenal glands and addresses strong night sweats and hot flashes.

### MENOPAUTONIC™ IS HEART-LOVING

The combination of herbs strengthens the heart, thus reducing rapid heartbeats as well as heart palpitations. It has a stabilizing effect on blood vessels, thus helping relieve hot flashes and menopausal headaches. In post-menopausal women, it promotes heart health.

### MENOPAUTONIC™ STRENGTHENS THE NERVOUS SYSTEM

This herbal complex is helpful in preventing or stopping menopause-related depression, anxiety, tension, mood changes and nervousness. It contains specific fresh herbs that lift menopausal depression. This formulation calms the nervous system, offers a renewed sense of perspective to menopausal women and permits restful sleep.

### MENOPAUTONIC™ SUPPORTS THE MUSCULO-SKELETAL AND URINARY SYSTEMS

This formula decreases occasional pain in the muscles and joints, as well as back pain. In combination with weight-bearing exercise and a diet rich in calcium, it increases bone health. Menopautonic™ is a useful tonic for the urinary system, decreases urinary frequency and cystitis, and prevents urinary tract infections.



Black Cohosh

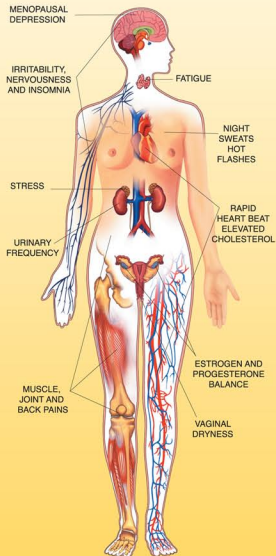


Hawthorn flower

### WHAT'S IN MENOPAUTONIC™?

Menopautonic™ contains four primary herbs, Black Cohosh root, Dong Quai root, Chaste Tree berry and fresh Hawthorn flower and leaf, plus seven supportive herbs: fresh Motherwort herb, Chinese Licorice root, fresh Passionflower herb, Siberian Eleuthero root, fresh Pipsissewa herb, Woodsgrown American Ginseng root, and Dulse frond, which ease menopausal symptoms.

**MENOPAUTONIC™  
ADDRESSES MENOPAUSAL  
SYMPTOMS WHEREVER THEY  
OCCUR IN YOUR BODY.**



**Some questions and  
answers about HRT and  
Menopautonic™**

**Q. How much Menopautonic™ should I take and are there any side effects or contraindications?**

A. Take one softgel in the morning and one softgel before bed. There are no side effects associated with using Menopautonic™. Menopautonic™ should not be taken during pregnancy.

**Q. How do I switch to Menopautonic™ from hormone replacement therapy?**

A. You should work with your primary care physician to make this transition. The following graduated regimen will enable you to safely switch from drugs to an herbal medicine. For each day Menopautonic™ is suggested, take one softgel in the early morning and another before bed.

Three days of the drug.....One day of Menopautonic™  
Three days of the drug.....One day of Menopautonic™  
Two days of the drug.....One day of Menopautonic™  
Two days of the drug.....One day of Menopautonic™  
One day of the drug.....One day of Menopautonic™  
One day of the drug.....One day of Menopautonic™  
One day of the drug.....Two days of Menopautonic™  
One day of the drug.....Two days of Menopautonic™  
One day of the drug.....Three days of Menopautonic™  
One day of the drug.....Three days of Menopautonic™

This regimen takes 29 days to complete. Once your transition is complete, continue taking only Menopautonic™ daily.

**Q. How long should I continue taking Menopautonic™?**

A. Health professionals point out that post-menopausal women should continue taking HRT to protect themselves against atherosclerosis, heart attacks, and osteoporosis. Now that HRT has been implicated in serious negative health risks, natural health practitioners suggest exercise, diet and herbal support as a natural way to decrease post-menopausal risks. Menopautonic™ offers the herbal support and protection desired by post-menopausal women and can be taken for years without any undesirable side effects.

**Q. Are there alternatives to hormone replacement therapy to maintain and enhance the strength of my bones?**

A. Weight-bearing exercise (such as walking, running, lifting weights, etc.) is the best way to prevent osteoporosis. Getting enough weight-bearing exercise can be as simple as going for a brisk walk five times a week for at least forty-five minutes. But the additional health benefits are well worth the effort. Women who exercise regularly report fewer and milder menopausal symptoms. Ensure adequate calcium intake in your diet by including one portion of green leafy vegetables a day such as spinach, Swiss and red chard. Easy-to-assimilate dairy products such as yogurt or kefir are also recommended. A calcium supplement offers additional protection: take 500-1000 mg, a day preferably with meals.

**Q. How can I maximize the effectiveness of Menopautonic™?**

A. Should the suggested amount be insufficient after two months, increase Menopautonic™ to two (2) softgels twice a day. Taking Vitamin E is also helpful; 400 IU daily is a good place to begin. After a few weeks, you may increase your intake of Vitamin E to 800 IU and after a few more weeks to 1200 IU of Vitamin E.

**FAST-ACTING  
PROPRIETARY FORMULA**

Contains extracts of:  
Black Cohosh root  
Dong Quai root  
Chaste Tree berry  
fresh Hawthorn flower and leaf  
fresh Motherwort herb\*  
Chinese Licorice root\*  
fresh Passionflower herb tip  
Siberian Eleuthero root  
fresh Pipsisewwa herb  
Woodsgrown American Ginseng root  
Dulse frond  
\*certified organic herb

**FOR INFORMATION, CALL 888-433-1212  
OR VISIT US AT WWW.HERBSETC.COM**

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**ABOUT HERBS, ETC.**

Since 1969, Herbs, Etc., makers of exceptional natural medicines, has been harnessing the healing power of nature to create and deliver professional strength, formula-based dietary supplements.

The Herbs, Etc. family of products features a line of fast-acting liquid herbal softgels, professional strength liquid herbal extracts and alcohol-free liquid herbal extracts.

Daniel Gagnon, Owner of Herbs, Etc. and a Medical Herbalist since 1976, has been an early proponent of the healing properties of herbs. His focus is on creating synergistic medicinal formulations that are unique, safe, and effective.



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