

KEEPING YOUR COOL DURING MENOPAUSE

MENOPAUSE IS A NATURAL TRANSITION IN A WOMAN'S LIFE SIGNIFYING THE END OF MENSTRUATION AND IS OFTEN CALLED THE 'CHANGE OF LIFE'.

Menopause results from a natural decline in the level of two major hormones, oestrogen and progesterone and usually affects women in their late 40's and early 50's.

Many women choose natural means to help manage the normal changes that occur during this time of their lives.

- Black Cohosh is a widely researched and well-established herb for managing menopausal symptoms.
- Soy isoflavones have been shown to be important for maintaining bone density and heart health.
- Red Clover supports hormonal balance and helps protect oestrogen levels.

Kordel's Meno-Life formula combines the best of these traditional herbs, modern science and essential minerals to manage the changing day and night effects of menopause.

The day-time formula contains Black Cohosh, Soy Isoflavones, Red Clover, Wild Yam, Dong Quai and Chaste Tree with St John's Wort and Siberian Ginseng. The combined effect helps to maintain temperature control and to balance mood changes.

The night-time formula contains the same hormonal balancing effects of Black Cohosh, Soy Isoflavones, Red Clover, Wild Yam, Dong Quai and Chaste Tree, but also includes Valerian and Passionflower to help with a restful night's sleep. Calcium and Magnesium are also important for menopausal health, so both formulas include these minerals.



Visit your local Health 2000 store to find out more about the products mentioned within this magazine.