



Q What is menopause?

A Menopause is the permanent end of menstruation and fertility. It normally happens between the ages of 45 and 55.

Q What are the stages of menopause?

A There are three stages of menopause:

1. Perimenopause: Starts when a woman begins experiencing menopausal signs and symptoms, even though she still menstruates, and may last four to five years or longer
2. Menopause: The permanent end of menstruation and fertility that occurs 12 months after the last menstrual period; normally happens between the ages of 45 and 55
3. Postmenopause: The years following menopause, during which women have an increased risk of such conditions as cardiovascular disease, osteoporosis and breast cancer.

Q What is estrogen?

A Estrogen is a hormone produced by the body that causes female characteristics to develop and aids bone growth. However, higher estrogen levels are associated with higher breast cancer risk.

Q How do I know if I am going through perimenopause?

A Symptoms include irregular menstrual periods, vaginal dryness, hot flashes, sleep disturbances, mood swings, irritability, depression, anxiety, palpitations, night sweats, forgetfulness (in some women), headaches, urine leakage, vaginal infections, joint aches and pains.

Q What are some ways to relieve discomfort during perimenopause?

A Include plant foods rich in phytoestrogens and vitamin C in your diet. Vitamin C is important for tissue repair and iron absorption, and is especially important for women approaching menopause. Physical and emotional stress triggers synthesis and secretion of adrenaline by adrenal glands, which can deplete tissues of vitamin C. This, in turn, suppresses immune response. Eat more vitamin C-rich plant foods such as raspberry and sage.

Also, consume plant foods rich in calcium, fiber and vegetable proteins. Minimize fat, caffeine and sugar consumption, and exercise regularly. A healthy and balanced lifestyle is increasingly important as the body matures.

Q What are adrenal glands?

A Adrenal glands are small triangular glands located on top of both kidneys. One of their functions is to produce sex hormones such as estrogen and stress hormones such as adrenaline.

Q Why are adrenal glands important in menopause?

A The ovaries, adrenal glands and fat cells all supply estrogen. Once a woman reaches menopause, adrenal glands and fat cells become the main sources of estrogen. Today's poor eating habits and stressful lifestyles mean that many women reach their menopausal years with worn-out adrenal glands. Maintaining the health of adrenal glands supports both hormonal activity and the body's ability to cope with stress.

Q What are phytoestrogens?

A Phytoestrogens are naturally occurring plant compounds that have low estrogen-like effects on the human body. They serve to occupy estrogen receptors on cells, thereby keeping other possibly detrimental compounds from occupying them.

Q Can phytoestrogens cause cancer?

A Contrary to popular belief, there is no scientific evidence that phytoestrogens contribute to cancer risk. Phytoestrogens from plant foods can help minimize the risk of estrogen-dependent tumors. The phytoestrogens fill estrogen receptor sites on cells, keeping stronger animal estrogens from promoting growth of damaged cells.

Q Are phytoestrogens safe for men?

A Yes. Placebo-controlled studies have shown that phytoestrogens do not alter bioavailable testosterone concentrations in men. Phytoestrogens have no effect on sperm concentration, count or motility, and show no changes to testicular or ejaculate volume.

Q What are the health benefits of phytoestrogens?

A Phytoestrogens can inhibit rampant cell growth, activate rogue cell apoptosis and regulate the immune system. Soy is rich in phytoestrogens. Population studies have found a link between soy-rich diets and a low risk of breast, endometrial and prostate tumors.

Q What are the health benefits of Chinese yam?

A Herbalists recommend consuming Chinese yam as a remedy for fatigue, decreased appetite, diarrhea, shortness of breath, frequent urination, thirst and perimenopausal symptoms such as night sweats and mood swings. It also inhibits the formation of cellulite, fights DNA damage, and has neurological and heart health properties. The polysaccharide YP-1 in Chinese yam can help boost immunity by stimulating T-cell proliferation. Dioscorin, found in Chinese yam, has antioxidant properties that fight free radical damage.

Q What are the health benefits of sage?

A Sage has immunity-boosting and antioxidant properties. Its tannins help to improve resistance against infection. It is rich in many nutrients and minerals, including vitamin K and calcium for building bones. Sage helps to reduce hot flashes and night sweats during perimenopause.

Q What are the health benefits of raspberry?

A Raspberries have around 50 percent higher antioxidant activity than strawberries and 10 times the antioxidant activity of tomatoes. Antioxidants help to protect against free radical damage, which is linked to many diseases. Ellagitannins, anthocyanins and vitamin C contribute to antioxidant activity in raspberry. Raspberry extract has been found to suppress rampant cell proliferation.

Q What are the health benefits of ginkgo?

A Ginkgo has been used to support heart, brain and lung functions for around 5,000 years. Ginkgo contains terpenoids, which have antioxidant properties and can help to improve blood flow by dilating blood vessels and reducing platelet stickiness. Ginkgo can ease memory lapses by improving blood flow to the brain. Studies indicate that ginkgo is helpful for perimenopausal effects of fatigue, depression and memory problems and postmenopausal visual or cognitive difficulties. Ginkgo contains flavonoids, with antioxidant properties to help fight free radical damage. Ginkgo extracts may increase natural killer cell activity, boosting immunity. Ginkgo also improves oxygen delivery throughout the body; oxygenated blood has disease fighting properties. Ginkgo teas contain quercetin, which can inhibit estrogen-activated tumors.

Q What are the health benefits of licorice?

A Licorice has over 334 potentially healthful substances, including phytoestrogens, phytosterols, flavonoids, isoflavonoids, chalcones and saponins. As an adaptogen, licorice improves the body's response to stress. Glycyrrhizin helps to maintain normal levels of cortisol (the body's main stress-fighting adrenal hormone), and slows down formation of prostaglandins, which cause inflammation. A study found that licorice root stimulates production of interferon, an important chemical in the immune system. Licorice may also enhance memory, and enable hormones produced in the adrenals to work for longer periods during perimenopause and postmenopause.

Q What is V-ESTRO™?

A V-ESTRO™ is a convenient source of wholesome Chinese yam, sage, raspberry, ginkgo and licorice.

Q Who should take V-ESTRO™?

A V-ESTRO™ is especially nourishing for women 40 and older, but its wholesome plant foods are suitable for all men and women.

Q What is the recommended dosage for V-ESTRO™?

A 3 capsules, two to three times daily as a food supplement.

Q Which products are best taken with V-ESTRO™?

A To include rich sources of phytoestrogens and calcium in your diet, take V-ESTRO™ with *Nutrifresh*® and *A'Rromantic*™. To support cardiovascular health and promote quality sleep, take V-ESTRO™ with *O-Seed*™ and *Esserene*™. To enhance bone health, take V-ESTRO™ with *A'Rromantic*™ and *G-ART*™. To relieve stress and replenish vitamin C, take V-ESTRO™ with *Vegaplex*™ and *S•T*®.