



Crystal Star™
whole herbs for the whole person™



Est-Aid™

BLACK COHOSH
for hot flashes*

LICORICE ROOT
for hormone support*

REHMANNIA
for female balance*

ROYAL JELLY
for energy*

Are you in “hot flash hell”?

I have heard of menopausal women stripping down in bathroom stalls at work, taking cold showers before bed, or installing fans in every room in the house. “Cool down” techniques do help, but hot flashes and night sweats can persist if you don’t address the underlying hormone imbalance. As estrogen levels fluctuate, the brain believes your body is overheated, and compensates by dilating blood vessels in the head, arms and legs to help you cool down, causing those all too familiar hot flashes.

Do you have concerns about conventional hormone replacement therapy?

In an action that received broad media attention, U.S. government scientists halted a study on widely used hormone replacement drugs because of increased risk of invasive breast cancer, heart disease, stroke and pulmonary embolism (blood clots in the lungs). Actually, some of the newest HRT drugs, selective estrogen receptor modulators (SERMS), make hot flashes worse for many women.

Are you looking for a natural alternative that is both safe and effective?

Est-Aid™ is an estrogen-progesterone body balancing herbal formula using safe and gentle plant estrogens. Say goodbye to unpleasant side effects like increased appetite, fluid retention, heavy periods and cellulite deposits, and avoid the health risks inherent in synthetic hormone use.

What if I’m already taking hormone replacement drugs?

Est-Aid™ is helpful to women weaning themselves off HRT to a natural menopause. Est-Aid™ handles more than just hot flashes. You will enjoy diminishing effects of menopausal symptoms like moodiness, memory lapse, body thickening and excessive period bleeding, and with every new day your hormones will become more balanced!*

Product ID#	Size
102160	60 capsules
102150	90 capsules
102145	150 capsules

about the herbs

Black Cohosh (*Cimicifuga racemosa*): a specific for hot flashes; helps normalize the brain’s temperature regulating system.

Licorice Root (*Glycyrrhiza glabra*): enhances adrenal health and helps shore up estrogen production for hot flash relief.

Sarsaparilla (*Smilax medica*):gentle progesterone balancer for menopause symptom relief. Clears excess heat and has blood cleansing properties.

Dong Quai (*Angelica sinensis*): a source of plant estrogen that competes for estrogen receptor sites in the body; antispasmodic to ease menstrual cramping.

Damiana (*Turnera diffusa*): a source of plant estrogen that competes for estrogen receptor sites in the body; aphrodisiac.

Wild Yam Root (*Dioscorea villosa*): a source of diosgenin, a precursor to progesterone; reduces cramping.

Royal Jelly: from bees; one of the richest sources of pantothenic acid; known to combat stress, fatigue and insomnia; strengthens the reproductive system; effectively boosts libido.

Peony (*Paeonia lactiflora*): nourishes the blood; regulates menstruation; antispasmodic and sedative.

Ginger Root (*Zingiber officinalis*): a circulation enhancer; catalyst.

Poria Cocos Mushroom: releases menopausal bloat.

Rehmannia (*Rehmannia glutinosa*): a yin and blood tonic specific for anemia and menstrual irregularity.

Green Tea leaf (*Camellia sinensis*): a metabolism booster that energizes and reduces stress.

Black Haw (*Viburnum prunifolium*): a uterine tonic for menstrual cramps; reduces palpitations and panic attacks.

Blessed Thistle (*Chicus benedictus*): a liver tonic that improves estrogen metabolism; regulates menstruation.

ingredients: Black Cohosh Rt.; Licorice Rt.; Sarsaparilla Rt.; Dong Quai Rt.; Damiana Lf.; False Unicorn Rt.; Wild Yam Rt.; Squaw Vine Herb; Motherwort Herb; Royal Jelly; Peony Rt.; Grape Seed extract; Ginger Rt.; Poria Cocos Mushroom; Rehmannia Rt.; Green Tea Lf.; Black Haw Lf.; Blessed Thistle Herb. Other ingredients: vegetable-source maltodextrin and magnesium stearate, vegetarian capsule (vegetable cellulose and water).

directions: Take 2 caps, 3 times daily for 2 months, then 2 caps, morning and evening for 1 – 2 months.

* This document is not intended as a substitute for the medical recommendations of physicians or other healthcare providers. Rather, it is intended for educational and informational purposes only. Please see a qualified healthcare professional if you have questions regarding your health. The statements in this document have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

