



Crystal Star™
whole herbs for the whole person™



Hot Flashes & Night Sweats Kit

NUTRITION PLAN

Congratulations!

You've decided to commit to a hot flash-night sweat relief program! Yes, it takes a commitment because you will be changing your lifestyle for a period of time. I understand that challenge, and I have created a special kit to help. Good luck on this health adventure. A safe, gentle nutrition program can keep your body functioning at peak levels. You'll look better and feel better!

The Hot Flash/Night Sweat Relief Kit includes:

- **Diets for Healthy Healing**
- **Est-Aid™ caps (60 caps, a 10 day supply)**
- **Vitex extract (1 oz., about 2 weeks supply)**
- **Evening Primrose Pearls 500mg (90 capsules, 1 month supply)**
- **Female Harmony™ tea (3 oz., about 3 weeks supply)**
- **FREE Nutrition Plan**

Information about the Hot Flash/Night Sweat Relief Kit products and how to use them:

Est-Aid™ caps: Supreme estrogen-progesterone balance for menopausal women. Provides rapid relief of hot flashes, mood swings, bloat and interperiod or excess bleeding. Directions: Take 2 caps, 3 times daily for 2 months, then 2 caps morning and evening for 1 - 2 months.

Vitex extract: Helps balance estrogen and progesterone levels. Directions: Take 10-15 drops under the tongue, 2-3 times daily for up to 2 weeks at a time.

Evening Primrose Pearls™: A high quality oil which helps regulate cellular energy production. Works as a precursor to help regulate hormone secretions and metabolic function. Pure- unrefined Evening Primrose Oil with the highest, unadulterated GLA content. Directions: As a dietary supplement of essential fatty acids, take 1-3 capsules daily or as directed by a health professional.

Female Harmony™ tea: Contains female specific herbs. Provides potent phytohormones to help balance the ratio of estrogen and progesterone. Helps prevent nutritional deficiencies that often accompany hormonal fluctuations. Directions: Take 2 to 3 cups of tea daily.

The suggested program for this kit is 2-4 months following the suggestions outlined on this information sheet. Use the nutrition plan and bodywork techniques to achieve the greatest benefit from this kit.

Menopause the Natural Way- Taking Control of Your Life Change

By 2015, almost half of all American women will be in menopause. Menopause is intended by Nature to be a gradual reduction of estrogen by the ovaries. In healthy, well nourished women, the adrenals and other glands normally pick up the job of estrogen secretion to keep a woman active and attractive after menopause. Our modern lifestyles and poor eating habits mean that many women reach their menopausal years with prematurely worn out adrenals and poor liver function where estrogen is not being processed correctly, so hormonal fluctuations and hot flashes are magnified.

As a woman's system adjusts to the new, different hormones levels, symptoms typically abate. Hot flashes generally last 2 to 4 years after menstruation ends, gradually subsiding as the body adjusts. Stress, excess caffeine and alcohol trigger hot flashes. As estrogen levels drop, the pituitary responds by increasing other types of hormones to re-establish hormone homeostasis.

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Nutritional Therapy Plan:

- The single most beneficial nutritional improvement you can make to stabilize your hormone activity is to reduce saturated and trans fats in your diet. Fats are storage depots for excess estrogens that lead to many hormone-driven disease. Limit fatty dairy products and meats, especially beef and pork, high in hormone disrupting chemicals. Reduce sugars and alcohol. (A little wine with dinner is fine.) Avoid caffeine. It taxes adrenal glands, upsets hormone levels and increases hot flashes. Steam and bake foods - never fry. **Take your supplements Est-Aid™, Vitex extract, Evening Primrose Pearls™ and Female Harmony™ tea at breakfast, lunch and dinnertime.**

- Keep yourself well nourished to support your adrenals and other glands, which in turn will keep you active and attractive. Your diet should be comprised of 50% fresh foods. They are rich in enzymes not present in cooked foods.

- Eat cold water fish like salmon, and tuna for EFAs and to cut heart disease risk.

- Add cultured soy foods like miso and tofu and avoid spicy foods to reduce hot flashes. Balance estrogen levels by boosting boron-containing foods, like green leafy veggies, fruits, nuts, legumes. (Boron also helps harden bones.)

- Whole grain fiber, fresh fruits and veggies regulate estrogen levels and reduce mood swings.

- Eat calcium-rich foods: vegetables, non-fat dairy products. Eliminate carbonated drinks loaded with phosphates that deplete calcium. Drink bottled mineral water and herbal teas instead.

- Add sea greens to your diet. They offer thyroid-nourishing iodine and potassium, trace minerals, carotenes, chlorophyll, fat soluble vitamins, enzymes, amino acids and fiber. Take 2 tbsp. of dry sea greens like kelp or dulse daily. Simply rehydrate and add them to soups, salads, casseroles, even healthy pizzas.

Bodywork Techniques:

Bodywork and relaxation techniques accelerate and round out your health program.

1. Exercise regularly outdoors to get the advantages of natural vitamin D for bone health. A daily brisk walk keeps the system flowing.

2. Do deep stretches on rising and each evening before bed. Yoga for body toning.

3. Weight training 3 times a week along with aerobic exercise is a perfect way to keep skin from sagging. Weight training helps you keep the muscle, while you lose the fat. In a natural menopause, when estrogen levels drop naturally, so does some body fat and excess fluids.

4. Get a massage therapy treatment once a month for energy restoration, a body tune-up and a feeling of well-being.

5. Essential oils which help hot flashes include Clary Sage, Lavender, Geranium and Fennel.

If you dedicate yourself to this program I'm sure you will be pleased with the results. Everyone is different, so the directions I've outlined are guidelines. Go at your own pace if you like, checking your results as you go.

To learn more about my whole herb nutrition kits, please visit my website, healthyhealing.com, call 800-736-6015, or refer to your Diets for Healthy Healing book.

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