



**NHC**  
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HEALTH  
CLINIC

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*Go Up and Down The Hill  
With The Hope of Jack and Jill*

*Buy Jack and Jill Today*

**Jack and Jill**

### **The Challenge**

Most women do Not know they have polycystic ovary syndrome (PCOS).

Symptoms of PCOS include

- Excessive hair growth—usually on the face, chest, back or buttocks
- Difficulty getting pregnant (because irregular or failed ovulation)
- Thinning hair and hair loss from the head
- Irregular periods or no periods at all
- Unusual oily skin or acne
- Unexplained weight gain

Hormones are the master controllers of our well being. However, in this day and age, many women have hormonal imbalance, such as PCOS—a leading cause of infertility in women. The ovaries do not get enough nutrients, especially zinc, primarily because of poor farming practices in America and the standard American diet (SAD). When the ovaries do not get enough zinc, they produce a male hormone called androgen; women then become unable to have children, and in many cases, have abnormal hair growth. When hormones are out of balance, i.e. when homeostasis (balance) isn't happening, women can experience anxiety, depression, infertility, insomnia, chronic fatigue, inflammatory states, cardiovascular disease, premature aging, cancer, auto-immunity, metabolic disease, psoriasis, and gut issues.

Women who have PCOS produce slightly higher amounts of testosterone and other androgen hormones than average. Although these reproductive hormones are typically associated with men, women also have small amounts. The elevated levels in women with PCOS can contribute to irregular or absent menstrual periods, infertility, weight gain, acne or excess hair on the face and body. Women who have PCOS also face a higher risk of developing other health problems, such as diabetes.

### **Is There a Solution?**

**Jack and Jill** is 100% food supplementation which contains specific nutrients for the female, and phyto-estrogens, which the body's estrogen receptors treat as if they were estrogen. This is important because estrogen plays an important role in the menstrual cycle and female reproductive system. Important also, zinc improves ovarian function, thereby decreasing androgens and increasing progesterone, which is a natural androgen blocker. The herbs in **Jack and Jill** especially high in zinc are parsley, rosemary, and sage. Women with PCOS in a clinical trial utilizing herbs high in zinc, decreased abnormal hair growth.

Melatonin also shows great promise for PCOS, ranking well in a recent clinical trial. Natural sources in **Jack and Jill** are broccoli and tomatoes. Melatonin controls wake/sleep cycles, circadian rhythms and reproduction during the follicle (egg) development, leading to a mature and fertilizable egg. Very high levels of melatonin have been found in follicular fluid which may, due to its free radical scavenger properties, protect the developing oocyte against oxidative stress. Many studies show melatonin may improve menstrual cycles. This formula also contains black currant, which is high in resveratrol—a natural compound—and helps address hormone imbalance in women. Researchers found total testosterone levels fell by 23.1 % among women who received resveratrol.

***Once upon a time Jill had to shave her pretty face. After Jill started taking these herbs, her hormones fell in place. Jack is much more happy, wow! They both have hope for a family now. Jack and Jill will go up and down the hill, happily ever after with their joy fullfilled!***



### **Educational Purposes Only**

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure or prevent any disease.

### **Peony**

- Increases progesterone levels
- Helpful in regulating menstrual cycles
- Regulates both estrogen and prolactin levels
- Reduces elevated androgens such as testosterone
- Supports healthy fertility and follicle (egg) development in the ovaries via the aromatase enzyme

### **Black Currant**

- High in resveratrol, helping address hormone imbalance in women with PCOS
- May inhibit growth of cancerous cells thanks to its powerful antioxidant properties
- Say Hello to new hair and shiny, smooth skin—packed with up to 20% GLA, 14% ALA, 3% SDA
- Helps with endocrine disorder, diabetes or hypertension—being a common cause of infertility

### **Licorice**

- Has natural anti-androgen properties
- Promotes regulated ovulation and improved fertility
- Lowers adrenal fatigue by stimulating the adrenal gland
- A natural plant-based estrogen that emulates estrogen and binds to estrogen receptor sites

### **Chasteberry**

- Regulates ovulation
- Helps increase fertility
- Effective in reversing the adverse effects of hormonal imbalance
- Improves progesterone levels in women and may help restore menstrual cycles

### **Kale**

- Highly beneficial for skin and hair
- Numerous cancer-fighting substances
- Great nutrients including calcium important for follicle development in the ovaries and egg maturation
- Helps with chronic hormonal imbalance, menstrual cramps, hot flashes, weight gain and mood swings

### **Reishi Mushroom**

- Especially good for nourishing adrenal glands
- Helps ease irritability, mood swings, fatigue and anxiety
- Strong ability to induce ovulation in women suffering from PCOS
- Useful in restoring hormonal balance by improving insulin sensitivity

### **Rosemary**

- May reduce joint inflammation
- Aids in restoring hormonal imbalances
- May improve brain function and strengthen memory

### **Pumpkin Seed**

- High source of zinc helps clear acne
- High source of zinc helps boost thyroid function
- High source of zinc feeds the ovaries and helps ovulation
- Zinc plays a role in the making, storage and release of insulin

### **Tomato**

- Powerful antioxidant properties to help combat PCOS
- Contains lycopene—effective in battling heart disease
- High vitamin C content especially good for the skin and helps clear up acne

### **Parsley**

- Helps balance hormones
- High in zinc which helps feed the ovaries
- Fights urinary tract and gallbladder infections

### **Sage**

- May reduce blood sugar levels
- Has phytoestrogens that give the ability to cause estrogenic effects
- Regulates estrogen levels and ensures the long-term health of the uterus