

# For W♀men Only

## **The Challenge**

Because of the overabundance of chemical estrogens in our environment and food supply, the American woman faces more health issues than just PMS and menopause. Pesticides in food, household chemicals, plastics and even fibers in our clothing metabolize into estrogens! This results in all of her hormones getting out of balance, including progesterone and testosterone.

The standard American diet of most women lacks bio-available vital nutrients. Common prescriptions for women's health issues either just mask symptoms or cause dangerous side effects. In addition, most supplements are made from industrial chemicals and synthetic ingredients that are not bio-available. They do not resolve the problems.

## **The Solution**

**For Women Only** has a proven track record of supporting and maintaining good female health. Not only does this formula contain phyto-estrogens, or plant-based estrogens which studies show are safer forms of estrogens, but also contains polyphenols and other powerful antioxidants. Plant derived iron, biotin, calcium and magnesium, EFA's, A, B complex, D, E, folic acid for fertility, selenium, and zinc are all found here in bio-available food form.



## **Other Benefits Include**

Improves vaginal dryness • Improves low sex drive • Relieves headaches, depression and mood swings • Aids weight loss • Addresses bladder issues • Reduces varicose veins, hair loss, hemorrhoids and hot flashes • Improves concentration • Relieves PMS, sleeplessness and breast tenderness • Decreases water retention, adrenal exhaustion and anemia • Lowers cortisol levels

Get this formula for the women you love!

## **The Testimonies**

We have customers all over the United States relying on **For Women Only!**

Sarah

For Women Only has helped me have a good night's rest without night sweats. My hair grew thicker.

Theresa

For Women Only has helped me with my hormones and moods. I am much easier to get along with.

For Women of All  
Stages and Ages!

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*For Women Only*



### What is PMS?

Premenstrual Syndrome is often a disabling condition consisting of an array of symptoms that usually develop during the 7-14 days prior to menses.

#### Typical PMS symptoms include

- Decreased Energy
- Breast Tenderness
- Headache
- Backache
- Abdominal Bloating
- Fluid Retention
- Cramps
- Acne
- Depression
- Insomnia
- Irritability
- Tension

### What is Menopause?

Menopause is defined as the termination of menstrual periods. It can occur naturally or can be caused surgically by a hysterectomy. Menopause usually occurs between 40 and 50 years of age. It is an indication that the body is no longer able to safely become pregnant.

When menstruation ceases and menopause begins, a woman may experience a variety of symptoms. The most common is "hot flashes." These are brief episodes of sweating that can be quite severe. A hot flash at night can cause bed sheets to become soaked with sweat in a few minutes.

#### Other Symptoms of Menopause

- Vaginal Dryness
- Weight Gain
- Headaches
- Dry Skin
- Increased Irritability
- Low Sex Drive
- Mood Swings
- Depression
- Loss of Concentration
- Sleeplessness
- Tiredness
- Hair Loss

The use of synthetic medications, vitamins, pain relievers or inorganic minerals does not resolve the symptoms of either PMS or menopause. But through the centuries of time, the pharmacy of nature—HERBS—has enabled the body to heal itself naturally. Herbs will feed, balance and cleanse the body, thus restoring wellness. Feed your body with life-giving nutrients, and activate its own self-healing and regulating process by using our specially formulated **For Women Only**.

### Natural Ingredients in For Women Only

#### Black Cohosh Root Powder

Contains 100% plant estrogen—the female hormone. Gives nutritional support to reduce hot flashes, to contract the uterus, and increase menstrual flow when sluggish. Is considered a tonic for the central nervous system and can stimulate the secretions of the liver, kidneys, and lymph. Also has ability to neutralize poisons in the blood system, equalizing circulation.

#### Dong Quai Root Powder

Called the queen of all female herbs. Gives nutritional support to nourish brain cells and lubricates the intestines. Can be effective against almost every type of complaint of the female system. Plus, it possesses constituents for nourishing female glands and helps strengthen organs and muscles and helps rebuild blood and loosen tight muscles.

## For Women Only (100% herbal formula)

### **Rhodiola Rosea Powder**

Improves resistance to physical stress. Improves memory and cognitive performance. Also enhances peptide activity in the brain, reducing pain and making women feel good!

### **Squaw Vine**

Gives nutritional support to help strengthen the uterus. Called a uterine tonic relieving uterus and ovary congestion. Contains antiseptic properties, which can be ideal for vaginal infections.

### **Alfalfa Leaf Powder**

Gives nutritional support, helping assimilate protein, calcium and other nutrients. Contains chlorophyll—an excellent body cleanser, infection fighter, and natural deodorizer. Is the richest source of trace minerals. Helps eliminate bloating and can relieve urinary and bowel problems.

### **Damiana Leaf Powder**

Gives nutritional support to balance the hormonal system and used for female disorders. Is one of the most popular and safest plants claimed to restore natural sexual capacities and functions. Helps to strengthen the female egg.

### **Licorice Root Powder**

Good plant source of the female hormone estrogen. Gives nutritional support to stimulate the adrenal glands to help combat stress. Helps purge the body, through the lungs, of excess fluid and decreases inflammation of the intestinal tract.

### **Blessed Thistle Root Powder**

Gives nutritional support to help relieve cramps and other female problems, as well as assisting in hormone balancing. Long known as a digestive and general tonic. Is useful for headaches in menopausal problems. Strengthens memory by bringing oxygen to the brain.

### **Maca Root Powder**

Increases energy and stamina. Good for anemia, fertility, menopausal and menstrual problems.

### **Myrrh Gum Powder**

Good cleansing and healing agent to stomach and colon. Can supply vitality and strength to the digestive system and help elimination of bodily wastes.

### **Sarsaparilla Root Powder**

Gives nutritional support and is a valuable herb used in glandular balance. Can help increase metabolic rate. Contains the natural, herbal female hormone progesterone. Increases circulation to rheumatic joints and stimulates breathing in congestion problems.

### **Uva Ursi Leaf Powder**

Gives nutritional support to strengthen and tone urinary passages. Beneficial for bladder and kidney infections. Best known as the diabetes remedy for excessive blood sugar. Known to help reduce female hemorrhaging.

### **Butcher's Broom Leaf Powder**

Has strengthening effects on blood vessel walls and improves circulation, helping prevent headaches, menstrual problems, hardening of the arteries, thrombosis, and varicose veins.

### **Horse Chestnut**

High in antioxidant and astringent activity against wrinkles. High in aescin, which helps strengthen capillary cells to reduce fluid leakage, helping with hemorrhoids and varicose veins.