

# H.R.T.: CAN NATURE PROVIDE A HEALTHY ALTERNATIVE?

REPORT BY CAROLINE MCDONAGH, CLINICAL NUTRITIONIST

As a Clinical Nutritionist with the Tony Quinn Health Centres, I find I am frequently asked for advice as to how to prevent or alleviate the symptoms of menopause. More and more women are seeking natural alternatives to Hormone Replacement Therapy and fortunately, nature may have provided the answer in the form of a group of recently-researched nutrients called isoflavones.

At mid-life, the body's oestrogen levels decline suddenly. This can be a challenging time when a woman can feel quite unlike her normal self. The most common reported symptoms are hot flushes, night sweats, headaches, inability to concentrate, dry skin. Loss of bone density is a major concern. Synthetic oestrogen is often used to help alleviate or postpone these effects. However many women either cannot tolerate this drug or are fearful of unwelcome side effects.

## HEALTH STUDIES

For Europeans and Americans, it is interesting to note that major health studies of Asian and Latin American

women show mid-life to be a relative non-event both physically and emotionally. According to research in the United States, 65 to 80% of menopausal women experience hot flushes to some degree whereas in Japan only 10% of women report experience of hot flushes at the onset of menopause. The incidence of hip and spinal fractures is much less common as well.

## RESEARCH

The typical Asian or South American diet is high in foods like lentils, soy and chickpeas, which contain high levels of isoflavones. The Western diet in contrast is dramatically lacking in isoflavones. The

rapid reduction of isoflavones in Western diets in the twentieth century may have influenced not only menopause but an increase in sex hormone related conditions including heart disease, cancer and osteoporosis. Research indicates that a high dietary isoflavone intake appears to balance out both excesses and deficiencies of sex hormone that occur throughout life.

## 1 TABLET PER DAY

In my own clinic, I have been successfully recommending an isoflavone product called Promensil. It is derived from specially selected strains of the herb Red Clover and extracted using patented technology which concentrates the full activity of the plant in a reliable and standardised one-a-day dose. Fourteen years of research have made this possible. It is greatly superior to soy not only because of this standard form, but also because it contains the major isoflavones Daidzein and

Genistein in a form much more absorbable by humans. Moreover it is high in two other isoflavones, Formononetin and Biochanin which soya does not contain.

## AMAZING FEEDBACK

The feedback on this product is amazing. For example one lady who had been experiencing hot flushes at the rate of five a day and also at night reported that they disappeared completely after only two weeks on Promensil.

Another client reported that after only a fortnight, not only Ahad she felt much better in herself and had not suffered from menopausal symptoms, but also she began to lose weight which previously she had been unable to do! I feel this totally natural product could make the vital difference to the health and well-being of many women.

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Caroline McDonagh, Clinical Nutritionist

Personally tailored diet consultations with Caroline are available by appointment. Caroline also runs health and nutrition classes and one day seminars in Dublin.

## AVOID PROCESSED FOODS

Naturally, I encourage women to eat a good balanced diet, and avoid processed foods. Some women also find taking a good multivitamin and mineral tonic such as the Life Extension Mix beneficial. Of course it is very important to have adequate intake of calcium and other minerals at this stage of life to help prevent osteoporosis. Exercise, for example weight training and Yoga, is also part of my recommended lifestyle.

## WHAT OUR CUSTOMERS SAY.....



Could this herbal product be good news for H.R.T sufferers?

### I FEEL LIKE A DIFFERENT PERSON

I started menopause at age 40 and began suffering with hot flushes, up to ten a day lasting 5 - 10 minutes, very erratic mood swings and also night sweats. My GP tried me on several different types of HRT. Unfortunately, everything I tried made my whole body itch and therefore I had to take anti-hista-

mines to counteract the side-effects of the HRT! Eventually I had to come off the HRT and all my old symptoms came back. I came across Promensil and after taking the first pack I felt much better and continued to use it. I no longer suffer with night sweats and I feel like a different person. I have been recommending it to my friends. Marilyn L. Age 48.

### I WAS AMAZED TO FEEL THE DIFFERENCE

When I first became menopausal, I was coping quite well - but then suddenly out of the blue at the age of about fifty-one it hit me: hot flushes, night sweats and walking around feeling like I was wearing a suit of armour, my body was so dreadfully lethargic. Th flushes were dreadful. My GP decided the best thing would be to go on HRT - and it was very successful, for about five years. But then I developed very swollen knees and terribly painful joints, and realised - because I made a point of reading up on HRT - that my tendonitis was linked to the drug. My GP warned me that all the menopausal symptoms would be squeezed into about five or six months, so I

started to look at alternative treatments. The good thing about coming off HRT, meanwhile, was that the weight fell off me. Promensil food supplement and I felt I had nothing to lose. Within the first week, I was amazed to feel a difference: I had more energy, the night sweats and flushes were drastically reduced. I've been taking it for about 2 years now. I have a real sense of tranquility that you don't have when your hormones are all over the place. I'd feel comfortable taking it forever - which is what I plan to do - whereas I was very definitely not keen on the idea of taking a drug like HRT for the rest of my life...! Sylvia S. Aged 58.

### MORE ENERGY - MY OWN SELF AGAIN

I was only 45 when menopause struck: tiredness, exhaustion, lethargy: I'd lost interest in going out with friends. I am a chartered secretary and I need reserves of energy to draw on but they just weren't there. As soon as I started on Promensil the change was almost instantaneous, more energy, more life - like my old self again, and literally within a matter of

days I was bubbly, on cloud nine, grateful that I had found something that could make such a difference. Janet A. Age 50.

### I FEEL NORMAL AGAIN!

I started on Promensil about 3 weeks ago with severe menopause symptoms; hot flushes, mood swings, irritability, lack of motivation, night sweats, lack of

energy and up at least three or four times each night. I found H.R.T. had made me gain a lot of weight and so stopped taking it. Since using Promensil everything has improved 100% and I now feel normal again. I would recommend Promensil to anyone going through the menopause. Lillian Dublin 15.

**Promensil is only available from Tony Quinn Health Stores or through mail Order. Cost €26.60 for 1 months supply or €69.77 for 3 months supply. Tel Orders to 01-8305859.**

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