

# Nourishing Women

AT EVERY AGE



# *Our Nature is to Nurture the Lives We Touch*



## *The Key is to Maintain a Proper Balance*

### *Life Balance*

When we are busy looking after all the important things in our lives—work, home, relationships, children, etc.—we sometimes forget to nurture ourselves. Balance is hard to achieve in life. It's also hard to achieve a proper nutritional balance. Whole food nutrition gives you extra support for when your stores of nutrients are low.

### *Hormonal Balance*

As unique as we each are, we all go through similar stages. We cross the threshold of womanhood when we begin to menstruate; later some of us take on the remarkable task of bearing children; and as we grow older we enter menopause. Our bodies are incredibly complex. The brain deftly orchestrates the release of hormones, usually at the right time, in just the right amount. However, this balance can be disrupted. Nutritional supplements can help you restore the balance in your body so you can do the things that you want to do.

*Whether it's hormonal support or just good foundational nutritional support that you need, Standard Process offers whole food supplements that are specifically designed to support the complex needs of the female patient. Ask your health care professional to find the best solution for you.*

# Foundational Support



## *Every Day Health*

**Catalyn®**—supplies multiple vitamins and minerals for complete, complex nutritional supplementation designed to bridge nutritional gaps in your diet.\*

**Tuna Omega-3 Oil**—provides a rich source of long-chain omega-3 fatty acids (including DHA and EPA) to support the cardiovascular, nervous, and immune systems.\*

**Trace Minerals-B<sub>12</sub>™**—provides an extensive variety of trace minerals, including iron, iodine, zinc, copper, and manganese.\*

## *Reproductive Health*

**Symplex® F**—supports the healthy functioning of the female reproductive organs. It also maintains the health of the thyroid, pituitary, and adrenal glands.\*

## *Managing Stress*

**Drenamin®**—offers comprehensive adrenal support to address ongoing stress, increase energy, and help regulate mood.\*

## *Bone Health*

**Calcifood®**—contains the nutritional components to help your body build strong, healthy bones.\*

**Cataplex® D**—increases overall intake of vitamin D and helps maintain a healthy blood calcium level.\*

## *Digestive & Immune System Health*

**Prebiotic Inulin**—promotes a healthy balance of intestinal microorganisms. It supports a healthy immune system, as well as increases overall fiber in the diet. This can help women who need extra digestive support during or after their menstrual cycle.\*

## *Cruciferous Compounds are Especially Valuable for Women*

Several compounds in cruciferous vegetables affect estrogen processing, according to a recent study. The authors found that a majority of women consuming three Cruciferous Complete™ twice per day altered estrogen processing.Δ‡



\*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# Menstruation & PMS



Menstruation can come with physical and emotional challenges. Hormone fluctuations control this natural cycle, which regulates your period and can affect many of your internal systems. Estrogen and progesterone have the biggest role in controlling the menstrual cycle, which can be erratic especially in the teen years. Things that can alter your cycle: Low or high amount of body fat, losing or gaining a lot of weight, stress, and rigorous exercise.



Many women have premenstrual syndrome (PMS), which may feature both physical and emotional responses that can range in intensity from being uncomfortable to debilitating.

- ❖ Discomfort in belly, back, or legs
- ❖ Bloating or water retention
- ❖ Depression or mood swings
- ❖ Gastrointestinal discomfort
- ❖ Tender breast tissue
- ❖ Tension
- ❖ Acne
- ❖ Less energy

**Nutritional support can help with some of these normal effects of menstruation.**

## *Hormone Balance*

**Ovex® or Ovex® P**—supports the ovaries which secrete female sex hormones, estrogen, and progesterone, and helps coordinate and balance female sexual function.\*

## *Mood*

**Min-Chex®**—acts as a moderate calmativ that helps maintain emotional balance. It supports the body's natural production of certain hormones that regulate brain function.\*

## *Regulation of Cycles*

**Chaste Tree | MediHerb®**—helps balance female hormones, particularly progesterone and prolactin, to support healthy menstrual cycling.\*

## *Cramping*

**Cramplex | MediHerb®**—provides antispasmodic activity to ease spasms associated with the menstrual cycle.\*

The foundational products should also be considered.

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# Child-bearing Years

Pre-conception, Pregnancy,  
Post-partum & Lactation

Pre-conception health can affect fertility and your baby-to-be. Nutritional health should be addressed long before a woman is thinking about getting pregnant, as much as five years prior to conception.

Even before pregnancy is confirmed, your body moves into high gear to provide the baby with the nutrients it needs to grow. From day 1, pregnancy can place burdens on your body and emotions. And as the baby grows, so does your need to replenish your food stores. A healthy pregnancy includes regular prenatal care, which should include managing the nutritional needs of you and your baby.

Following birth, it's normal to have good and bad days. You may be experiencing a lot of stress with your newborn or even have challenging mood shifts. Plus you may be breastfeeding which requires extra nutrients to keep your baby healthy. This can be a particularly difficult time, so don't be afraid to ask for help. And make sure you meet your nutritional needs with wholesome food and whole food supplements.

## General Support

- ❖ Catalyn
- ❖ Tuna Omega-3 Oil
- ❖ Cruciferous Complete

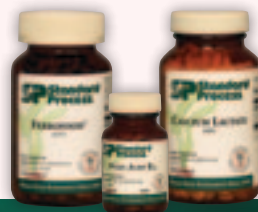
## Fetal Development

**Folic Acid B<sub>12</sub>**—recommended preconception, throughout pregnancy, and during lactation; aids in proper neural tube formation, reducing the risk of birth defects, and supports proper nervous system development as a baby grows.\*

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## Healthy Red Blood Cells & Oxygenation

**Ferrofood®**—provides iron which helps deliver oxygen to red blood cells. Contains vitamin C to help with iron absorption.\*



## Calcium

**Calcium Lactate**—calcium is essential for muscle contraction, nerve conduction, maintenance and function of cell membranes and membrane permeability, blood coagulation, and the proper functioning of many enzyme systems.\*



# Menopause General

*During menopause, women can experience a host of changes brought on by hormone fluctuations. Menstrual cycles change in length and flow; some women experience hot flashes and/or night sweats, and you may also have trouble sleeping, experience mood swings, or have trouble focusing. To stay balanced, one option to consider is nutritional and herbal support.*

In addition to Symplex® F for female organ support consider the following herbal products.

## *Hormone Balance for Mature Women*

**Wild Yam Complex | MediHerb®**—provides relief from discomfort associated with menopause and promotes a healthy balance within the mature female endocrine system.\*

## *Well-being & Vitality*

**Tribulus | MediHerb®**—supports normal hormone production and helps promote an overall feeling of well-being and vitality during menopause.\*



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# Quality

*From Seed to Supplement®*

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*At our office, we believe that given the proper nutrition, your body has the amazing capability of keeping itself healthy. We also believe that nutrition should be individualized to meet each patient's needs.*

*For these reasons and many more, we proudly recommend Standard Process whole food supplements.*

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Δ Jerry Morrison, ND, Dennis Mutell, DC, Terry A. Pollock, MS, Elizabeth Redmond, PhD, J. Alexander Bralley, PhD, and Richard S. Lord, PhD. Efficacy of Dried Cruciferous Powder for Raising the 2/16 Hydroxyestrogen Ratio. *Alternative Therapies in Health and Medicine* 2009 March/April; 15(2).

‡These preliminary results are consistent with what is reported in other research. To ensure the results are applicable to a wider population, larger studies must be completed.



[www.standardprocess.com](http://www.standardprocess.com)

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