

For many years, most medical and health-related research was done on men, and it was assumed that women have the same health problems and needs. We now realize that this is not true. The symptoms and progression of diseases differ between men and women. Women have special needs due to their unique physiology.

## Menopause

As women age, a major concern is menopause, when hormone levels begin to drop and the menses cease. The term perimenopause refers to the events leading up to and lasting for one year after menopause. Today, millions of women in their 40s and 50s are on the threshold of menopause. Many sail through without symptoms. However, many others experience a wide range of discomforts, such as hot flashes, night sweats, and mood swings. Osteoporosis also becomes more of a concern at this time, as the lack of estrogen may speed up bone loss.

### A question of balance

Menopause results from changes in the ovaries and in glands that produce the hormones estrogen and progesterone, which control the menstrual cycle. If communication between all the organs and glands involved in the production of these two hormones fails, too much estrogen or progesterone may be produced. This generally results in too much estrogen relative to progesterone—a condition now known as estrogen dominance.

John R. Lee, M.D., author of *What Your Doctor May Not Tell You About Menopause* and *What Your Doctor May Not Tell You About Premenopause*, believes that estrogen dominance is prevalent in industrialized societies due to a number of factors. These include estrogen replacement therapy, birth control pills, and hysterectomies. Other factors may include lack of exercise and a diet rich in animal fat, sugar, refined starches, and processed foods. When women consume more calories than they need, hormone production increases, and this may contribute to hormonal imbalance and estrogen dominance. Finally, we must consider xenoestrogens, which are foreign substances originating outside the body that have estrogenlike activity. Xenoestrogens



are generally produced through pesticides and petroleum products. Again, these may contribute to hormonal imbalance.

Estrogen dominance manifests itself in many ways, including the absence of periods, a long menstrual cycle, frequent or heavy periods, painful periods, PMS, hot flashes, mood swings, and more. Dr. Lee also notes that estrogen dominance may be linked to the acceleration of the aging process, allergies, breast tenderness, decreased sex drive, depression, fatigue, fibrocystic breasts, headaches, irritability, memory loss, osteoporosis, uterine cancer, and uterine fibroids, and water retention.

### Synthetic hormone therapy

Hormone replacement therapy (HRT) was developed in the 1960s to treat the symptoms of menopause, but doctors have since prescribed HRT to relieve depression, cardiovascular disease, and bone loss, as well as a myriad of other conditions. In the United States and Canada, most women use one of two main types of hormone therapy—combined estrogen and progestin or estrogen only.

These therapies have been shown to provide relief from hot flashes, night sweats, and vaginal dryness, as well as to decrease the risk of osteoporosis and colorectal cancer. However, research shows that the risks may be greater than the benefits.

Due to serious health concerns, the Women's Health Initiative, an eight-year study commissioned to determine if HRT is beneficial to healthy women, was halted after five years and two months. This study involved 16,608 healthy postmenopausal women (no periods for 12 months). The women received equine estrogen with synthetic progestin. It was concluded that the study posed significant health risks to women that exceeded the benefits. The results from the study indicate a 111 percent increased risk of blood clots, a 41 percent increased risk of stroke, a 29 percent increased risk of coronary heart disease, and a 26 percent increased risk of breast cancer.

### Natural hormone therapy

Millions of women in the United States and Canada use some form of synthetic hormone replacement therapy while still others experience symptoms but don't want to take a drug. Studies are currently under way to

compare the benefits of synthetic therapies to natural remedies and healthy lifestyle choices. But the anecdotal evidence is already clear. Natural hormone therapies and lifestyle changes relieve symptoms without unwelcome side effects and harmful health risks. One such natural approach to menopause is AIM RevitaFem®.

## AIM RevitaFem®

AIM RevitaFem® is a natural, botanical supplement that has been formulated to support physical and emotional balance during menopause and provide relief of the discomforts that can be associated with this most important life passage. It contains herbal sources of phytoestrogens and supporting herbs, each addressing specific issues that occur in the female body during this transitional period in life.

Phytoestrogens are simply plant estrogens with mild estrogenic effects that can modulate out-of-balance estrogen levels. If your estrogen levels are too low, phytoestrogens will act as substitutes for your fluctuating hormones; if your estrogen levels are too high, phytoestrogens will block overstimulated receptor cells.

Because plant sources have varying amounts and kinds of phytoestrogens, multiple sources are used in this product to enhance the efficacy of AIM RevitaFem®. This comprehensive formula contains eight botanical ingredients. All help to regulate and balance body systems. The recommended daily serving of two vegetarian capsules contains:

### Black Cohosh Root

The Complete German Commission E Monographs lists this herb as having estrogenlike action with the ability to bind to estrogen receptors. Black cohosh, a traditional botanical, is noted for its cooling property and assists in relieving hot flashes, night sweats, and vaginal atrophy (deterioration). Its anti-inflammatory properties aid in combating the aging spiral. The sedative properties of this herb provide a calming effect for anxiety, nervousness, and muscular spasms.

### Dong Quai Root

This botanical used in Chinese medicine is known to relieve hot flashes and vaginal atrophy. It acts as a tonic to promote good health and to strengthen the blood and uterus. It also alleviates fatigue, reduces swelling, and combats anemia. Research indicates that this herb has an antibiotic effect against many bacteria, thereby providing support to the immune system.

It also has a mild sedative effect to offset mood swings and promote relaxation during this stressful time.

### Soy Extract

Soy extract contains the phytoestrogens genistein and daidzein, which promote bone formation and therefore counteract osteoporosis. Genistein has been the subject of numerous studies demonstrating that it has significant anti-cancer properties. Soy isoflavones are only 1/1,000 as strong as estrogen but can fit into estrogen receptor sites in the body, thereby blocking the more potent, cancer-causing human estrogen. Women who consume soy isoflavones experience fewer hot flashes and night sweats. Researchers have shown that soy can improve the quality of sleep. AIM soy is GMO free.

### Red Clover Blossom

The isoflavone properties of genistein and daidzein are what make red clover useful for menopause. This herb is valued for relieving hot flashes. Red clover encourages the removal (detoxification) of toxic waste products in the blood and provides liver support. It has anti-inflammatory properties. Red clover also promotes calcium storage and the maintenance of bone density.

### Wild Yam Root

This formula uses the full spectrum of the natural plant. Wild yam diminishes cramps and uterine discomfort, and indirectly helps nourish bones. Some industry experts contend that the sterols in yam can be effectively utilized to produce mild progesterone effects like reduced estrogen dominance.

### Panax (or Asian) Ginseng Root

Ginsengs are useful for the many supporting and harmonizing effects they promote throughout the body's hormonal and biochemical systems. Panax ginseng (also called Asian ginseng) contains phytoestrogens. It is noted as being useful in preventing vaginal atrophy. Ginseng is valuable as an antistress agent and helps to eliminate fatigue, accounting for its reputation as a rejuvenator.

### Burdock Root

The cooling properties of burdock help alleviate hot flashes. It is known for cleansing toxins from the system, dispelling liver stagnation, helping to lower excessive blood sugar levels, promoting digestion, and protecting against tumor development. Known for its antibacterial

and antifungal effects, it promotes and enhances immune system function.

### Hesperidin

Hesperidin is one of a group of therapeutically useful bioflavonoids. These work to keep capillary blood vessels strong and to reduce vascular fragility and subsequent bleeding and bruising. Overall, this group has potent antioxidants, many of which have been found to be cardio-protective, anti-inflammatory, anti-infectious, and immuno-stimulating. This helps to fight free radical damage, which slows down the aging process.

## Powerhouse of menopausal support

The combination of botanicals in AIM RevitaFem® provides a synergistic powerhouse in the support of menopause management. Please note that this formula is strictly contraindicated during pregnancy and lactation. If you experience long and heavy periods, consult a health care practitioner before use.

### Lifestyle support

Of course, taking a natural, botanical supplement like AIM RevitaFem® is only part of a menopause management program. After a lifetime of prescription drugs, stress, poor food choices, and environmental pollutants, the liver and adrenal glands have become taxed leading to even greater hormone imbalance. It is necessary to provide support to the liver and adrenals to aid the body through the transition. To support a system going through the “change,” it is wise to incorporate the following lifestyle factors:

- Exercise regularly.
- Manage your stress.
- Eliminate toxins regularly.
- Eat a whole foods diet. Eat foods rich in phytoestrogens such as soybeans, yellow and red lentils, and black-eyed peas. In fact, all legumes are high in isoflavones. Eliminate red meats, fried foods, and dairy products. If you must eat meat, eat less and eat organic. Meat and dairy products most often contain synthetic growth hormones that can add to the disruption in your body systems. Avoid junk foods.
- Replenish your body with the nutrient-dense AIM Garden Trio® (AIM BarleyLife®, AIM Just Carrots®, and AIM RediBeets®) and add other supplements as needed.

In the early 1900s, the average life expectancy for women was 51. In this century, a woman's life expectancy has increased dramatically to 81.5. That means she can expect to live nearly a third of her life after menopause. A positive attitude about this change eases the transition and helps the body weather almost any challenge. Despite an increased risk of heart disease and osteoporosis or a family history of difficult menopause, women can—by utilizing natural healing strategies—defy genetics and enjoy a vital, strong, productive new beginning in this stage of their life.

If you are a perimenopausal or menopausal woman, make the right choice for your physical and emotional health, as well as peace of mind. Choose the natural way for optimal health during your transitional years.

## How to use AIM RevitaFem®

- Take one capsule two times per day. Best taken with meals.
- Pregnant or nursing women should not use AIM RevitaFem®.
- Women who have pelvic inflammatory disease, or experience extensive menstrual bleeding should not use AIM RevitaFem®.
- Women undergoing estrogen replacement therapy (ERT) or hormone replacement therapy (HRT) should not use this product. To switch to a natural therapy, consult a health practitioner.
- Close tightly after opening and store in a cool, dry, dark place (70-75 F; 20.1-23.8 C). Do not refrigerate.

## Q & A

### *Who should use the AIM RevitaFem® products?*

Women looking to avoid the discomforts of menopause will be interested in AIM RevitaFem®.

### *Is there anyone who should not take AIM RevitaFem®?*

Women who have pelvic inflammatory disease or experience extensive menstrual bleeding should not use AIM RevitaFem®. Children, men, or pregnant or nursing women should not use this product. Women undergoing estrogen replacement therapy (ERT) or hormone replacement therapy (HRT) should not use this product. To switch to a natural therapy, consult a health practitioner.

*May women who have had a hysterectomy use AIM RevitaFem®?*

Yes, they may. However, if undergoing ERT, they should consult a health practitioner.

*May I take AIM RevitaFem® with AIM Renewed Balance®? How do they compare?*

Yes, you may use both products at the same time. If using AIM Renewed Balance®, start with one AIM RevitaFem® veggie capsule.

AIM RevitaFem®, with its combination of botanicals, exerts a myriad of protective effects on the body through hormone regulators; relaxing herbs; cooling herbs for hot flashes; and tonics for the blood, uterine, and urinary tract. Its corrective effect neutralizes or eliminates harmful substances providing greater overall balance to the body. These herbs work with your body not on it. The healing changes that occur may take longer to occur but they are often longer-lasting and risk-free.

AIM Renewed Balance® is a powerful product that provides you with supplemental natural progesterone. Natural progesterone has the same structure as the progesterone manufactured by the body and provides direct and quick results.

*May I take AIM RevitaFem® with other AIM products?*

Yes, you may. When using AIM Herbal Fiberblend®, make sure you take it one hour before or 30 minutes after taking AIM RevitaFem®.

## Benefits & Features

### Benefits

- Helps support physical and emotional balance during menopause
- Helps provide relief from the uncomfortable symptoms associated with menopause
- Helps support bone health
- Has sedative, anti-inflammatory, antibacterial, anticancer properties

### Features

- Eight botanical ingredients
- Unique formula
- 60-count vegetarian capsules

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