

The Optimal Hormone Balance Kit

Three World-Class Products That Really Work for PMS and Menopause*



*The Optimal Hormone Balance Kit
is elegantly simple and embodies the best of cellular resonance --
"Nutrition That Really Works"™. -- Robert J. Marshall, PhD, CCN*

The Optimal Hormone Balance Kit

1) Quantum Multi-Pollen Extract

*Our best hormone-support product with a
complete spectrum of hormone-balancing phytonutrients
325 mg/Vcap; 45 Vcaps/bottle*

2) Quantum Fem Balance

*15-herb phytohormone support formula, featuring grade
10 South American red clover, opuntia and dong quai
500 mg/Vcap; 60 Vcaps/bottle*

3) Quantum Natural Gesterone Cream™

*Bio-identical natural progesterone, lab-processed
from wild yam in 100% nontoxic cream base, preserved
with quantum resonance technology eliminating the need
for toxic preservatives
1.5 oz/jar*

1) **Quantum Multi-Pollen Extract:** this unique product contains 18 strains of European pollen, free of pesticide, chemical and heavy metal residues (unlike most American pollen sources which are heavily contaminated). Pollen has a centuries-long history of use in many countries, providing superior hormone balance as well as increased energy, strength and longevity.

Pollen contains hundreds of naturally occurring phytochemicals (i.e. highly active natural plant compounds) which help you manufacture your own bio-identical hormones so you have an ample supply. (Note: your hormones can be quickly used up or inactivated by exposure to toxic chemicals, such as toxic skin care products, toxic dish washing liquid, toxic laundry soap, toxic toothpaste and much more. Ask about our 100% chemical-free (naturally preserved) elegant body care and cleaning products.)

Repairing DNA Damage. Pollen is rich in hundreds of different bioflavonoids as well as other special compounds, such as kaempferol and secalosides, that help protect the immune system and promote hormone balance. These compounds also promote rapid repair of DNA damage that may have occurred from using HRT drugs, such the use of horse's urine (as found in Premarin and Prempro) or synthetic progestins (which depress your healthy progesterone levels). Pollen's vast phytonutrient array can also help repair DNA damage in women who may have taken birth control pills or have a history of hormone imbalance (such as difficult periods, waking up at night to urinate, etc.). Pristine-grade pollen can support literally all your hormone needs.

2) **Quantum Fem Balance:** this truly synergistic 15-herb formula supports optimal hormone balance for both menstruating or menopausal women. It features key, grade 10 herbs, such as opuntia cactus, red clover, red raspberry leaf, dong quai and squaw vine in clinically tested ratios for optimal hormone support as well as "assistant" herbs for immune system and detox (lymph drainage) support, including gardenia, citus aurantium and

golden thread and the critical co-factors and transporters that make this formula really work.

Our herbs are sourced only from pristine growing places, including the central forests of India, South American plantations and deep central Mexico (far away from polluting cities and auto exhaust) to ensure no toxic chemical or pesticide residues (known hormone destroyers).

3) **Natural Progesterone Cream**
Don't trade one problem for another.

Many women with PMS or menopausal symptoms turn to natural progesterone cream for help – which can be a reliable, helpful vehicle to replace bio-identical progesterone — but be very wary!

Many natural progesterone creams contain **highly questionable ingredients**, including liver-toxic ingredients such as propylene glycol, peg-8 stearate and even suspected carcinogenic (cancer-causing) agents such as **methyl paraben**.

Even worse, in one study, 13 of 14 natural progesterone cream products did *not* contain any actual natural progesterone at all!

In contrast, our natural progesterone cream contains real, bio-identical natural progesterone processed in a lab from wild yam, in the exact amounts recommended by Dr. John Lee, the renowned medical expert on natural progesterone. In addition, the base of our cream is 100% natural, made from plant extracts, not toxic (and cheap) propylene glycol.

We have noticed many women who use creams with a **propylene glycol** base will often suffer from estrogen dominance symptoms (such as swelling, weight gain, fatigue, headaches, etc.) because these toxic chemical tagalongs can **make the liver toxic**.

Also, avoid creams with other chemical-sounding names (such as peg-8 stearate) since they, too, can create liver stress, which **promotes rapid aging and loss of hormone balance**.

Natural progesterone cream without the toxic tagalongs can be one of the best stabilizers of hormone balance for women of any age by supplying ample amounts of natural progesterone, typically chronically deficient in American women of all ages (from teenagers to postmenopausal women).

The Most Significant Findings in Women's Health in 50 Years

Estrogen Therapy: Safe or Not?

By now, I'm sure you've heard the stunning news that hit the media hard recently about "The End of the Age of Estrogen" (that was the title of *Newsweek's* lead article, July 22, 2002). After women have been told for decades that hormone-replacement therapy (HRT) would preserve their youth and protect them from heart attacks, the conclusive evidence is now in: **hormone replacement therapy (HRT) doesn't work**. In fact, it is just the opposite: it is now proven that HRT can *elevate* your risk for cancer and an early death.

The Hormone Studies That Proved HRT Is Dangerous

Many studies in the past have shown that HRT was highly questionable and risky. But now a woman's "decision" of whether or not to use HRT is over. The experts say: don't do it. The benefits just do not outweigh its risks.

Researchers at NIH conducting a large scale study (double-blind, randomized, controlled trial, the most rigorous type of investigative study possible) with over 16,000 women found that hormone therapy (using estrogen/progestins) conclusively *raised* the risk of heart attack, stroke, blood clots and breast cancer. The federally sponsored study was supposed to run for 8 years, but after 5 years, the results were so unnerving, that the study was cut short and the researchers began calling participants to tell them to *stop* taking their hormones – cold. One doctor from Harvard has called it, "the most dramatic sea change I've seen in medicine."

Also released in the same month (July, 2002), was another stunning study (done by the National Cancer Institute with over 44,000 women tracked for 20 years) in which researchers found that women who used HRT increased their risk for ovarian cancer.

Looking For a Nontoxic Hormone Approach?

For the last 50 years, many women have unknowingly placed their trust in HRT. Since HRT has now been shown ineffective and dangerous (i.e. increasing the risk of heart attacks, ovarian and breast cancer and more), many disillusioned women are now searching for a safe, reliable means of achieving hormone balance and a way to reverse the potential damage from previous use of HRT. Fortunately, 100% natural hormone support is available as well as elegant nutraceutical products for DNA repair.

Have you used HRT (Hormone Replacement Therapy)?

For menopausal women who have used HRT for years, simply switching to a nontoxic natural progesterone cream will often *not* meet their needs. Complaints of severe hot flashes, getting up at night to urinate, partial loss of bladder control, moderate to severe mood swings, headaches, etc. are all too common, even with the use of natural progesterone.

The good news is that clinically, we have seen up to 95% of these symptoms easily resolved by using our clinically tested Optimal Hormone Balance Program.

Do you have PMS or do you wake up at night to urinate?

For younger women who have PMS symptoms such as bloating, cramping, excessive bleeding, depression, spotting between periods, weight gain, headaches, low energy, low blood sugar, get-

ting up at night to urinate and other distressing symptoms, our Optimal Hormone Balance Program has been clinically proven to provide rapid resolution for optimal hormone support. Say good bye, PMS!

The Life-changing Optimal Hormone Balance Program Start today!

Our clinically proven Optimal Hormone Balance Program consists of 2 components: 1) adopting a simple but life-changing, healthy dietary program and 2) 3 key natural products for optimal hormone balance.

A Delicious, Natural Diet. For the best balance of the body's hormone production, enjoy a diet rich in fresh organic vegetables and fresh fruits every day. Ask us for info about our **Lean Body Whey Protein™ Blend**— just blend 2 to 4 tablespoons with fresh fruit for the ideal breakfast drink which also promotes stamina and normal weight maintenance. We also love to add in ½ to 1 cup homemade kefir (luxuriantly rich in healthy probiotic flora) in this morning drink. (Ask for info about our **Kefir Kit** – with instructions for incredibly easy-to-make homemade kefir.) And of course, stay away from the hormone destroyers: soft drinks, coffee, foods which contain refined white flour, white sugar, fried food, hydrogenated oil or canola oil (which is mostly hydrogenated).

How to Use the Optimal Hormone Balance Kit

For ideal hormone balance, we typically recommend using all 3 products for the first 2 to 3 months of use: Quantum Multi-Pollen Extract (2-3 Vcaps/meal), Quantum Fem Balance (2-4 Vcaps at breakfast) and Quantum Natural Gesterone Cream (1/4 teaspoon, upon arising and before bed, massaged into face or other body sites with little or no body fat for best uptake).

Achieving Hormone Balance and Keeping It

After being on the Optimal Hormone Balance Kit for 2 or 3 months, most women can discontinue the natural progesterone cream, and also reduce the amounts of Quantum Multi-Pollen Extract (4 Vcaps/day) and Quantum Fem Balance (2 Vcaps/day). Once hormone balance is achieved, these lower amounts are usually sufficient to keep it there.

However, for women with special needs, such as those with a complete hysterectomy or certain types of reproductive problems, the use of natural progesterone cream may need to be continued indefinitely. Check with your practitioner.

References

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***This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease**