Do you have IBS, constipation, diarrhea, gas and/or bloating?

Digestive complaints are common: diarrhea, constipation or a combination of both as well as irritable bowel syndrome (IBS), gas and bloating. Hormone fluctuations, diet, stress all contribute to our digestive concerns. None of us like to talk about bowel movements but regular, healthy movements are the key to health, beautiful skin, weight management, balanced hormones and more.

Prebiotics Feed Probiotics
We need 35 grams of fiber daily but most of us get just 10 to 15 grams. Prebiotics are a specialized plant fiber that are food for the probiotics in your gut. Guar fiber is the best prebiotic to stimulate the growth of good bacteria. In clinical trials Regular Girl treats digestive complaints, gas, bloating, constipation, diarrhea, IBS, acne and aids weight loss. It was found to be a true regulating fiber so if you have constipation and/or diarrhea or IBS Regular Girl eliminates and treats the problem fast… and it goes clear into water with no taste, no grit or no glop. Great for kids one year old and up and adults.

Probiotic Superstar
Probiotics are the beneficial bacteria living in your gut. They support immune and digestive health, and new research show they aid weight loss and acne. It is hard to get enough probiotics from diet alone, so supplementing is recommended as Regular Girl contains both prebiotic fiber and *Bifidobacterium* probiotic. Remember, without the proper prebiotic, no amount of probiotics will help the healthy bacteria in our gut to proliferate.

**Regular Girl**
- Relieves the symptoms of irritable bowel syndrome (IBS)
- Promotes regularity in adults
- Helps eliminate diarrhea
- Provides relief from constipation
- Aids healthy digestive function
- Reduces appetite and aids weight loss
- Tasteless and dissolves clear in water
- Does not cause bloating and gas
- Treats diarrhea and constipation in children one year and up

### How often should I be going number 2?
People are often confused about regularity. You should be having one 12 inch bowel movement per day or 3 four inch bowel movements per day.

### Should it sink or float?
If it floats too much, that is an indication of poor nutrient absorption. If it sinks too quickly, you may not be eating enough fiber. It should do a steady submarine dive into the toilet bowl, without a lot of splashes or noise.

### How much time should I spend on the toilet?
You should be in, out and on your way. No time to surf the Internet. Tweet later. If you want a hard number, it should be no more than three minutes.

### What if I don’t want to look in the toilet bowl?
Everyone poops, so go ahead and look. It is important and provides a clear indication of your health. You should only need to wipe once or twice for a clean finish.

**Indicates constipation or dehydration**
- Hard pellets that resemble jelly beans or nuts
- Firm and shaped like a lumpy nut-filled candy bar

**Considered normal and healthy**
- Your poop should look like corn on the cob or sausage with surface cracks
- Shaped like a snake; it has a smooth, soft surface

**Signs of diarrhea, low fiber**
- Soft with clear-cut edges; resembles chicken nuggets
- Mushy like pudding or soft with rough edges
- Watery with no solid form

**Take Regular Girl**

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**Prebiotics**
-有利于益生菌在肠道中的生长，有助于调节肠道功能。

**Probiotics**
- 益生菌，有助于改善肠道健康。

**Regular Girl**
- 一种高效的益生菌补充剂，适用于儿童和成人。

**GLUCOsmart**
- 能够帮助改善血糖水平，改善月经和月经周期。

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**MAGsmart**
- 可以帮助改善大脑功能，降低抑郁和与ADHD相关的症状。

**GLUCOsmart**
- 有助于改善血糖水平，促进正常体重。

**MAGsmart**
- 含有B族维生素，能改善消化。

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**MAGsmart**
- 含有高吸收和生物利用度的镁，对改善体重有帮助。

**GLUCOsmart**
- 有助于改善睡眠，缓解焦虑和头痛。

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**MAGsmart**
- 含有甘氨酸，有助于降低血压。

**GLUCOsmart**
- 有助于改善睡眠质量，缓解压力。

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**MAGsmart**
- 含有焦磷酸根，有助于降低血压。

**GLUCOsmart**
- 有助于改善睡眠质量，缓解压力。

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**MAGsmart**
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Reduce 

DEEP WRINKLES IN 28 days

WITH

ACTIVE COLLAGEN

The word collagen is derived from the Greek word “kolla” meaning glue. Collagen is a structural component that makes your bones strong, your tendons elastic and your skin smooth. When we are young collagen is produced in abundance and as we age collagen production declines.

When collagen production declines muscles and skin sag, bones lose density and strength, joints and ligaments become weaker and less elastic. Cartilage becomes thinner and weaker at the joints causing arthritis. Hair loses its thickness and wave and breaks easily. Organs may sag towards the pelvic floor (prolapse uterus and bladder) and sphincters weaken (incontinence). Arteries become less elastic, more prone to aneurysm and less resistant to plaque formation. But where we notice the loss of collagen the most is in the skin with increased wrinkles and loss of elasticity.

Be Smart about Collagen Supplements

There are many different sources of collagen in nutritional supplements and it can be confusing to know what type of collagen to use. Collagen Type II from chicken sternum is used for repairing joints in those suffering with arthritis.

Avoid Cow Collagen

Collagen from cow hide is also available and marketed for beautiful skin. This type of collagen should be avoided. Typically, cow skin/hides are put in a lime slurry pit for up to three months, loosening the collagen bonds. The hides are then washed to remove lime and the collagen is extracted in boiling water. The extracted collagen is evaporated, concentrated, desiccated in drum driers and pulverized. No one wants to eat cow hide and there is no research showing cow hide collagen has any affect in the body.

When I was searching for a collagen product for myself for wrinkle reduction I looked at the clinical research. I chose a French collagen from hydrolyzed marine collagen and elastin polypeptides because of the excellent clinical research showing a reduction in deep wrinkles. This product is called ACTIVE COLLAGEN and it is from wild fish, not farmed tilapia, and the fish is from a sustainable source. ACTIVE COLLAGEN is the only product to contain hydrolyzed elastin which repairs sagging skin. Some companies are so embarrassed by their collagen source they don’t put it on the label. You want a collagen product that has clinical research, is activated, contains hydrolyzed polypeptides and elastin and is not from farmed fish. That is what ACTIVE COLLAGEN delivers.

Health Canada reviews the research for all collagen products and provides a Natural Health Product license which states what the collagen can be sold for.

ACTIVE COLLAGEN is the only product on the market today to have a license for skin and with the approved label claim “for the reduction of the number and depth of deep wrinkles by 20% in 28 days.”

Collagen and Skin

Starting in our early 20s, collagen production declines by about one percent a year. But women lose as much as 30 percent of their collagen in the five years following menopause which is the reason that we see bone loss, muscle decline, prolapse uterus and bladder and skeletal aging in general.

The effects of slowed collagen production are visibly obvious when skin loses its elasticity, sags and wrinkles. A second yet equally important component of skin is elastin. Elastin fibers form a matrix with collagen; together they allow the skin to flex and move. When we are young, the skin naturally renews its collagen and elastin. But with age and damaging sunburns this renewal rate slows down.

Reduce Deep Wrinkles in 28 Days

In a study of 43 women between the ages of 40 and 55 with deep crow’s feet wrinkles, consumption of ACTIVE COLLAGEN containing hydrolyzed marine collagen and elastin polypeptides was found to decrease lines and wrinkles as well as to increase skin moisture. Two grams per day of either ACTIVE COLLAGEN or fake pills were consumed for 84 days. Subjects’ forearm and face skin conditions were measured at day 0, day 28 and day 84. Day 28 through 84 were during winter months to simulate harsh winter conditions.

After 28 days, the group taking the ACTIVE COLLAGEN showed a significant 20 percent decrease in the depth and the number of deep wrinkles in 71 percent of the subjects. The placebo group experienced an increase in the number of deep wrinkles.

Finally, ACTIVE COLLAGEN was found to have a powerful moisturizing effect on the skin and the longer you take it the more collagen rebuilding occurs. ACTIVE COLLAGEN also reduces the crepe-like skin we get on our eyelids and upper arms. Even vaginal dryness improves. You only have to take 2000mg of ACTIVE COLLAGEN.

Choose your collagen supplement wisely and you will be rewarded with beautiful, smooth skin, thicker hair and harder fingernails all while building strong bones.

1

The Woman’s Word
Fatty acids are good fats for optimal health. Gamma linolenic acid, called GLA for short, is a very special essential fatty acid for beautiful skin and much more. Most of us know about omega 3 fatty acids from fish or flax seed oil. We have to get essential fats like GLA from our diet. The only human food to contain GLA is breast milk and after we are finished with breast milk our body is supposed to make enough GLA from the food we eat. For people with skin conditions like eczema, dermatitis, psoriasis or cradle cap they cannot make GLA from the food they eat and this is why they suffer a GLA deficiency that causes these skin conditions. When it comes to GLA the only way to get enough of this important fatty acid is to take it in a nutritional supplement. Fish and flaxseed oil do not contain GLA.

The highest concentrations of GLA are found in borage oil (up to 24%). Borage oil GLA is also cold pressed so no chemicals are used to extract it unlike evening primrose oil. GLA is not found in foods in high enough quantities to maintain our needs through diet alone. The best borage oil is grown in northern Canada and Europe and the seeds are cold-pressed to provide an oil rich in GLA. Asian GLA has come into the marketplace and it is cheap, tastes bad and may contain contaminants. Our GLA SKIN OIL and Borage Oil capsules contain the highest concentration of GLA and it is grown in Canada.

GLA Eases Cramps and Breast Pain
GLA deficiency is a major cause of pain, cramps, nausea, vomiting, bloating and headaches. In many women with breast pain and terrible PMS their ability to make GLA is often impaired. One trial done at the breast clinic at the University of Hong Kong used GLA for the treatment of cyclical breast pain. Of the 66 women in the study 97% responded to treatment with GLA after 6 months. Further studies have found unusually low concentrations of GLA in women suffering with period cramps and breast pain. To treat cramps and breast pain take 2 to 4 tsp of GLA SKIN OIL with food every day.

GLA, Menopause and Skin
In women who have gone through menopause, the enzyme that converts food into GLA becomes impaired. GLA makes your skin youthful and glowing. The main reason our skin becomes dull, dry and prone to rashes and redness after menopause is due to the inability to make GLA. After menopause it is essential that we take a daily dose of GLA to ensure beautiful skin. As we age GLA can reduce inflammation in the skin associated with wrinkled skin. Without sufficient GLA the skin becomes dry, rough and wrinkled. GLA is the beautiful skin oil.

GLA and Skin Conditions
Skin disorders like eczema, psoriasis, rosacea, dermatitis, cradle cap, acne and dry skin occur because we are deficient in GLA. GLA is vital for keeping skin cells moist and strong improving the barrier function of the skin. Sixty patients given 500 mg of GLA per day for eczema showed a 90% improvement over 12 weeks. Eczema is a common problem in infants and children. GLA is safe for all ages without the side effects seen with steroid creams. GLA has also been found to inhibit testosterone in the skin that causes acne. GLA can be taken both internally and applied externally to acne prone areas with excellent results.

SEX DRIVE BACK AGAIN
SEXsmart has bumped up my sex life once again. As a woman suffering from years of hormonal acne, I’ve been taking Yasmine™ birth control pills, taken in conjunction with ESTROsmart. SEXsmart has made me feel normal once again. Someone once told me you don’t even need a boyfriend if you’re taking SEXsmart! It’s a great product and I highly recommend it to everyone, men included. – ET, AB

Dear Lorna,

After being diagnosed six years ago with PCOS and told I could never get pregnant without fertility treatment, I am the proud mother of a healthy baby boy. Within two months of taking ESTROsmart Plus, I was pregnant. Thank you. – AW, AB

Milk Thistle NOT FOR DAILY USE
Milk thistle is called “milk” thistle because it has a long history as an aid to bring milk in when women are breastfeeding. Milk thistle elevates prolactin levels to stimulate the breasts. In the last decade milk thistle has finally been researched in women and we now know that it can stimulate breast tissue, increase breast pain and swelling when taken long term. Milk thistle should not be taken by women on a daily basis due to the possible concerns of stimulating abnormal cell growth in the breasts. Milk thistle is a liver cleansing herb that should NOT be taken by women more than 7 to 10 days and if you have a history of breast cancer avoid milk thistle. ESTROsmart does not contain milk thistle for this reason.
Hair loss, dark under eye circles, peeling fingernails? YOU NEED IRON

You can’t open a newspaper or magazine without seeing advertisements for hair loss solutions for men, but very few options are offered to women who are losing their hair. Over two-thirds of women have hair loss, and hair loss can be quite extreme – from thinning to bald patches.

Low Iron and Hair Loss
One of the least known causes of hair loss is low iron. You do not have to be anemic to lose your hair. Your doctor may advise you that your iron levels are normal, but low-normal levels of iron will cause huge hair loss. We see this in women after childbirth and in women during the perimenopausal years when heavy periods may occur. Simply being a woman of childbearing age automatically puts you at risk of low iron. Up to 60 percent of women have low iron and it is often undiagnosed. Due to higher iron requirements as a result of menstruation, women need 20 milligrams of elemental iron daily yet most of us are only getting 8 mg per day from our diet. Now that we are not eating as much red meat, even men, children, postmenopausal women and seniors are suffering from low iron.

Hair follicles contain ferritin. When ferritin stores decline in the hair follicle, it affects the ability of the hair to grow causing non-pigmented fine hairs to develop. These hairs are often mistaken for androgenic alopecia. Low ferritin also causes the hair to change structure, become dry, not hold the curl or color well and break easily. Hair loss can be gradual, a general thinning out over the years, or it can be sudden and startling.

Look for IRONsmart liposomal iron as it does not cause constipation, raises ferritin quickly and it has a delicious caramel flavor. Tests conducted on IRONsmart liposomal iron have found that two hours after ingestion, its absorption is five times greater than ferrous fumarate, the standard doctor-prescribed iron in tablets. After 12 hours, the total absorption of liposomal iron was double that of all other forms of iron tested. You will need 1-3 teaspoons of IRONsmart liposomal iron (10-30 mg of elemental iron) for fast results. Once iron levels are restored to normal levels hair growth will occur.

Common symptoms of low iron:

- Fatigue or breathlessness upon minor exertion
- Thin or peeling nails
- Hair loss
- Dark under eye circles
- Dry, brittle hair

Don’t Believe a Normal Iron Test
Always ask for your test results. There are two iron blood tests: hemoglobin and ferritin. For hemoglobin, the test range suggested as normal by your doctor is 117-160g/L for women. Yet we know that a hemoglobin below 140g/L will cause significant hair loss. Ferritin, which is your iron storage, has a suggested test range of 15-160ug/L; but to prevent hair loss and ensure thick hair, your reading should be above 70ug/L.

FINALLY STRONG, LONG FINGERNAILS I have to BRAG! I couldn’t tell you the last time I had real nails. My nails were always brittle and short. I was an awful nail biter. My husband and I have been together for over 6 years and he has never seen me without acrylic nails. For the past 9 months I have been taking your COLLAGEN PLUS drops, GLA Borage oil capsules and Bsmart daily. I am so proud to say I had my acrylic nails removed today and these are MY real nails. They are strong and long. Thank you Lorna for your great products. – MV, BC


TOO MUCH

Estrogen?

Period Problems, Fibroids, Hormonal Acne, PMS

Estrogen dominance is caused by too much estrogen in relation to other hormones. When estrogen levels are high women develop abnormal cell growth (think lumps and cysts), weight gain, period problems, painful breasts, endometriosis, uterine fibroids, acne and more. Hormone imbalances can occur due to man-made, environmental estrogens in our food, water and cosmetics. Stress also causes estrogen levels to increase, which can interfere with normal cycles.

Periods Should Be Effortless

Problems with menstruation include absent, heavy, clotting, long, painful or irregular periods. Whether you are experiencing heavy periods, painful periods or no periods, you should ask for an ultrasound to help rule out cancer. Abnormal bleeding, pelvic pain or abdominal fullness should not be ignored.

Treatment: ESTROsmart makes periods effortless. ESTROsmart brings your estrogen to progesterone ratio back into balance. ESTROsmart keeps the uterine lining from getting too thick. Within two full menstrual cycles ESTROsmart will resolve most menstrual problems.

Stop Hormonal Acne

In women, hormonal acne occurs mid cycle and clears for a few days only to reappear again. Women with hormonal acne secrete testosterone in excessively high amounts. Hormonal acne is not just a teenage problem. Hormonal acne is also common in the perimenopause years.

Treatment: Four capsules daily of ESTROsmart will eliminate hormonal acne within two full menstrual cycles. ESTROsmart not only clears acne but treats PCOS, breast and ovarian cysts too.

End Endometriosis and Fibroids Forever

Heavy menstrual bleeding and spotting leading to anemia caused by uterine fibroids, is the number one reason for hysterectomy in Canada today. Estrogen dominance is the cause of endometriosis and uterine fibroids.

Treatment: Take four ESTROsmart per day with food. Within two to three menstrual cycles women notice their periods normalize with the flow being reduced and over time the fibroids will shrink, endo pain will reduce and go into remission.

ESTROsmart is so effective that I am on a mission to have every woman take it from the time she is twelve years old to prevent all the hormone problems women are suffering. Women should not have to suffer with the “curse” and women should not be having hysterectomy for heavy periods. Make sure if you are anemic that you also supplement with IRONsmart as low iron causes heavier periods.

Discover the connection between belly fat, skin tags and blood sugar

Belly fat is a stubborn problem. No end of sit-ups and crunches make it disappear. Starving and running on the treadmill for hours every week doesn’t seem to budge belly fat either. We know there is a connection between our expanding waistlines and our hormones. The main hormone contributing to belly fat is insulin. Insulin is a powerful hormone that, when in excess, also causes an elevation in circulating male hormones.

Insulin-Testosterone Connection

In women, when insulin levels become high, it also causes an increase in male hormones and women develop acne, hair growth above the lip and/or chin, and polycystic ovarian syndrome (PCOS).

In men, elevated insulin causes testosterone to convert to estrogens (which results in a beer belly and breasts) and also the conversion of testosterone to DHT, a harmful male hormone associated with prostate cancer and hair loss.

Chirositol Busts Belly Fat

Elevated insulin promotes weight gain, high cholesterol, diabetes and excess belly fat. Skin tags are an early sign of pre-diabetes. Thankfully, busting belly fat and normalizing blood sugar just got easier. The nutrient Chirositol, researched in over 30 studies at the Virginia Medical School, works for pre-diabetes, Type-2 diabetes, and excess male hormone-related conditions such as acne, PCOS, and male facial hair growth in women. Chirositol found in GLUCOsmart has also been shown to reduce appetite and improve our happy hormone serotonin, which halts sugar cravings and controls appetite. But where GLUCOsmart with Chirositol really shines is in fighting belly fat in both men and women. Weight loss is effortless when you find the missing key. Start eating protein and green vegetables and take GLUCOsmart and that weight will fall off effortlessly.

Get a Smart Woman’s Guide to Weight Loss FREE when you purchase GLUCOsmart.

STOP PCOS & IMPROVE EGG QUALITY

Polycystic Ovarian Syndrome (PCOS) had been very difficult to treat until Chirositol came to the rescue. PCOS symptoms include elevated testosterone, DHEA, prolactin, insulin and blood sugar, excess body hair, oily skin, acne, irregular periods, weight gain and sometimes multiple cysts in the ovaries, and infertility due to not ovulating. In nine clinical studies specifically for PCOS, Chirositol found exclusively in GLUCOsmart was shown to effectively treat insulin and blood sugar, lower excess male hormones, weight gain and appetite. Chirositol also promoted regular ovulation in those with irregular periods and an improvement in egg quality. Most women with PCOS are overweight but in those who are thin, Chirositol maintained their normal weight. GLUCOsmart regulates blood sugar, improves ovulation and menstrual cycles while reducing excess male hormones and prolactin. If you are under 165 pounds take one GLUCOsmart per day and if you are over 165lbs take 2 capsules. Accept no substitutes GLUCOsmart is the only Health Canada licensed product for PCOS. Those with PCOS should also take ESTROsmart 4 capsules per day along with GLUCOsmart.
End Menopause Misery

Menopause is not a disease but a natural transition whereby periods stop. The average age is 52. Women who have virtually no symptoms at menopause have great functioning adrenals and thyroid glands. Once your ovaries shut down at menopause your adrenals will kick in and make estrogen, DHEA, testosterone and progesterone. If you are chronically stressed your adrenals will not be able to take over the function of making your hormones at menopause. Symptoms of adrenal fatigue include: difficulty handling stress; salt, sugar and caffeine cravings; you fall asleep fine but wake up several hours later and can’t fall back to sleep; crying, angry outbursts and belly fat weight gain. Reduce stress, get 7-8 hours of uninterrupted sleep and take ADRENAsmart daily to help calm and support your adrenal glands for an easy menopause transition.

Never-ending Symptoms and Low Thyroid
The thyroid is the master conductor of all of your hormones. Low thyroid is an epidemic in Canada today with 26% already taking medication. Symptoms of low thyroid include: weight gain, thinning hair, feeling cold, constipation, dry skin, low moods, high cholesterol, and severe menopause symptoms. The adrenals and thyroid communicate with one another. When our adrenals become exhausted our thyroid does not function well and vice versa. If you have the symptoms of low thyroid but can’t get thyroid medication because according to your doctor your thyroid is “normal” take THYROsmart a Health Canada licensed nutritional supplement that supports a healthy thyroid. THYROsmart quickly elevate T4 thyroid hormone while improving the conversion of T4 to the more potent T3. THYROsmart is a safe fast acting nutrient.

Halt Hot Flashes & Night Sweats
Thankfully the menopause transition should only last about one year to 18 months if your adrenals and thyroid are supported. If you do suffer with hot flashes and night sweats you will want to add a hot flash formula to eliminate these symptoms. MENOsmart Plus contains herbs to stop hot flashes and night sweats, elevate progesterone and cool the body. MENOsmart Plus taken at breakfast and bedtime will eliminate these common symptoms of menopause. MENOsmart Plus does not contain any Chinese ingredients and I added the right kind of sage to the powerful formula to halt those annoying sweats.

DO YOU HAVE LOW THYROID?

Over 26% of the population have low thyroid and are currently taking thyroid medication. Another 30% of people are walking around with low thyroid that have yet to be diagnosed due to inadequate blood tests.

Symptoms of low thyroid include:
- hair loss
- weight gain
- constipation
- no sex drive
- recurring miscarriage
- low mood
- dry skin
- no energy
- feeling cold
- and in menopausal women
- never-ending, severe symptoms
- depression
- stubborn weight loss
- heavy periods
- in menopausal women

Getting a proper diagnosis of low thyroid can be a challenge. Our TSH (thyroid stimulating hormone) test range of normal is 0.5 to 5.5. To be diagnosed and treated for low thyroid you would have to be over 5.5. The higher the number on the test the lower your thyroid. But research has shown that a TSH above 2.0 can cause the symptoms of low thyroid. Your doctor won’t give you thyroid medication until your TSH is over 5.5. You have to ask for your TSH number and if it is above 2.0 you need to take thyroid support nutrients in THYROsmart.

THYROsmart Supports Optimal Thyroid Health
THYROsmart enhances T4 thyroid hormone and improves the conversion of T4 to the more potent T3 hormone. Ninety-five percent of all cases of low thyroid are due to impaired conversion of T4 into T3 in the tissues of the thyroid gland. THYROsmart supports healthy thyroid hormone levels.

Thankfully for those with joint pain there is finally a natural solution that works in as little as 7 days. Clinical research proves that using ingredients that stop inflammation and regenerate damaged cartilage is the answer. JOINTsmart contains eggshell membrane with naturally occurring hyaluronic acid, glucosamine sulfate and absorbable calcium along with activated vitamin D3.

Natural Eggshell Membrane (NEM) aids the production of collagen Type II. This type of collagen makes up much of the cartilage that covers the ends of bones providing protection to the weight-bearing joints such as the knees and hips. Cartilage causes our bones to be able to glide smoothly over each other in the joint capsule. Maintaining adequate cartilage is the key to eliminating joint pain and arthritis symptoms. JOINTsmart also makes our tendons, cartilage and ligaments stronger reducing compression of the joint area thereby reducing pain.

JOINTsmart’s naturally occurring glucosamine sulfate aids in the manufacture of cartilage in the joint. The sulfate and hyaluronic acid found in JOINTsmart are essential for reversing cartilage damage because they stimulate the production of synovial fluid in the joint. Synovial fluid acts like nature’s shock absorber naturally lubricating the joints.

JOINTsmart not only contains the same NEM used in all the clinical studies but it also contains 1000 IU of activated vitamin D3 to further enhance joint and bone health.
Can’t Sleep, Anxiety, Stress – EXHAUSTED ADRENALS?

Chronic stress negatively affects the adrenal glands causing adrenal exhaustion. In women the adrenals are the back-up hormone system making estrogen, progesterone, DHEA and testosterone. Women who have good functioning adrenals have virtually no menopause symptoms. And if your adrenals are tired you just can’t handle stress, you develop belly fat and gain weight, you fall asleep fine but wake up several hours later and can’t fall back to sleep until 4 am and you need coffee to keep you going. ADRENAsmart keeps you calm and helps you deal with life’s stressors. In men with tired adrenals they develop a beer belly and breasts. ADRENAsmart can be taken daily to ease the effects of stress.

1. I am worried about paying my bills this month. □ NO □ YES
2. I look at myself in the mirror and think negative thoughts. □ NO □ YES
3. I am not content with my body. □ NO □ YES
4. I am lonely. □ NO □ YES
5. I dislike my job. □ NO □ YES
6. I like my job but have too much work to do. □ NO □ YES
7. I like my job, but my boss is too demanding. □ NO □ YES
8. I am always trying to please everyone. □ NO □ YES
9. I am exhausted but keep going. □ NO □ YES
10. Sometimes my stomach feels like it has butterflies. □ NO □ YES
11. I have feelings of guilt or anger. □ NO □ YES
12. I have feelings of inadequacy (not feeling good enough). □ NO □ YES
13. I am afraid of failure. □ NO □ YES
14. I have feelings of anxiety or low moods. □ NO □ YES
15. I feel trapped or that I can’t cope sometimes. □ NO □ YES
16. I crave sugar. □ NO □ YES
17. I am a single mother/father. □ NO □ YES
18. I am a university student. □ NO □ YES
19. I am in an unhappy marriage. □ NO □ YES
20. I live with an alcoholic or drug abuser. □ NO □ YES
21. I work shift work. □ NO □ YES
22. I get angry with myself. □ NO □ YES
23. I hold resentment toward my partner. □ NO □ YES
24. I cannot discuss my sexual desires with my partner. □ NO □ YES
25. I don’t eat regularly (I wait more than 4 or 5 hours between meals). □ NO □ YES
26. I am sick more than three times a year. □ NO □ YES
27. I lack sexual desire. □ NO □ YES
28. I smoke. □ NO □ YES
29. I drink alcohol more than twice a week. □ NO □ YES
30. I drink too much caffeine. □ NO □ YES
31. My family and friends are not supportive of the things I do. □ NO □ YES
32. I am tired all the time. □ NO □ YES
33. I have friends who take but never give. □ NO □ YES

YOUR SCORE ____________

WHAT IS Perimenopause? The Hormone Havoc Years

For many women, perimenopause is a more challenging time than the menopausal years. In some women, hormones can start to shift as early as age 35; other women do not experience hormone fluctuations until five years before menopause (the average onset of menopause is age 52). Prior to that, the relatively consistent up-and-down rhythm of hormones can start shifting as wildly as they did during puberty – estrogen becomes high, progesterone low, and at other times, there are steep increases and drops in estrogen.

During the perimenopausal years weight gain, breast tenderness or lumps (cysts), heavy or long periods, acne, mood changes (including PMS, which may not have been a problem in younger days), fatigue, uterine fibroids, endometriosis, problems staying asleep, thinning hair, occasional sweats at night, low libido, or fatigue, fibromyalgia or joint pain may occur.

The key to solving perimenopause problems is ESTROsmart. ESTROsmart contains plant and food nutrients designed to balance hormones naturally by controlling excess estrogen and enhancing low progesterone. Breast lumps and fibroids start shrinking, peri-menopausal acne and PMS disappear and periods are effortless. Women who take ESTROsmart for years before menopause tend to have few menopause symptoms.

No More Dried, Cracked Skin

Between CELADRIN Cream and GLA Skin Oil I have gotten the use of my hands back.

Before I started taking Lorna’s products, the skin on my hands was cracking and splitting to the point that I was always in pain. The first picture was taken after seeing a dermatologist and using a lot of steroid creams that were prescribed to me. My hands never got any real relief, let alone getting healed. Then I started using Lorna’s CELADRIN and GLA. The second picture was taken approximately 48 hours after the first picture and I could not believe the change. I was living pain free and my hands actually looked like they should look.

As it turns out I have psoriasis of the hands and I now get ultraviolet light therapy. My Dermatologist prescribes me steroid creams, but I only get results from Lorna Vanderhaeghe’s products, so I do not use the prescribed steroids anymore, just the SKINsmart products.

Between ultraviolet light therapy and Lorna’s products I hope to be free of any cracks and splits and will and continue using Lorna’s products every day to keep my hands happy. – SG, ON

The Woman’s Word
Restless legs, twitching eyelids, leg cramps? You need MAGsmart

Headaches, high blood pressure, leg cramps and muscle pain all have one thing in common and that is magnesium. Magnesium controls over 300 reactions in the body. A deficiency of magnesium has been implicated in irregular heartbeat, depression, brain fog in menopause, migraines, headaches, fibromyalgia, osteoporosis, Alzheimer’s and more. Since the 1950s magnesium in food and water has been so depleted that 82% of the population is deficient in this important mineral. Before the introduction of blood pressure medications magnesium was recognized as a very effective treatment. Blood pressure medications of today do not work that well in women and men don’t like them because they cause impotence or erectile dysfunction. Magnesium has been extensively researched to:
- Reduce high blood pressure quickly
- Improve behaviour and concentration in children with ADHD

- Help diabetics improve insulin response
- Stop the formation of kidney stones
- Control the pain and inflammation of fibromyalgia when given with 1500mg of malic acid (found in MAGsmart)
- Alleviate headaches
- Stop muscle cramps, tics, restless leg syndrome, night time leg cramps
- Reduce brain fog and depression associated with menopause
- Eliminate constipation

The PILL and HRT and many other medications deplete the body of magnesium so you must supplement.

Not All Magnesium is Created Equal
You have to take the right type of magnesium. Most magnesium supplements are poorly absorbed and cause diarrhea when taken in optimal doses. The best forms of magnesium are bound to amino acids particularly glycine. Magnesium bisglycinate, also called magnesium glycinate found in MAGsmart, aids sleep, anxiety and headaches and it provides the highest level of absorption and bioavailability. You would have to take up to four times the amount of magnesium citrate to get the same effect as glycinate. MAGsmart also contains taurine, needed to lower high blood pressure and stop edema (especially those puffy, bags under the eyes). MAGsmart also contains B vitamins, malic acid and other nutrients to ensure proper muscle function. MAGsmart is a delicious powder you can add to water, juice or your smoothie for a great tasting drink that works fast. For kids, the elderly, athletes – everyone! Now available in lemon-lime and organic raspberry flavour. ❤️