



NATURE'S ANSWER TO POST-MENOPAUSAL SYNDROME

Heart disease is one of the leading causes of death in American and European women over the age of 50; yet, women consistently overlook heart health as they enter the menopause.

Most menopausal women will focus on the immediate and external signs of the menopause, such as hot flashes, sleeplessness and weight gain — overlooking the more serious side effect: heart disease. Oestrogen governs the primary cycle of evolution and reabsorption; however, oestrogen also seems to govern other areas of the body, such as protecting the heart. During childbearing years by controlling the amount of lipids in the body and controlling the amount of unhealthy cholesterol (LDL) in the body. Oestrogen deficiency seems to be the primary factor concerning menopausal symptoms. During and after the menopause, a woman's body stops producing oestrogen, which subsequently leads to a variety of physiological, psychological and neuroendocrine changes that can be attributed to oestrogen deficiency.

The relationship between cardiovascular risk factors and the menopause has been evaluated in several studies. A very strong association between low-density lipoprotein cholesterol (LDL-C) and the development of coronary heart disease has been observed. It

"MENOPAUSE IS A DEFINING MOMENT IN A WOMAN'S LIFE. HRT, THE ADMINISTRATION OF VARIOUS SYNTHETIC OESTROGENS, HAS BEEN THE GOLD STANDARD TREATMENT FOR THIS CONDITION; BUT, WITH ITS MUCH PUBLICIZED AND UNWANTED SIDE-EFFECTS, THERE'S A REAL NEED FOR NATURAL ALTERNATIVES."

was reported that among premenopausal women, when levels of LDL-C were measured, only 9% had a relative coronary calcium score above zero. In post-menopausal women, more than 50% of those tested had a significant coronary calcium score. Risk factors associated with elevated coronary calcium are a higher systolic blood pressure, higher triglyceride levels and higher total glucose levels. Oestrogen has also

