

## LORNA VANDERHAEGHE



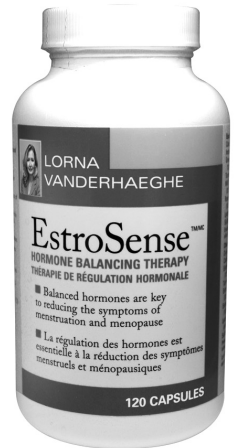
Lorna Vanderhaeghe is a health expert who has been researching and writing about nutritional medicine for over 25 years. She has a Masters of Health Studies and a degree in Biochemistry. Lorna is the author of the several books including *The BodySense Natural Diet*; *An A-Z Woman's Guide to Vibrant Health*; *Get A Grip on Arthritis and Other Inflammatory Disorders* as well as *Healthy Immunity*. Lorna is the co-author of *The Immune System Cure*, *No More HRT: Menopause Treat the Cause* and *Healthy Fats for Life*. She is also an internationally known lecturer who educates people on how to combine the best of mainstream medicine with scientifically-backed nutrients and diet changes to achieve optimal wellness. For more information and to sign up for Lorna's eletter go to [www.hormonehelp.com](http://www.hormonehelp.com)

# EstroSense™

**Balanced hormones are key to reducing the symptoms of menstruation, menopause and hormone related problems**

## What to expect from this product:

- Maintains healthy estrogen balance in breast, endometrium and uterine health
- Promotes normal breast cell growth
- Protects against bone loss
- Detoxifies the liver of carcinogenic estrogens
- Removes xenoestrogens; estrogen mimickers found in plastics, feminine hygiene products and pesticides
- Stops flooding periods
- Halts uterine fibroids
- Halts conversion of 2-hydroxyestrone metabolites to carcinogenic estrogens (16-hydroxyestrone)
- Enhances phase I and phase II liver detoxification, enhancing the safe elimination of toxins
- Contains the equivalent cancer protecting plant nutrients as eating 1 kilo of cruciferous vegetables (broccoli, Brussels sprouts, etc...)
- Eliminates PMS
- Maintains healthy PAP smears



## WHO NEEDS HORMONE BALANCING THERAPY?

*All women* but especially those with:

- Exposure to pesticides, herbicides and toxins
- Endometriosis
- Fibrocystic breasts (benign breast disease)
- Peri-menopause
- Gallstones
- Acne
- Obesity or weight problems
- Ovarian cysts
- Uterine fibroids
- Breast Cancer
- Ovarian Cancer
- PMS
- Desire to prevent hormone dependent cancers

## FORMULA:

### EACH CAPSULE CONTAINS:

Calcium D-Glucarate .....	75 mg
Indole-3-Carbinol .....	75 mg
Green Tea Extract (12:1 from 600 mg of Green Tea – caffeine free–60% Polyphenols) .....	50 mg
Turmeric (95% Curcumin) .....	25 mg
Milk Thistle Extract (30:1 from 750 mg of Milk Thistle) (Standardized to 80% Silymarin) .....	25 mg
DIM (di-indolylmethane) .....	25mg
Rosemary Extract (10:1 from 125 mg of Rosemary) (6% Carnosic Acid) .....	12.5 mg
Lycopene (from 41 mg Lyc-O-Mato® tomato extract) .....	2.5 mg
Sulphoraphane (Broccoli Sprout Extract) .....	100 mcg

**RECOMMENDED DOSAGE:** 2 capsules of EstroSense at breakfast and 2 at dinner for fibroids, endometriosis, ovarian cysts, abnormal PAPS, lumpy breasts, heavy periods and Polycystic Ovarian Syndrome. Take with food.

2 capsules of EstroSense at breakfast for acne, period problems, hormone balance, to protect breasts, cervix and uterus and for maintenance. Take with food.

### VEGAN FRIENDLY

**Indole-3-carbinol (I-3-C)** is an anti-cancer phytonutrient found in cruciferous vegetables. Research has shown that I3C helps to breakdown cancer-causing estrogens to non-toxic forms. I3C maintains a healthy cervix, protects against HPV cervical lesions and controls abnormal cell growth found in those with uterine fibroids and endometriosis.

**Calcium D-glucarate** is a powerful detoxifier of excess estrogens from the liver.

**Green Tea Extract** contains polyphenols, catechins and flavonoids shown to be protective against estrogen related cancers.

**Curcumin** is the yellow pigment of turmeric—the chief ingredient in curry. It is a powerful anti-inflammatory agent and it works to inhibit all steps of cancer formation: initiation, promotion and progression.

Curcumin also protects against inflammatory calcium loss from our bones.

**Milk thistle** enhances detoxification from the liver, inhibits breast cancer cells from replicating and reduces the toxic effects of chemotherapy.

**Rosemary Extract**, a potent antioxidant, inhibits mammary cancer development and it helps to detoxify carcinogenic estrogens.

**Lycopene** found in tomatoes, pink grapefruit, papaya, guava and watermelon, was recently shown to reduce a woman's risk of breast cancer by 36 percent when those women took 6.5 mg per day.

**Sulfurophane**, from broccoli sprout extract, has been shown to stimulate the body's production of detoxification enzymes that eliminate xenoestrogens. Sulfurophane is also a powerful antioxidant.



ALL FORMULAS ARE MANUFACTURER TESTED AND 3<sup>RD</sup> PARTY VERIFIED FOR POTENCY

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PN8302

For more information and to sign up for Lorna's FREE monthly e-letter visit...

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