The road to good health starts with keeping your body tuned.

A PAIN-FREE PROGRAM THAT GENTLY RELEASES DEBRIS AND TOXINS FROM YOUR KIDNEYS.

An annual cleansing program will aid in the prevention of kidney stones. CLEAN FLOW improves kidney function, promotes tissue healing and strengthens your immune system. Plus, it helps your kidneys maintain the optimum balance of minerals and hormones in your blood.

You can trust CLEAN FLOW's easy, pain-free, 30-day program to keep your kidneys functioning at their best.

Hormonal harmony
Blending Eastern and Western medicine
Allyson Johnson

Irregular periods, hot flashes, night sweats, and nutritional deficiencies leading to heart issues and bone loss are only a few of the health concerns associated with hormonal imbalances due to menopause.

Many women are looking for an effective alternative to hormone replacement therapy (HRT), as recent research has shown synthetic HRT to be associated with serious health risks. When addressing menopausal symptoms, a combination of Eastern and Western philosophies lends the best perspective to achieving natural relief.

THE EASTERN APPROACH: TRADITIONAL CHINESE MEDICINE (TCM)
In TCM the emphasis is on balance, using herbs to tone and strengthen the body, blood, and organs. Through building and then balancing, true harmony is achieved.

Formulas containing the following herbs effectively relieve bothersome symptoms and offer long-term improvement in energy and vitality.

Rehmannia (Rehmannia glutinosa)
This herb's heat-dispersing and blood-cooling properties treat menopausal symptoms such as hot flashes, irritability, and sleeplessness. Rehmannia nourishes the blood, increases vital energy, strengthens immunity, and improves the health of the skin, nails, and hair, thus dealing with the cause of menopausal symptoms. >
Dong quai (Angelica polymorpha)
The name dong quai translates as “return to order.” This herb has been used for thousands of years in traditional Chinese, Korean, and Japanese medicine, primarily to build up tired and depleted women. It is a key female gynecological herb.

Bupleurum (Bupleurum falcatum)
Bupleurum has been used for over 2,000 years in Asia as a bitter and cooling agent to reduce inflammation, relieve heat in the liver during hormonal fluctuation, and support the nervous system while it is under tension and stress.

Peony (Paeonia)
As a hormone modulator, peony has been used for centuries in traditional Chinese herbal prescriptions for the treatment of menopausal symptoms.

THE WESTERN APPROACH:
NATURAL HEALTH SUPPLEMENTS
Chaste tree berry (Vitex agnus-castus)
Chaste tree berry balances female hormones. A randomized, controlled, double-blind study (British Medical Journal, 2001) has shown that chaste tree berry alleviates many premenstrual symptoms such as mood swings, irritability, headaches, and breast tenderness.

NUTRIENTS
From a naturopathic or nutritional approach, bone building and stress support are critical elements for women’s health. The triple team of calcium, magnesium, and vitamin D is invaluable to support the body’s structure, stress response, and overall hormonal balance. So when seeking harmony for your hormones, look for a formula that includes the herbs and nutrients listed above to help balance and support your female physiology during these changes.

Always check with your natural health practitioner before taking supplements, especially if you are pregnant. Hormonal balance is within reach at your local natural health store.

Allyson Johnson is a nutritional consultant, herbalist, and iridologist in Calgary, Alberta. Her focus is on educating, motivating, and promoting better choices in nutrition, fitness, and emotional wellness. chooseenergy.ca

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