

# Menopause & Beyond

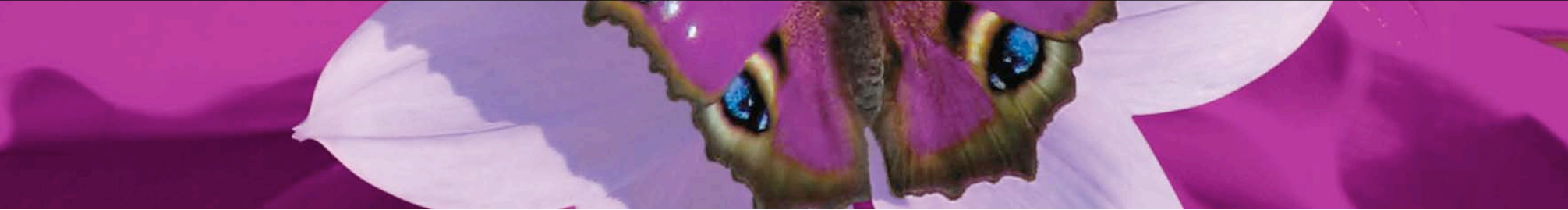
Keeping Intimacy Alive



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Sex is good for you...

...physically,  
...emotionally,  
...and spiritually.



# Sex is good for you...

- There is a clear link between satisfaction with sex life and psychological tests.
- Females in particular experience a strong association between adequate sexual function and overall wellbeing.

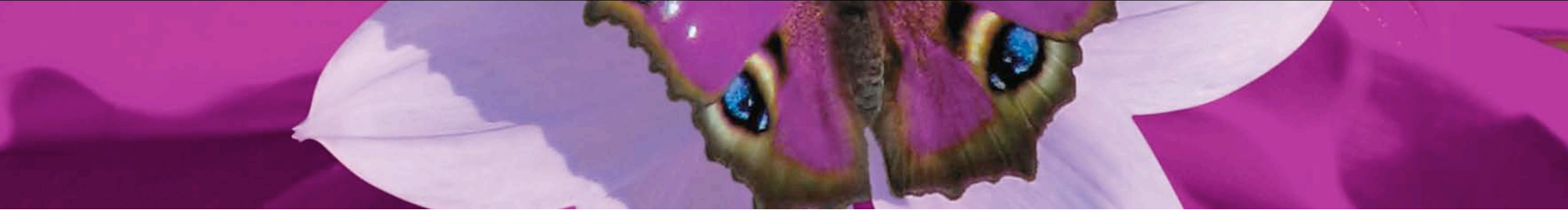
Conrad & Millburn 2000



# Sex is good for you...

- 55% of women lack sexual interest/desire
- 29% of women are unable to achieve orgasm
- 20% of women experience pain during intercourse
- 71% of women have one or more of the above problems

La Trobe University: “Australian Study of Health and Relationships” 2003







The myth perpetuated in popular media that everyone is having great sex is false, according to a study reported in the Journal of the American Medical Association 1999.



In February 1999, researchers at the University of Chicago published survey data showing that sexual dysfunction, the inability to have an orgasm or enjoy sex, is a problem for 43 percent of women, aged 18 to 59

# Why so many problems with sexual function?

## Four categories of lifestyle stress

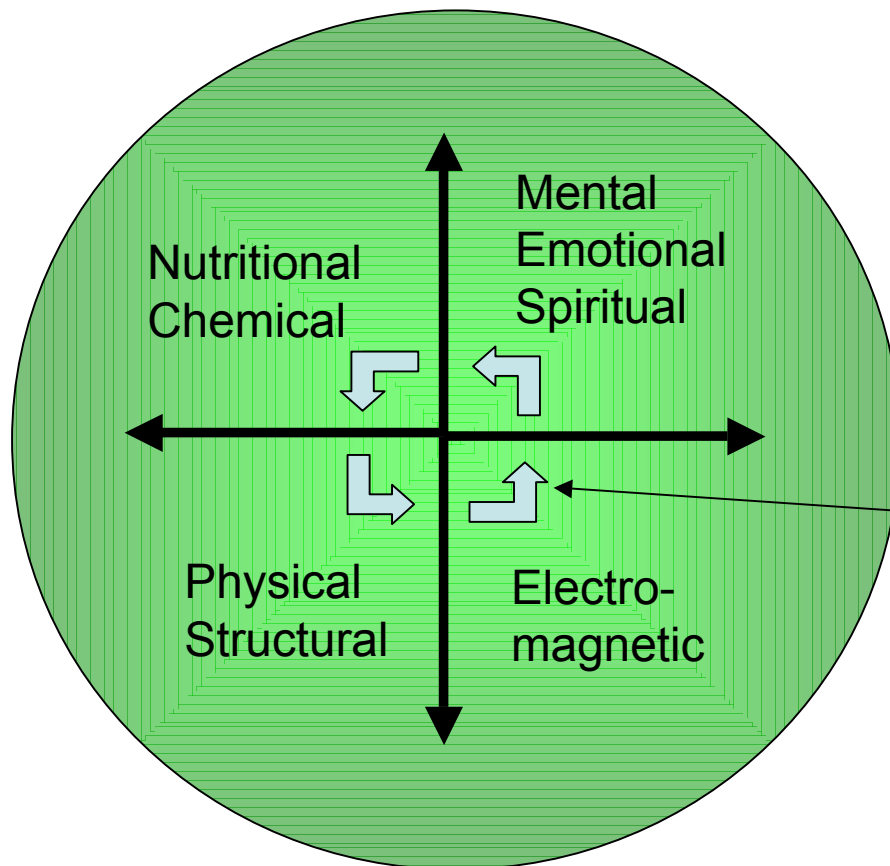
Nutritional/Chemical	Electromagnetic	Emotional, Mental, Spiritual	Physical & Structural
			

# Balancing the effects of nutritional stress

*Whole foods*  
*Organic*  
*Protein*  
*Nutrients*

**Out of balance**

Aerobic  
Muscle  
Stamina  
Massage



Stress  
Goals  
Sleep  
Relationship

**Balance**

Water  
Detoxification  
EMR  
Pollution



Are you zinc deficient?

Researchers now believe  
that *zinc deficiency* is the  
most widespread deficiency  
in the developed world!



Are you zinc deficient?

## Zinc is the most important trace element

*“If a new drug had been discovered with this broad range of properties, it would have been hailed as the discovery of the century.”*

Professor Derek Bryce-Smith  
Dept. Organic Chemistry, Reading University UK



Are you zinc deficient?

## CSIRO study

- 67% Australian men - below RDA
- 85% Australian women - below RDA



# Zinc is important!

Zinc involved in 200 enzyme systems...important for

- Fertility
- Adequate sexual function
- Taste perception
- Immune function
- Brain function
- Mood
- Coping with stress
- Collagen formation
- Muscle building
- Wound healing



# Zinc is lost and destroyed

- Non-organic farming
- Refined grains (white flour, sugar)
- Alcohol
- Diuretics (e.g. caffeine)
- Smoking
- Detoxification – (e.g. heavy metals- mercury, lead)
- Growth, pregnancy, breastfeeding
- Stress, illness,
- Oral contraceptives, iron supplements



## Zinc found in

- Whole grains
- Brewer's yeast
- Wheat germ
- Fruit
- Vegetables
- Meat
- Nuts
- Oysters
- Fish/shellfish
- Poultry

# The Zinc Taste Test



- Strong, unpleasant taste – promptly = adequate status
- Dry mineral, sweet or furry taste – delayed = marginal status
- No taste (like water) = zinc deficient



# Don't forget other nutrients

- Zinc is just one of 40+ essential nutrients
- Zinc deficiency never occurs in isolation
- The factors contributing to zinc deficiency can be attributed to modern living
  - Diet
  - Lifestyle
  - Environment
  - Attitude

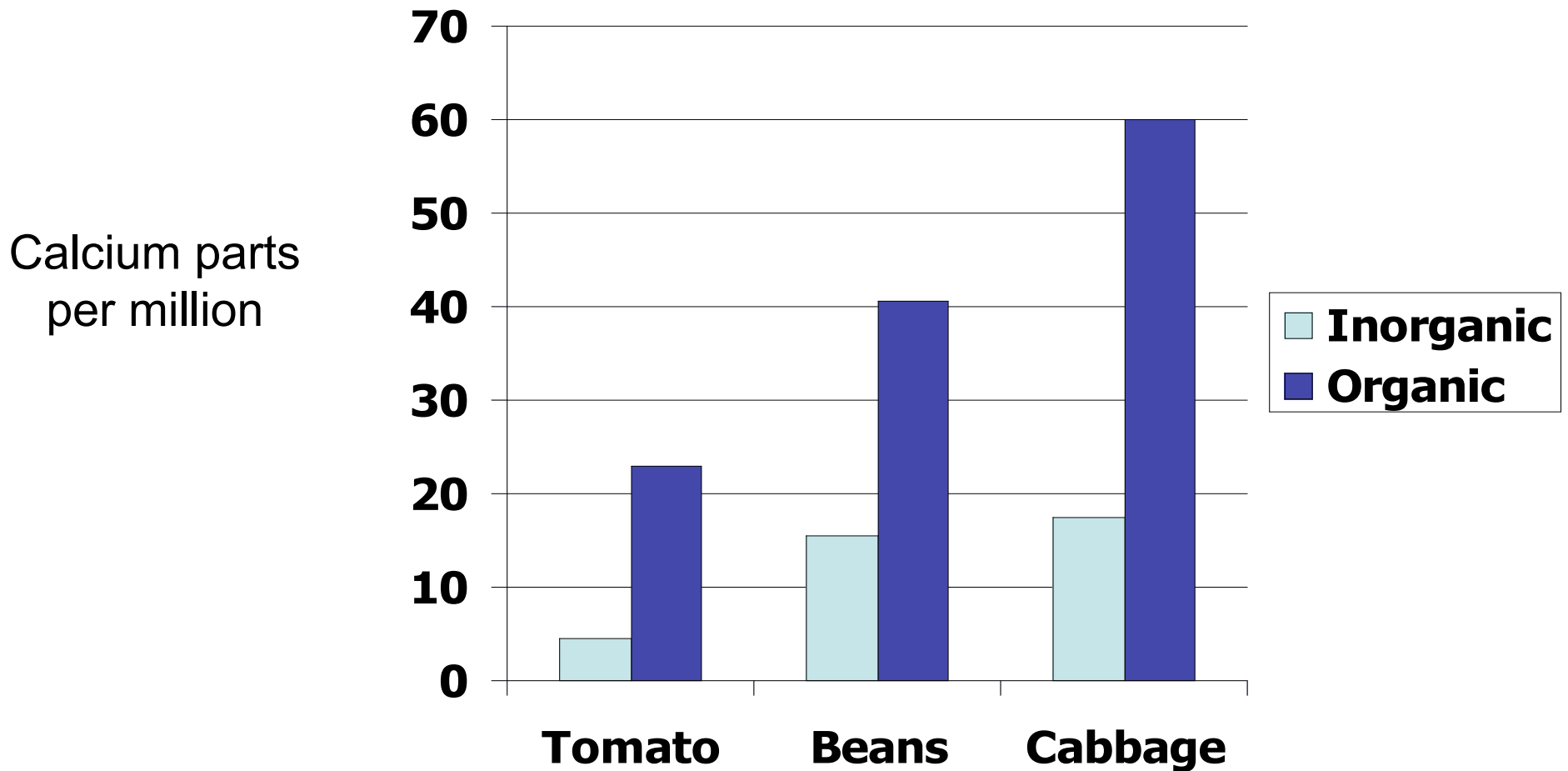


# Modern diets...the problem

- Refined food/processed food
- Non-organic food
- Fast food
- Overeating
- Missed meals
- Fad diets
- **Inappropriate balance – Protein : Carbohydrate : Fat**
- **Nutritional deficiencies**

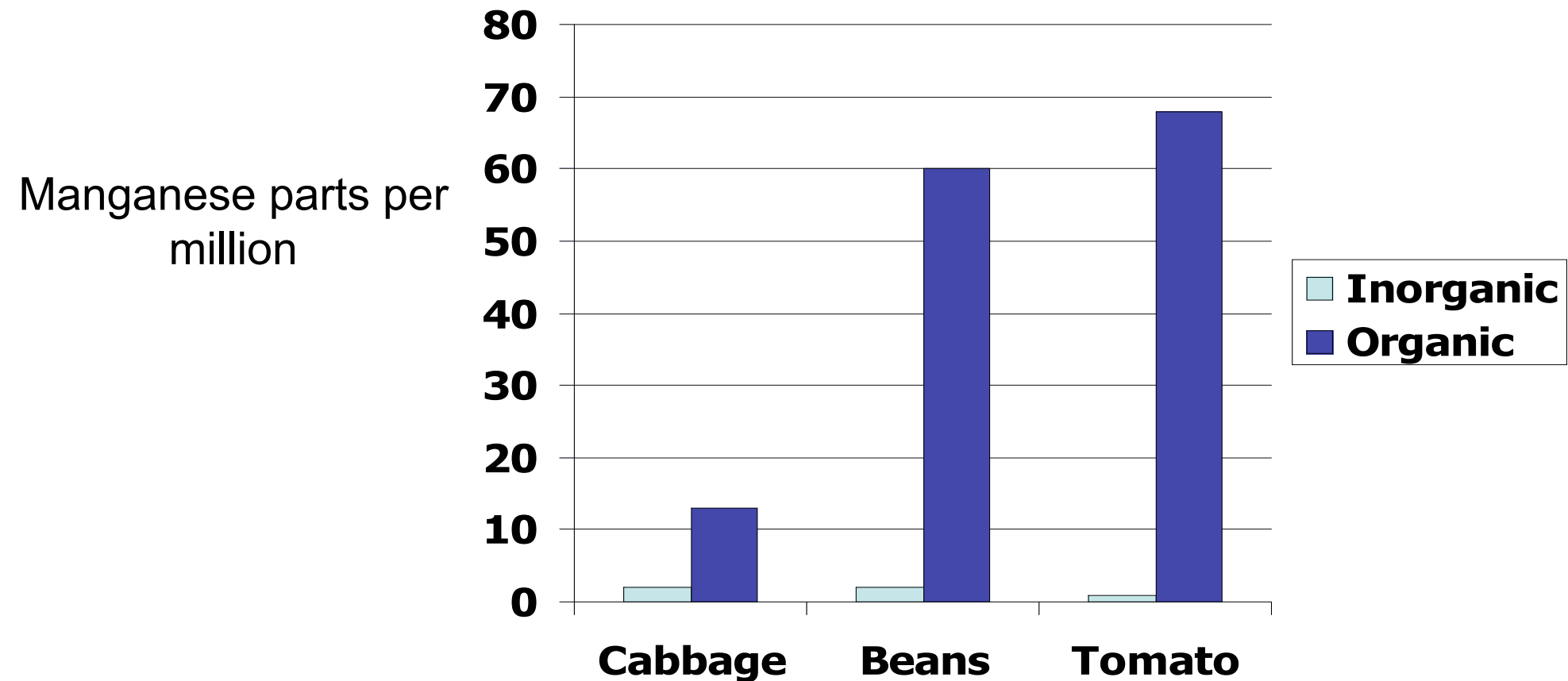
# Organic / inorganic food comparison

Firman E. Baer report, Rutgers University



# Organic / inorganic food comparison

Firman E. Baer report, Rutgers University





# Modern diets...the solution

- Whole/unrefined/ wholefoods
- Organically grown/produced
- Avoid products containing unfermented soy/pasteurised milk
- Avoid products containing sugar/white flour
- Avoid products containing chemicals
- Avoid genetically-modified products
- **Take comprehensive nutritional support**



# Modern diets...the solution

- Balance Protein: Carbohydrate: Fat  
*40:30:30*
- Staying in '*The Zone*'
- Balances 2 key hormones
  - Insulin
  - Glucagon

# Insulin



This anabolic 'saving' hormone tells body to...

- Use glucose for fuel
- Store fat



# Glucagon

This catabolic 'spending' hormone tells the body to...

- Burn fat



# Insulin and Glucagon in balance...

- Body/mind at peak efficiency
- Mental clarity
- Emotional stability
- Normal appetite
- Fat burning
- Protection against disease
- Better performance/endurance
- Improved healing

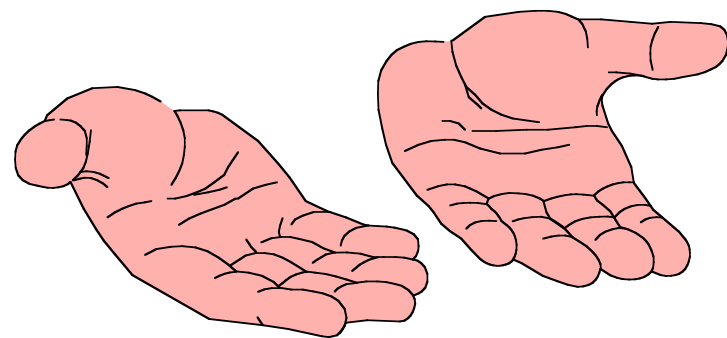
A close-up photograph of a butterfly with vibrant blue and orange wings, perched on a pink flower. The background is a soft, out-of-focus pink.

# Achieving the balance

- Work out protein requirements
- Balance protein with carbohydrates
- Add healthy fats/oils
- Drink 8 x 8oz glasses of purified water (2 quarts = ½ gallon) daily

# Select your protein

- **At each meal** - portion the same *size and thickness* as the palm of your hand
- **At each snack** - portion **one third** the *size and thickness* of the palm of your hand





# Types of protein – always organic

- Lean meat
- Poultry
- Wild game
- Eggs
- Nuts/seeds/legumes/grains (combine for vegetarian)
- Fish (cold water)
- Dairy (raw milk)



# Balance protein with carbohydrates

- Asparagus
- Cabbage family
- Capsicum
- Chick peas
- Eggplant
- Lentils
- Lettuce
- Mushrooms
- Onions
- Apples
- Apricots
- Cherries
- Grapes
- Melons
- Oranges
- Peaches
- Pears
- Strawberries

**Eat most – Low  
Glycemic Foods**



# Balance protein with carbohydrates

- Baked beans
- Carrots
- Corn
- Peas
- Potato
- Sweet potato
- Banana
- Dates
- Figs
- Fruit juices
- Biscuits
- Bread
- Doughnut
- Muffin
- Pasta
- Rice
- Tacos/tortillas
- Relishes

**Eat Reduced  
Amounts – High  
Glycemic Foods**

# Meal examples



- Animal protein =  $\frac{1}{3}$  of your plate, then select low-GI carbohydrates =  $\frac{2}{3}$  of your plate  
e.g. beef and vegetables (1:2 ratio)
- Animal protein =  $\frac{1}{3}$  of your plate, then select high-GI carbohydrates =  $\frac{1}{3}$  of the plate  
e.g. chicken breast and pasta (1:1 ratio)
- Vegetable protein =  $\frac{1}{2}$  of your plate, then select low-GI carbohydrates =  $\frac{1}{2}$  of your plate  
e.g. tofu/vegetables and lentils (1:1 ratio)
- Vegetable protein =  $\frac{1}{2}$  of your plate, then select high-GI carbohydrates =  $\frac{1}{3}$  of the plate  
e.g. tofu and rice



# Add healthy fats and/or oils

- Cooking - olive, sesame oil
- Seeds - flax, pumpkin, sesame
- Nuts - almonds, hazelnuts, walnuts
- Avocado
- Organic/soya mayonnaise
- Dressings - flax, pumpkin, walnut, olive oil
- Coconut oil



## Avoid these oils/fats

- Fatty red meat
- Fried food
- Organ meats
- Delicatessen meats
- Saturated fats
- Polyunsaturated oils



# Why are oils and fats necessary?

- Reduce insulin response
- Turn on 'I've eaten enough' switch
- Component of all cell walls
- Absorption of fat soluble vitamins
- Precursor of hormones & other highly biologically active substances



# Foods for flirting

- Bananas
- Chilli peppers
- Carrots
- Damiana (the lover's herb)
- Clary Sage

# Foods for seduction

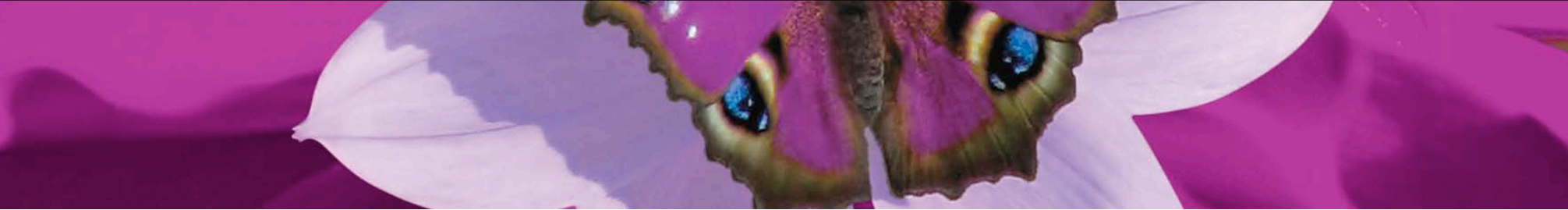


- Tomatoes
- Asparagus
- Apples
- Ginger
- Olives (black for her - green for him)
- Prawns
- Oysters
- Chocolate



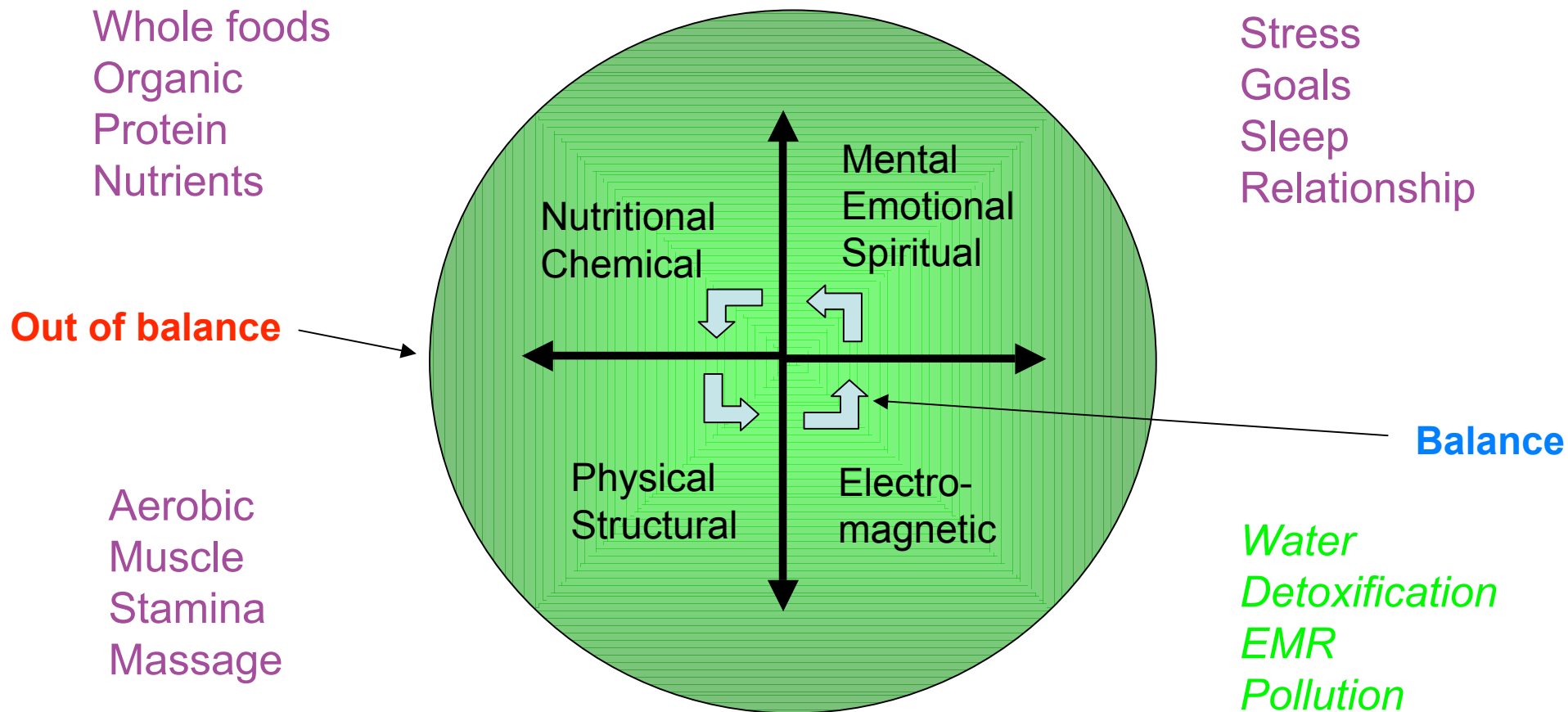
# Foods for getting into it

- Pumpkin seeds
- Pumpkin (pie)
- Cinnamon
- Basil
- Licorice
- Celery
- Artichokes
- Figs
- Muira Puama (potency wood)



Lovemaking can burn up those calories you piled on during that romantic dinner.

# Balancing the effects of lifestyle & environment





# Chemical stress – the problem

- Alcohol
- Cigarettes
- Caffeine
- Drugs (prescribed, OTC, recreational)
- Home (kitchen, laundry, bathroom)
- Workplace (photocopying, air conditioning, fluorescent lighting, industry, agriculture)
- Heavy metals (lead, mercury, aluminium, cadmium)

**The solution - reduce exposure...**



# Personal care (175 chemicals daily)

- Parabens Methyl, propyl, butyl and ethyl paraben
- Propylene glycol
- Sodium lauryl sulphate
- Isopropyl alcohol
- Phthalates
- DEA (diethanolamine)
- TEA (Triethanolamine)
- Formaldehyde
- Imidazolidinyl urea
- DMDM hydantoin
- Petrolatum/Mineral oil
- Lanoline
- PABA
- Fragrances
- Colouring agents



# Electromagnetic stress – the problem

- Computers
- Mobile and cordless phones
- Video games
- Electric blankets
- Water beds
- Fuse boxes
- High voltage power lines
- Cosmic radiation (flying)

**The solution - reduce exposure...**



# EMR – reduce exposure

- Turn off monitor/move away
- Laptop or LCD (**Avoid laptop in lap**)
- No EMR in bedroom
- Shield for mobile phone (**No mobile phone on hip**)
- Protective devices for PCs and electrical goods
- Personal protective devices
- Nutrients/herbs/homoeopathic remedies



# Lifestyle stressors - detoxification

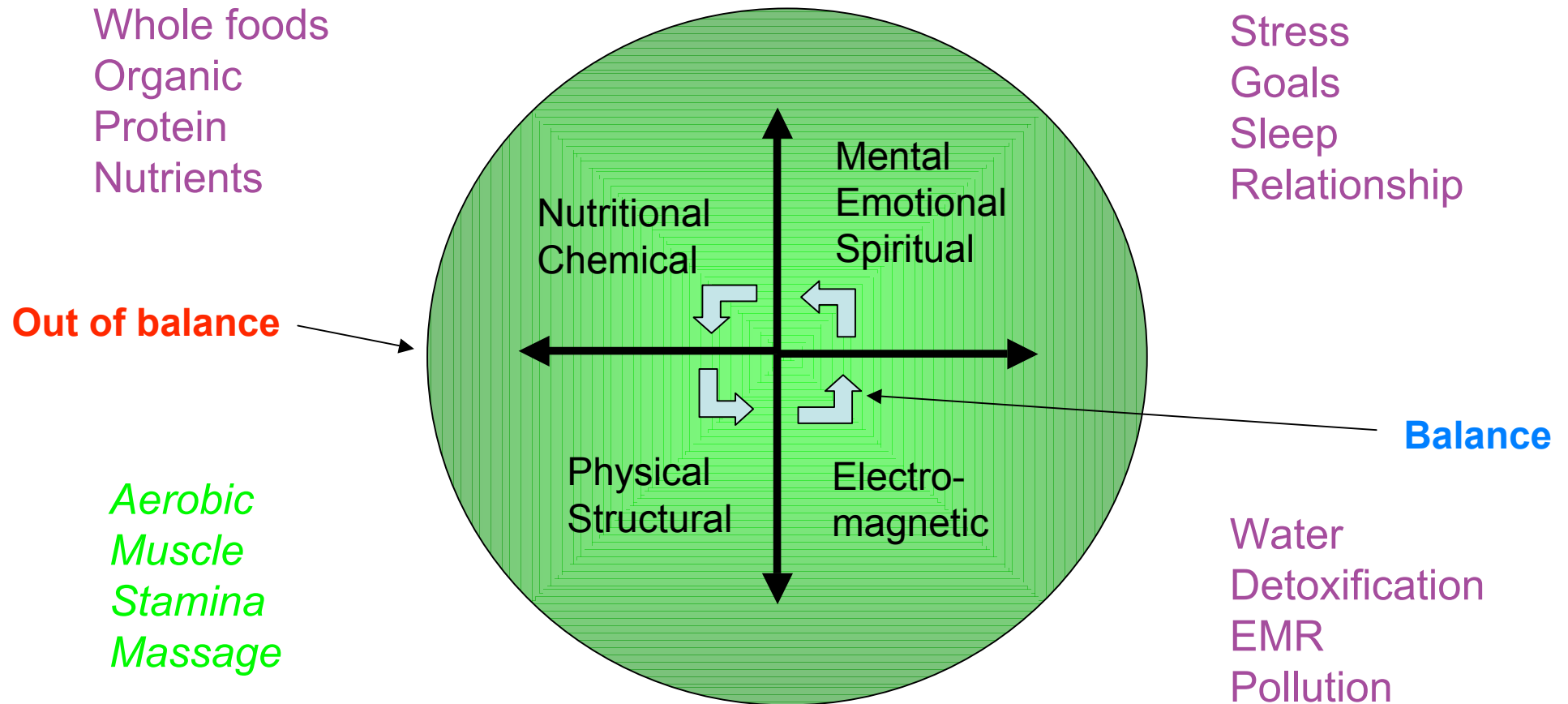
- Anti-oxidant nutrients
- Purified water – 2 quarts daily (e.g. Wellness Filter)
- Onions and garlic
- Specific foods (eggs, asparagus, pectin)
- Dandelion root coffee
- Aerobic exercise



# Why TWO quarts of water daily?

- 75% of the body
- 80% of the brain
- 90% of the blood
- Transports nutrients
- Removes toxins
- Wellness Filter does it better

# Balancing the effects of physical/structural stress





# Physical/structural stress – the problem

- Lack of muscle-building exercise
- Lack of aerobic exercise
- Poor spinal health
- Inappropriate work practices (RSI)
- Injuries (e.g. sports)
- Lack of touch



# Physical/structural stress – the solution

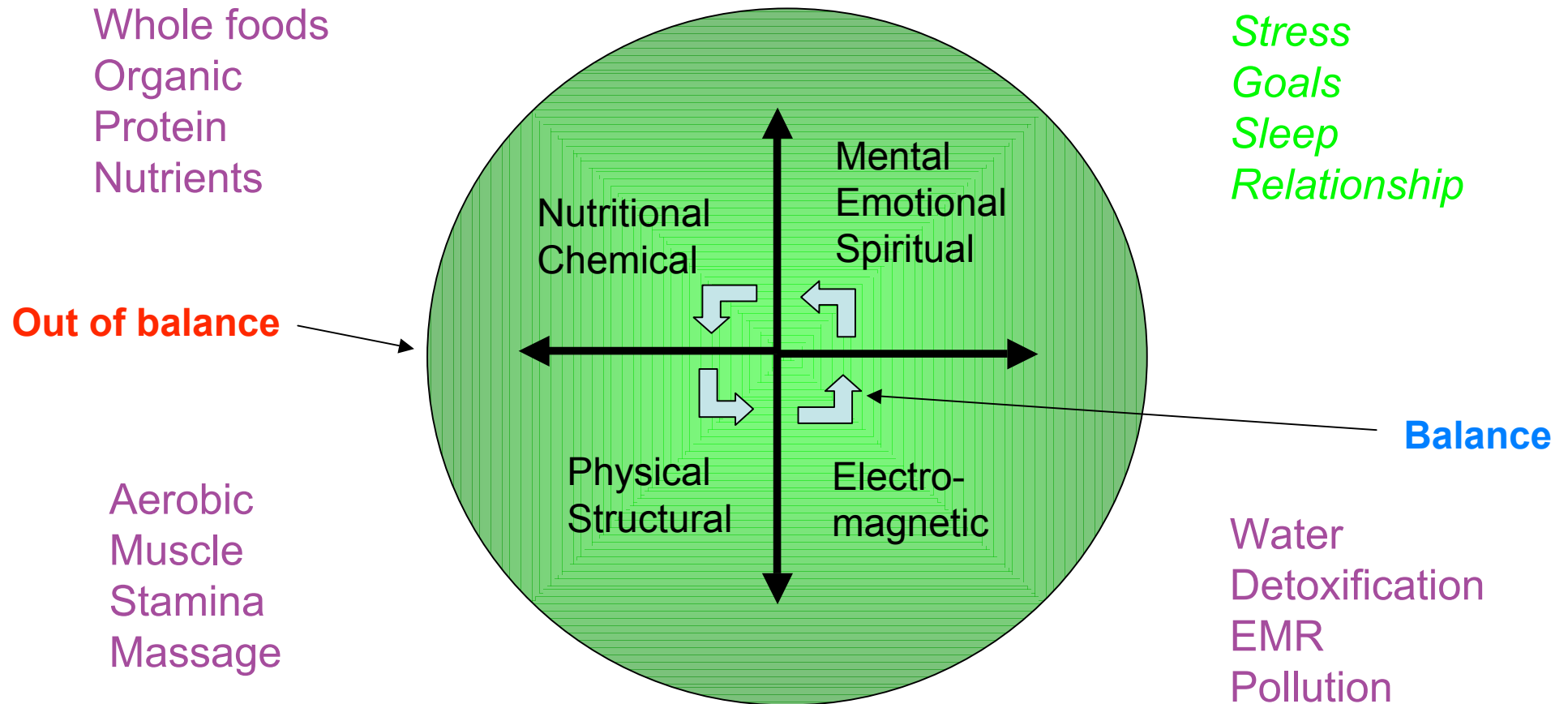
- Resistance (weight) training
- Aerobic conditioning
- Flexibility – stretching
- Chiropractic
- Treat chronic injuries
- **Regular massage/other body work**



# Oxytocin

- Secreted into bloodstream (hormone)
- Secreted by nerve endings (signalling substance)
- Uterine contractions, 'let-down' reflex, orgasm
- Stimulated by touch, intimacy
- Present in both men and women
- Hormone of calm, love, healing, connection, stress-reduction

# Balancing the effects of mental/emotional stress





# Mental/emotional stress – the problem

- Poor stress management skills
- Difficult relationships at home/work
- Job - frustrations/challenges/changes
- Juggling career/family
- Sleep deprivation
- No 'time-out'
- Lack of faith/spiritual beliefs
- Dissatisfaction with sex life (becomes a vicious circle)



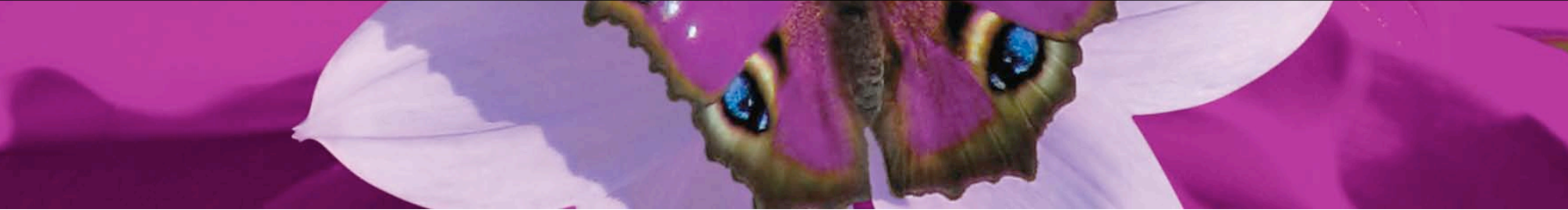
# Stress depletes these nutrients (and more)

- B-complex vitamins
- Vitamin C
- Vitamin E
- Calcium
- Magnesium
- **Zinc**
- Potassium
- Sodium

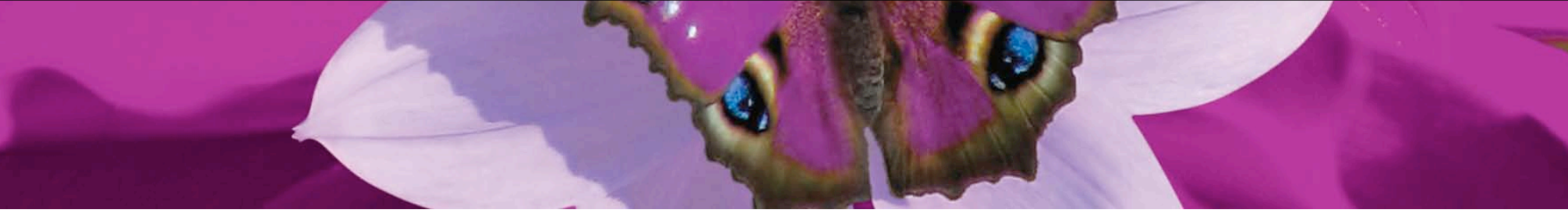


# Mental/emotional stress – the solution

- Nutrients
- Regular exercise
- Meditation
- Yoga
- Massage
- Reflexology
- Acupressure
- Hypnotherapy
- Herbal medicine
- Time-out
- Restful sleep
- Regular, satisfying sex

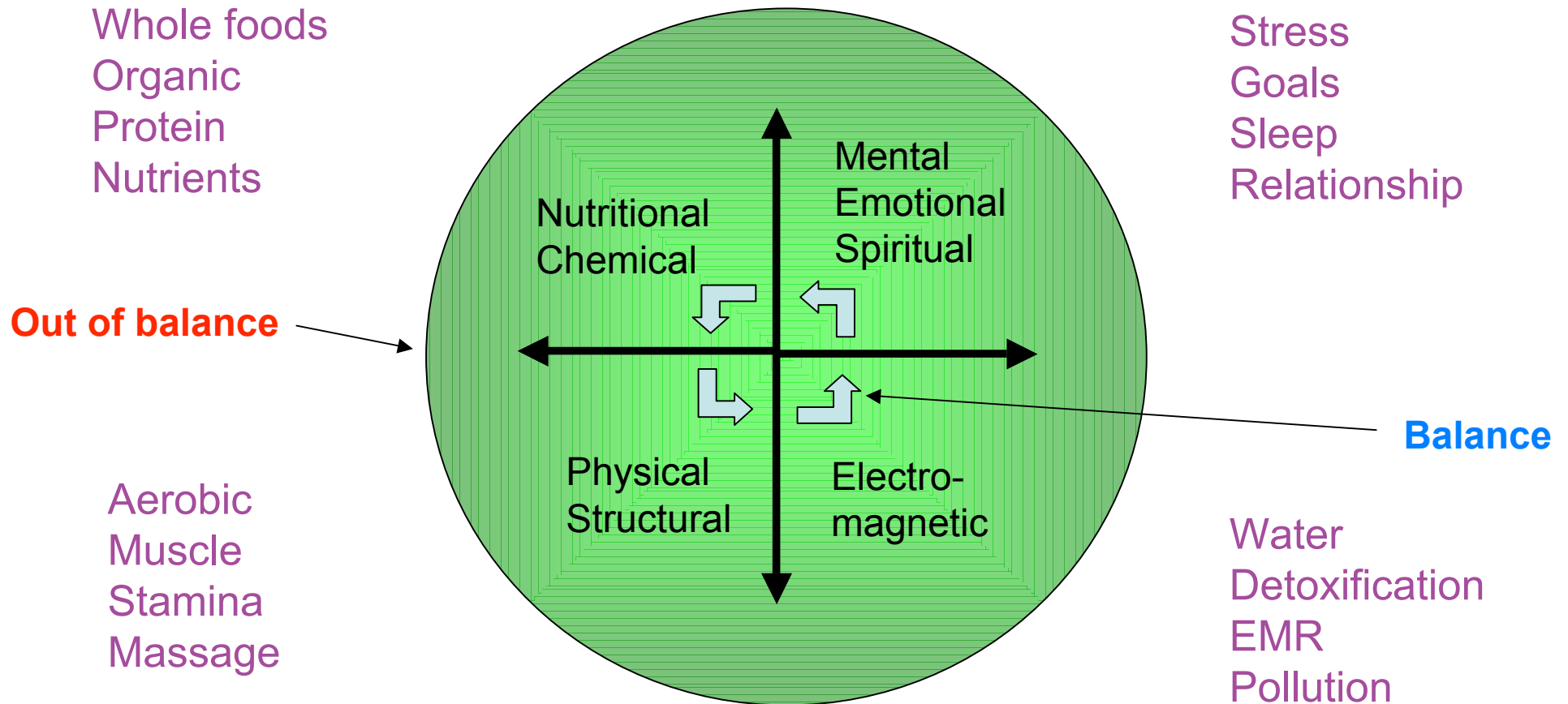


Sex is the safest tranquilliser  
in the world.

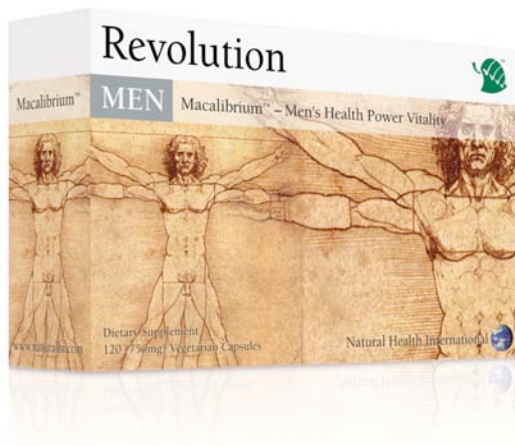


Sex releases endorphins (and oxytocin) into the bloodstream producing a sense of euphoria and leaving you with a feeling of well-being.

# Support your efforts – best products



# Create balance with Adaptogens





# Create balance with Adaptogens

Work on hypothalamus/pituitary/adrenal axis to create harmony/homeostasis

- Balance hormones
- Support immune function
- Improve ability to deal with stress
- Positively affect nervous/mental function
- Enhance gastro-intestinal absorption
- Balance blood glucose levels/improve stamina
- **Femmenessence** for her (containing Maca-GO™)
- **Revolution** for him (containing Maca-OG™)

Studies indicate Maca-GO™ and Maca-OG™ to be amongst the most powerful adaptogens yet identified



# Femmenessence™ - Maca-GO™

- Relieves menopausal symptoms
  - Hot flashes
  - Night sweats
  - Mood swings
  - Sleeplessness
  - Vaginal dryness
- Improves hormone levels
  - Estrogen
  - Progesterone
  - FSH
  - LH
  - Testosterone (libido)




# Revolution = Maca-OG™

- Increases growth hormone
- Increases testosterone
- Improves stamina
- Reduces blood pressure (reduce medication?)
- Increases good cholesterol (reduce medication?)

# Create balance – emotional wellbeing





## Create balance – St John's Wort

- Preparations of St. John's Wort (*Hypericum perforatum*) are used in the treatment of mild depression in many countries.
- They have been shown to elevate mood
- They represent an accepted alternative to some pharmaceutical antidepressants or behavioural therapy.
- Uplift – to help balance mood



# Ten Top Tips...

- More protein
- Fewer grains, more green vegies
- Good oils
- Nutritional supplements/NHI products for balance
- More water, less caffeine and alcohol
- Regular massage or other bodywork
- Build muscle
- Restful sleep
- LOVE YOUR LIFE!
- Enjoy more SEX – try a product like WomanZone.



# Additional supporting products

- Comprehensive nutritional support
- Pure drinking water – Wellness Filter
- Clean bathing water - Wellness Shower
- Replace NaCl - Himalayan Crystal Salt
- Satisfying sex – Woman Zone



# Nutritional support

- No single nutrients (e.g. zinc, iron, calcium)
- Comprehensive
- Balanced
  - Vitamins
  - Minerals
  - Essential fatty acids
  - Amino acids

# Wellness Filter

- Natural purification processes + advanced technology
- Removes harmful contaminants
- Enhances the water via patented process
- Essential minerals/anti-oxidant effects
- Complex microcrystalline structure
- Documented by research scientists



# Wellness Shower

- Effectively reduces up to 99% of Chlorine for 24 months
- Increases hydration of skin and hair by 115%
- Used by the #1 Health Spa in the world
- Antioxidant effect assists repair of damaged skin and hair
- Supports body's ability to resist bacteria & fungus
- **Wellness Wand/Carafe/Shower/Kitchen/Home**
- **10% discount – quote Jan Roberts or CODE: 17633**



# Himalayan Crystal Salt

- Re-mineralizes the body with 84 minerals and trace elements
- Ionic/colloidal form assists in cellular absorption of minerals (angstrom size)
- Replenishes electrolytes and helps to balance the body's pH
- Significant positive changes in respiratory, circulatory, organ connective tissue and nervous system functions.



# Woman Zone gel...

- Natural containing L-Arginine + herbs
- Easier arousal
- More intensive orgasms = oxytocin
- Improved libido with regular use
- No dye, bleach or petrochemicals





# Additional supporting products

- EMR protection – Biopro/Rayonex
- Chemical-free personal/domestic care – Optimal Skin Care
- Exercise DVD/Home exercise equipment - Tubetrain
- Contraception kits – Natural Fertility Management
- Stress reduction software – MindSync/NFM CDs



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For more information email

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