

Femmenessence™

*“Femmenessence™ –
the only serious alternative”*

Natural Health International
www.naturalhi.com



Natural Health International



Presents a Free Lecture

You can give menopause symptoms a miss

Don't let fear of side effects or hot flashes rule your days and nights

In Western society during the last 40 years, menopause, once unmentioned and borne in silence, has come to be regarded as one of the key life-events that might compromise your physical, mental and emotional wellbeing. Women wishing to avoid what they were led to believe was an inevitable decline in "their youth", skin and hair texture, sex drive, memory and mood – initially embraced HRT with enthusiasm. However HRT has now been shown to come with significant risk factors, with the more recent embrace of "bio-identical hormones" yet to be demonstrated as truly safe.

So if you're concerned about the side-effects of HRT and unsure about "bio-identical hormones", you're not alone.



Jan Roberts, pharmacist, nutritionist and international best-selling author will discuss natural and organic ways to deal with a completely natural stage of life and how to ensure heart, bone and mental health throughout life.

Simple self-help measures, including exercise, nutrition and non-pharmaceutical organic hormone balancing products will be outlined. Appropriate professional care will be discussed.

Sponsored by



OFFERED IN TWO LOCATIONS

*Join us for Free Delicious "Natural Gourmet" Appetizers at 6:00pm
& Lecture from 6:45-7:45pm*

Date: Tuesday March 18, 2008

Time: 6:00pm-8:00pm

Place: Bauman College Santa Cruz
3912 Portola Dr. Suite 10
Santa Cruz, CA 95062

Date: Wednesday March 19, 2008

Time: 6:00pm-8:00pm

Place: Bauman College Berkeley
901 Grayson Street
Berkeley, CA 94710

Contact: *Numbers are limited so please RSVP*
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