

# Terry Talks Nutrition



PART THREE of FOUR

## LIVING A FULL AND HAPPY LIFE THROUGHOUT MENOPAUSE

Compliments of Terry... Naturally

### Key Words

Hot flashes and night sweats, Changes in the menstrual cycle, Dry mucous membranes, Dry vagina, Irritability and moodiness, Forgetfulness, Weight gain, Osteoporosis, Thinning hair, Fatigue

Studies published in the last 10 years reveal that the estrogenic activity of hop cone cannot be due to its content in XN but in 8-prenylnaringenin (8-PN). 8-PN has even been reported to be the most active phytoestrogen known to this date. This unique and patented process guarantees a standardized profile in prenylflavonoids. This particular profile has been associated for the first time ever to clinical studies reducing the menopausal disorder, particularly hot flashes. In one clinical double-blind placebo-controlled study, 67 post menopausal women were evaluated. The importances of the different menopausal symptoms were scored by physicians with the following results. After only six weeks, hop cone extract reduced the general menopausal symptoms by more than 200% compared to the placebo group. Hop cone extract reduced hot flashes by 400% compared to the placebo. A second double-blind placebo-controlled crossover clinical study confirms these exceptional results.

In this trial, 36 menopausal women were administered the patented hop cone extract during eight weeks before or after a placebo treatment. As in the first study, a significant treatment effect on the general menopausal symptoms was observed in both group 1 and 2 when supplemented with hop cone

extract when compared to the baseline. Finally, different scientifically validated participant questionnaires were used in both clinical studies as a self-evaluating instrument to measure the menopause related quality of life in relation to discomforts reported by women. Results showed that women feel much better when supplemented with hop cone extract daily. They reported a strong tendency to the total reduction of menopausal discomforts. When all parameters are studied, independently supplemented women noticed 300% fewer hot flashes and 200% less night sweats than those taking a placebo. Based on many studies done in Europe, hop cone extract has consistently been shown to be safe and effective.

**Whatever the study design and type of questionnaire used (doctor's scoring sheet or participants questionnaires), hop cone extract improves women's quality of life by significantly reducing hot flashes and other symptoms associated with menopause without any side effects reported.** Hop cone extract is a natural solution for all menopausal symptoms and is also suitable for those who have a sleeping disorder and need a natural form of relaxation. Keep in mind that hop cone extract also has a mind calming and soporific effect which helps stabilize mood swings, enhances concentration and decreases irritability as the amount and quality of sleep has a direct connection to positive moods. To completely support a woman's transition through menopause, I would highly recommend, based on these studies, that a formula for supporting women's health contain hop cone, black cohosh and apple extracts.

Black cohosh is an American herbal extract and has been used by the Native American Indians for over 100 years.

Most of the research of this American herb has been done in Europe where natural medicine is highly respected and prescribed by medical physicians. The mechanism of action has not been fully understood concerning the effectiveness of black cohosh. In the case of black cohosh, there does not appear to be a phytoestrogenic effect. Black cohosh is very safe and effective although not all women experience relief by just using black cohosh.

I personally think a combination of several herbal extracts have a greater potential and promise to eliminate the symptoms of menopause. Apple extract, standardized on phloridzin and quercetin, has great benefit for the woman transitioning through menopause. This high quality apple extract is standardized using a very special species of apple, the sour green cider apples which are concentrated 300:1, meaning 300 pounds of apples are required to produce one pound of extract. The addition of the apple extract to hop cone and black cohosh completes a full herbal complex for the support of menopause. In one clinical study, the flavonoids in apple extract supported remineralization of the bone, therefore, reducing the risk of osteoporosis.

*PART FOUR continued on October 28, 2009.*

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### Terry recommends these formulas for your best health:

Apple soluble fibers and apple extract standardized for quercetin and phloridzin (40% phenolic apple actives) 350 mg

Iodine 12.5 mgs (5 mgs as molecular iodine, 5 mgs as sodium iodide and 2.5 mgs as potassium iodide)

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