

Herbal Cures: Natural Is Better

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Why You Should Add Botanicals To Your Diet



**MEDICAL PRACTITIONERS
THROUGHOUT ASIA HAVE
LONG RECOGNIZED THE
VALUE OF BOTANICAL
REMEDIES**

The popularity of herbal and botanical cures has skyrocketed in the West. These traditional cures have been around for centuries throughout Asia and Europe.

When you visit a doctor in China, she's more likely to prescribe a collection of herbs, spices and plant material than a bottle of medication developed by a giant pharmaceutical company.

Same thing in Europe. Herbal cures, with centuries of test data and anecdotal evidence, show that the use of natural, organic herbs, in conjunction with a healthy diet and regular exercise, lead to a longer, healthier and happier life.

We didn't invent herbals or botanicals in the West and our knowledge and the use of these miracles of nature lags behind Eastern herbal practitioners. However, throughout North America, more and more herbal medicine professionals deliver this valuable diagnostic and preventative treatment.

Before engaging a professional herbalist, don't be afraid to ask questions. Where did you get your training and from whom? How long have you been practicing? Do you take a strictly herbal approach to healing or do you integrate your cures into traditional Western medicine protocols?

Just as you would a family doctor, go in with a list of questions, and if you aren't comfortable with the answers, keep looking. There are well-trained, knowledgeable herbal professionals within an easy drive. Just

take the time to do a little research to find the right professional for you.

A little side tip: the best choice usually comes through a referral. Ask friends, your meditation coach, your doctor and others for recommendations. If you have a solid recommendation from a trustworthy source, you have the best reference you can receive. Use it to your advantage.

A SHORT HISTORY OF HERBAL MEDICINE

Even though every culture has employed local flora as medicine for centuries, few Westerners know about this important source of good-health treatment.

Herbal medicines, herbal cures, botanicals and other “oddball” medicine is a little too New Age, a little too out of the mainstream, correct? Sure, no problem. Most of us in the West feel that way. After all, in Western culture, when you’re sick you go to the doctor who prescribes a pill that “cures” whatever it is that ails you.

The fact is that herbal healers have been around for millennia. Visit any “Chinatown” district pharmacy. It sure doesn’t look like the local Walgreens, that’s for sure.

The walls are lined with boxes containing a variety of plant and other natural materials. There’s a box for willow bark, flaxseed and rose hips. There are jars of garlic oil for a sore tooth, or dried ginger root to settle an upset stomach.

These botanical apothecaries thrive within other cultures because people (patients) know the natural healing power herbs deliver. They learned from their parents who learned from their parents on back through the ages.

So, herbal medicine isn’t New Age. It’s Old World. And the healthy benefits, both short- and long-term, are well documented. In fact, the pharmaceutical industry spends billions of dollars analyzing herbal cures to synthesize the active ingredient in these gifts from nature.

Once chemically synthesized, these “medicines” can be stamped into pill form, buffered, sweetened, and sold to the public in a form Westerners understand – a medicine bottle with a safety seal.

Here’s an example. An English doctor noticed, on his walks through the woods, that deer would seek out and eat the bark of the white willow tree. So the physician collected samples of white willow bark, took them back to his laboratory, and isolated the active ingredient in the tree bark – salicylic acid, a natural painkiller.

However, the story doesn’t end there. Soon, pharmaceutical companies at the time began producing a slightly re-arranged version of salicylic acid called acetylsalicylic acid.

Today, we simply call it aspirin. That’s right. Those pills you take for a headache or joint pain are direct descendants of the work of an English doctor back in the 1700s.

Want another example? Foxglove was often prescribed by medieval physicians for symptoms of “dropsy” – a condition of chronic fatigue, disorientation and dizziness. Well, it turns out that foxglove contains something called digitalis, which is prescribed today under a variety of names to treat heart conditions.

And scientists are now rushing into jungles and woodlands seeking out tomorrow’s cures. Who knows? Maybe the cure for the common cold is hiding in some obscure fungus that only grows in Mongolia. It may take time, but researchers in mainstream science now, not only recognize the curative value of herbals, they’re actively pursuing research in the field and in the lab to synthesize these natural ingredients.



**RAW GINGER ROOT IS
A
WIDELY-USED
REMEDY IN EUROPE
AND ASIA**

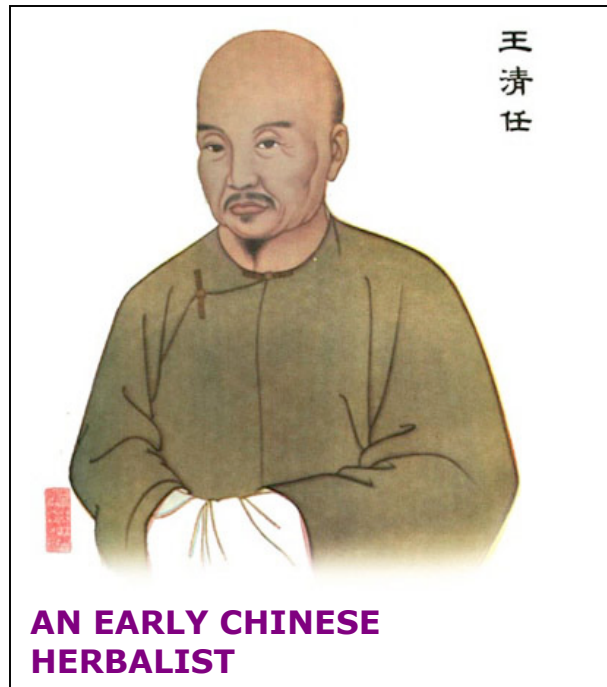
The pills you find in your medicine chest 10 years from now may be growing in a pond just outside of Ulan Bator right now. That’s how quickly attitudes toward herbals and botanicals have changed, in just the past 30 years.

You can purchase ginseng at the local supermarket. Flaxseed oil at the big box store. Or garlic tablets at the pharmacy on Main Street. Why?

Because herbal cures have become Main Street cures. Medical professionals recommend them, pharmaceutical companies are researching them and more and more people are buying them and adding these supplements to their every day diets.

No, herbal cures are NOT New Age voodoo. It's old school medicine that's been providing relief to millions of people for thousands of years.

And your next.



The Many Benefits of Herbal Cures

Herbal medicines have become standard in many Western homes as complimentary or alternative therapies for everything from arthritis to migraines, from cancer to a cold.

A Dose of Common Sense

Please re-read the previous paragraph – the part that says that herbals are complementary or alternative therapies.

Before adding any herbal supplements to your diet, talk to your family doctor to ensure that the new medications you're adding don't interfere with your current medications.

Herbal supplements are intended to complement traditional medical treatment. In some cases, herbal medicines replace traditional medicines, but only on a recommendation from your doctor.

If you have any doubts whatsoever about the safety of a botanical or herbal supplement, seek guidance from your family physician to ensure the best results and safety, and improved health throughout treatment.

Also, when visiting your family physician, provide a list of the herbals that you take – how often you take them, in what dosage and the length of time you've been taking each herbal supplement. This way, your medical professional can make recommendations to increase or lower dosages and prescribe traditional medicines that work in conjunction with your herbal supplements to deliver the best outcomes.

It's just plain old common sense.

The renewed interest in herbal cures didn't simply happen by chance. The fact is, the spread of information via the world wide web, 24-hour-a-day news networks, books, newspaper articles and other information on the use of herbals has generated new interest on the part of the Western medical community from holistic practitioners to global pharma conglomerates.



HERBALS FROM EASTERN MEDICAL PRACTITIONERS

However slowly, most assuredly the Western world is discovering the numerous benefits of natural remedies to address disease, pain and even stress.

For example, a nice cup of chamomile tea will often cure a headache - even one that's been bothering you all day. Indeed, you may discover rather quickly that a cup of chamomile tea actually works better at relieving headache pain for a simple reason.

The active ingredient in chamomile (a common garden plant) is a calmative. It has a soothing effect on both the body and the mind. Herbalists have recommended chamomile to treat insomnia, as well – because it contains ingredients that slow down the activity of the body and the mind, just a bit.

Enough to get a good eight hours of sleep.

In fact, herbalists offer an array of treatment options that actually compliment the traditional medications or therapies that have been prescribed by your doctor.

Again, botanical and herbal (herbal is a sub-class of botanical remedies) complement traditional medicines and treatments and, when taken under the care of a family physician or a licensed holistic medical practitioner – professionals who employ herbal cures along with traditional therapies – your body is better able to cure itself.

The herbal supplements you take work in conjunction with traditional therapies to deliver the highest, most beneficial outcomes from treatment.

Discuss herbals and botanicals with your medical professional. You'll be surprised at how open the medical profession has become to the use of herbal supplements.

Why? Because they've been shown to provide relief in many of their tradition-bound patients.

FREE RADICALS AND ANTI-OXIDENTS: THE BATTLE OF A LIFETIME

Here's a quick herbal health story for those who suffer joint pain from arthritis or injury.

Disease, like arthritis, and injury like a broken bone, cause the body to create corrosive molecules called free radicals. Free radicals are a natural substance produced by the human body and have been associated with everything from hearing loss to premature aging.

Anti-oxidants combat free radicals, minimizing their negative effects on the body, both short term and over the course of a lifetime. By taking a botanical rich in anti-oxidants you help your body defend against the damages wrought by the production of free radicals.

If you experience minor joint pain or have experienced a recent injury to a knee, elbow or other joint, consider taking a cranberry supplement daily to ease joint pain and allow you to do more. You'll also heal from injury faster as the anti-oxidants contained naturally in the cranberry fight off naturally-produced free radicals at sources of pain caused by disease or injury.

The Benefits Of Botanical Remedies



WESTERN MEDICINE RELIES ON PHARMACEUTICALS RATHER THAN THE BODY'S NATURAL IMMUNE SYSTEM

Vitamin C does, indeed, help the body fight colds and flu germs so have a glass of juice at breakfast and do your body and yourself a favor.

Prevent a cold.

Remedies derived from natural plant sources – botanicals and herbs – contain substances called **phytonutrients**. **Phytonutrients** are chemical compounds found in certain foods associated with long-term good health.

So, how can nature help you? What conditions have been shown to improve through the use of natural, organic botanicals?

Serious, life-threatening diseases are currently being treated with a drug derived from a natural ingredient in certain conifers – pine trees. But even non-threatening conditions – physical discomfort or just a case of the blues benefit from the ingredients found in plants.

Phytonutrients

Herbals contain ingredients that benefit the health of the body. Some are pain relievers. Others help fend off disease.

Studies show that

One example of a phytonutrient (sometimes called phytochemicals) is beta-carotene found in red, orange and yellow vegetables like carrots, beets, squash and red and yellow peppers.

Beta carotene is associated with night vision (the ability to see in the dark), blood coagulation and healthy cell development at the microscopic level.

Phytonutrients occur naturally – a gift from the Earth wrapped in the foods we eat. The problem is, we don't eat enough of these healthy foods. When was the last time you eat a raw carrot? When was the last time you had a steaming plate of boiled beets?

Because the quality of the foods we eat has gone down – more fast foods, unhealthy foods, empty calories and higher amounts of salt – many Americans experience mild cases of malnutrition – even obese individuals can be malnourished. These people consume too many high-fat foods that lack beneficial nutrients like vitamins, minerals, carbohydrates and protein.



**A BEAUTIFUL
EASTERN PHARMACY**

So, to make up for the lack of phytonutrients, we often turn to nutritional supplements to deliver the beneficial vitamins and other quality ingredients found in fruits and vegetables, whole grains, low-fat dairy products and lean red meat or fresh fish.

Herbal remedies deliver high doses of phytonutrients, supplementing the nutrients found in the foods we eat. Indeed, a multi-vitamin a day may keep the doctor away – at least for a while.

However, long-term good health takes place on an everyday basis. If you want to be physically healthy, emotionally happy or content and maintain your reasoning and thinking abilities, you must consume quality foods or supplement your diet with multi-vitamins and other organic compounds found in supplements that target a specific ailment or condition.

For example, women between the ages of 12 and 50 experience menstruation every 28 days, month in and month out. In some cases,

these women experience painful, even debilitating symptoms throughout the month – mood swings, fatigue, loss of bone mass, muscle aches, joint pain and more than 1,000 other unpleasant and unhealthy ailments.

Phytonutrients found in botanicals like black cohosh, white willow bark and red raspberry have been shown to ease and eliminate menstrual pain for thousands of women. The key is to take these supplements every day throughout the menstrual cycle to lessen the symptoms of PMS that are often treated (masked) with over-the-counter (OTC) drugs that do nothing to strengthen the body to better withstand the effects of monthly menstruation for 30 or 40 years.

If you take a multi-vitamin, read the ingredients label carefully to ensure that your morning tablet contains, not just vitamins and minerals (measured in MDAs – minimum daily amounts), but also contains quality sources of phytonutrients to boost your body's ability to withstand daily activity and common accidents.

For example, do you consume enough iron in your daily diet? Red meat is an excellent source of iron, but we've also been told to cut back on our consumption of red meat because it's also high in animal fat. Even lean cuts contain animal fat that is difficult to digest and can lead to weight gain, constipation, heart disease, stroke and other diseases and conditions that range from minor annoyances to premature death.

We all know someone who had a heart attack at 45-years of age. Or, we all have a friend who died of cancer or had a stroke at an early age. Doctors are seeing more cases of dementia in younger patients. Why?

Because we don't eat enough of the right foods and we don't eat them every day. That makes this a serious problem, much worse than a simple annoyance.

Phytonutrients are available at any health food store and today, these supplements are also found lining the shelves of the supermarket. Everything from flaxseed oil and fish oil to calcium and iron supplements are available to improve your health.

Are you getting enough phytonutrients in your diet? Even if you eat a well-balanced diet? Probably not. The fact is, the foods we eat today have less nutrition than the foods our grandparents and great-

grandparents ate. Today, strains of vegetables are developed more for their store shelf life than nutritional benefit.

Want proof? Buy a tomato at the super market. Then, buy a tomato grown locally at a farmers' market. Cut both in half and examine the inside of each sample.

The tomato bought in the supermarket may have a nice, red color. That's because the food industry gasses tomatoes to turn them red. Most are picked green, while they're hard, then gassed to turn the green tomato red.

The inside of the store-bought tomato has less flesh. In fact, it may be almost hollow! But there won't be a bruise on it. Growers and manufacturers have developed strains of vegetables that are pleasing to the eye but have less nutritional value than their country cousins.

Next, examine the tomato that was grown locally and purchased at a farmers' market. When you cut into this tomato, it immediately releases a mouth-watering scent. Hey, this thing smells like a tomato.

Inside, the flesh will be dense and juicy – the way a tomato should look. Oh, the outside may have a blemish or two, but that tomato, bought at the local farmers' market or health food store, contains more phytonutrients than six of the supermarket variety tomatoes.

Even though you know the importance of a healthy, well-balanced diet, and even if you try to stay away from foods that are unhealthy, today you may not be getting enough phytonutrients for optimum good health.

And, if you aren't getting enough of these essential compounds, your body is less able to handle the stresses of modern life. A lack of phytonutrients has been associated with menstrual pain, vision impairment, hearing loss and a host of other conditions that lower life's quality.

When shopping for nutritional supplements, look for products high in phytonutrients to help your body fend off disease and even slow the aging process.

It's true. A healthy diet, rich in phytonutrients in supplement form, can improve the quality of life today and for decades to come. The key?

Find phytonutrients that target specific ailments that you or family members experience. For example, black cohosh – a popular botanical – has been shown to lower anxiety levels. Saw palmetto has been shown to shrink prostate glands in men. And physicians know that red raspberry slows blood flow, easing the cramping that many women experience 7-14 days before getting their periods.

Fewer Side Affects

Before you take that pill for a headache, or before you chew that tablet to address your daily heartburn, read the product label for side effects, called indications within the medical community.

For example, a simple aspirin taken to relieve a headache can cause bleeding in the stomach, especially when taken without food. In fact, it's always a good idea to eat a bit of food whenever you use OTC remedies since many of these "feel-good" pills, caplets, tablets and other forms of medication come with a host a side effects – none of them good.

One example is a popular OTC medication that's taken daily to prevent gastro-intestinal reflux disorder, or GIRD for short. Indeed, this popular pill does prevent acid reflux – stomach acid moving into the long tube that delivers food from the mouth to the stomach.

However, when this drug is taken over a long period of time, it can cause anemia – a shortage of red blood cells. The symptoms of anemia include chronic fatigue, dizziness, low blood pressure, depression and an inability to fight off common infections. People with anemia also heal more slowly from cuts and bruises that are simply a part of life, albeit an unpleasant part of life.

In effect, by taking this medicine, you may address one condition, GIRD, while creating a number of other conditions that actually harm the body. In other words, the cure is worse than the disease.

Another example? Anti-biotics are now made stronger and for good reason. The germs they fight are getting stronger.

Natural herbal supplements have many fewer negative side effects, and the side effects are not as severe. In fact, if you happen to be taking a medication to treat a natural fungus that grows under toenails, producing brownish toenails, read the list of indications on the bottle's label.

One possible side effect is DEATH! That's right. To "cure" brown toenails, some people are risking their lives to cure a problem that's not even a real problem. It's a problem that was "created" by marketers of pharma products who create consumer need (Ugh, brown toenails) and then sell a product that is actually life-threatening to eliminate the condition.

Are you willing to risk your life to have attractive toenails? If you are, seek medical attention immediately. You are definitely "insane in the membrane."

Natural herbs and botanicals have fewer side effects and less severe side effects, ensuring fewer negative outcomes from using these centuries-old remedies.

Strengthening the Body's Immune System



How much do YOU know about botanicals and PMS?

Perhaps the most important benefit of herbal cures is that they work in conjunction with the body's natural defenses.

The human body has many defenses against disease and illness. For example, human skin prevents germs from entering the body. White blood cells fight off infections, even at the microscopic, cellular level. Antigens, produced naturally by the body, provide immunity from diseases that you've already

experienced. In fact, when you get a cold, chances are it's caused by a strain of germ that your body has never seen before.

However, the body's immune system creates antigens that attack that particular cold germ and those antigens remain in the body so the next time those same cold germs enter the body, the body's natural immune system is prepared to fend off another cold caused by the same germ.

That explains why children are more susceptible to colds, flu and other illnesses. Their little bodies haven't developed antigens for all the different disease-causing germs floating through the air. But each time they get a cold, antigens to fight that strain of germ are produced by the body and become a part of the body's immune system forever.



**Lead a happier, healthier life.
You have PMS.**

PMS does NOT have

shot each year. When flu season rolls around each fall and winter, it's a slightly different variety of flu from the year before, so new vaccines need to be developed to fight this new strain of flu virus.

So, let's use a simple example to explain how disease is treated in traditional, Western medicine and why this "modern" approach to medical treatment falls short in a couple of ways.

Let's say you develop a 'boil' – a painful skin eruption caused by staphylococcus, or staph for short. So you visit your doctor who prescribes an antibiotic to fight this painful skin infection. You might take the antibiotic for a week or two to clear up the infection and, sure enough, the painful skin eruption shrinks and eventually disappears.

You're cured. No more boil. But here's the important part: the staph germs that caused the boil were killed by the antibiotic prescribed by your physician, NOT by your body's natural immune system. As a result, your immune system isn't any stronger. The pills you took killed the germs, not your body's natural defenses.

That means that every cold you've ever had was caused by a strain of germ that your body had never encountered. Each cold you get is caused by a new germ, and no two colds are identical. (This explains why medical science has yet to find a cure for the common cold. Germs keep mutating and spreading through the population.)

This is also why it's necessary to get a flu

Another problem with these manufactured, prescribed medicines? Well, in the case of the staph infection that caused a boil to appear, the antibiotics prescribed by your physician killed most of the staph germs.

However, the strongest staph germs survived. As time goes by, these super germs multiply, creating an even stronger strain of staph germ. And, when you nick your finger preparing supper, that stronger strain of staph germ enters the body, creating a painful skin eruption, only this time, when you visit the family doctor, the same medication prescribed for that last boil doesn't work on this latest skin eruption.

The medications that are produced by pharmaceuticals aren't designed to work in conjunction with the body's natural immune system. Instead, these modern medicines go right to the source of the disease, killing most of the germs, but leaving behind the strongest germs. Survival of the fittest, as Charles Darwin explains.

That's one reason that the pharma industry is working overtime to find stronger drugs to fight stronger germs, while, in the meantime, our bodies' natural immune systems become weaker.

Herbals assist the body's natural disease fighters, working in conjunction with the body's natural defenses. And because the body's immune system is put to work fighting off disease, aches and pains, it becomes stronger and better prepared to fight future diseases – even if those germs have never been seen by the immune system.

We've all heard that vitamin C helps the body's immune system fight off colds. The immune system does the hard work, making you stronger and better prepared for the next cold. In fact, you become better able to withstand disease, aches and pains and a host of ailments and conditions.

PMS and Botanicals

Pre-menstrual syndrome is the perfect example of a condition that can be treated with botanical remedies that aid the body's immune system in fighting the most common PMS symptoms.

Every 28 days, the female body goes through a cycle triggered by hormones produced by the body – estrogen, testosterone, progesterone, FSH and other hormones released by the body at different times during that 28 day menstrual cycle.



**Do it for yourself.
Do it for your loved
ones.**

YOU CAN CONTROL PMS.

Now, if you rush to the pharmacy and buy an OTC medicine to address the discomfort many women experience through the menstrual cycle, the “medicine” not only masks the symptoms (no cramping, for example), it also takes over for the body’s natural resistance – the immune system.

So, indeed, you may have solved the aches and pains of PMS by taking that OTC fix, but you haven’t made your body stronger or better prepared to handle PMS symptoms 28 days hence.

Herbal medicines work with the body’s natural defense. Botanicals work in conjunction with the immune system, boosting its power to prevent the symptoms of PMS. This increases the resistance and power of your natural defenses.

As such, the longer you take an organic supplement to support the body’s immune system, the stronger your immune system becomes because it’s doing the work each month, not some OTC medicine.

No doubt, the increasing strength of the immune system each month is one of the reasons more and more women are turning to natural remedies to address symptoms of PMS.

Black Cohash is a popular botanical. It can be grown in most gardens or simply purchased in tablet form. The naturally occurring phytonutrients contained in black cohosh **are shown to have a soothing effect on both body and mind.** And, when working in conjunction with the nutrients consumed in a healthy diet, your body becomes stronger and better able to withstand the rigors of menstruation each month – for decades!



**PERIOD VITAMIN
LIVE LIFE BETTER
ONE DAY AT A TIME**

By taking black cohosh everyday throughout the 28-day menstrual cycle, you'll notice fewer mood swings, less severe mood swings and less depression and lethargy – common symptoms associated with PMS.

Red Raspberry has long been known to slow blood flow. When taken daily by women who menstruate, this herbal lessens painful cramping while supporting the body's ability to "cure" itself via the body's immune system.

And the longer you take red raspberry and other botanicals, the stronger your immune system becomes. If you've relied on traditional Western medicines and the OTC tablets designed to eliminate the symptoms of menopause, it will take several months to build up your

body's ability to withstand that natural, routine process that the female body experiences every 28 days – menstruation.

Cramps will be less frequent and less severe each month because your body is managing the problem, not some manufactured medicine that has more side effects than benefits.

White willow bark has been used by Native Americans for centuries to cure headaches and other inflammatory aches and pains like arthritis.

The active ingredient in white willow bark is the same ingredient found in aspirin, only simplified, organic and more potent in the long term. So, the next time you experience joint aches or muscle pain, don't reach for the aspirin bottle.

Strengthen your immune system by using a botanical remedy to alleviate painful symptoms of menstruation.

Evening Primrose contains an essential fatty acid called gamma-linolenic acid, or GLA for short. GLA is an anti-inflammatory that's converted to prostaglandins in the body. This compound is a strong anti-inflammatory, easing many PMS symptoms.

Now, when taken in combination, these four botanicals address the symptoms of PMS immediately, providing pain relief. Even more importantly, the longer you take this combination of herbal medicines, the stronger your immune system becomes.

Your body is better able to withstand the changes taking place "in there" as each month goes by.

What If You Don't Have Painful Symptoms of PMS?

First, you're lucky. 90% of women report that they experience some discomfort during the menstrual cycle, most frequently 7-14 days before the onset of their periods.

However, some women might experience a minor ache or twinge and others have no negative symptoms at any point during their menstrual cycles. But that does NOT mean that menstruation doesn't take a toll on the bodies of these lucky women who DON'T experience painful PMS symptoms.

Osteoporosis, for example, the loss of bone mass and the weakening of bones, commonly occurs in women as they age. Many physicians associate osteoporosis to the excessive amounts of estrogen, progesterone and other hormones that flow through the female body for 30 or 40 years.

Loss of skin tone, moodiness and depression, muscle and joint pain may simply become a way of life if you don't take steps today to prevent these negative effects of PMS.

So, even if you experience no pain throughout your menstrual cycle, over the years the stresses on the body may well lead to a number of serious conditions – everything from pre-mature aging, fragility of bone, arthritis, long-term depression and other symptoms of aging.

Thankfully, There Is Help

Thankfully, we know much more about botanicals and herbals than ever before. We know their active ingredients and, in some cases, these ingredients have been synthesized and refined in pharmaceutical labs, providing treatment for everything from cancer to a cut finger.

There are several keys to success in using botanicals to address PMS and other common ailments:

The herbals must be taken daily. It's the cumulative effect that produces a stronger immune system capable of fending off disease and the aches associated with PMS.



EVEN IF YOU DON'T HAVE SYMPTOMS OF PMS, MENSTRUATION TAKES A TOLL ON ANY WOMAN'S LONG-TERM HEALTH

The power of herbals increases the longer you take them. Take an herbal cure for a month and you may see some positive results. Maybe not. Take an herbal everyday for several years and, chances are, you'll notice a big difference in the way you feel, and a big difference in your overall health.

Choose herbals that work in conjunction with traditional medicines. Talk

to both your family physician and a professional herbalist before adding any botanicals to your medical regimen.

Eat healthier. Again, quality foods contain nutrients that also support the body's immune system, enabling it to fend off disease and the pains caused by PMS. A healthy diet, coupled with a quality herbal supplement, will provide greater protection faster when taken in conjunction.

Exercise. Sure, you've heard it a million times. Go for a walk. Take a hike. Visit the gym. Well, there are plenty of facts to back up the importance of exercise to good health. Again, exercise, in conjunction

with botanicals, will better prepare your body to manage the pain of PMS.

Buy quality. The U.S. Food and Drug Administration (FDA) oversees the pharmaceutical industry, which is highly regulated. Before a new drug can come to market, it must be put through a three-stage process of testing and analysis. Not so with herbals. So, buy your herbals from a company with a reputation for quality and integrity to ensure that you're getting the highest quality, most-potent herbals.

Western medicine has much to learn from the cures used for centuries in Asia, Europe and even in the U.S. by Native Americans. Fortunately, attitudes about herbal medicines have changed drastically in the past few decades.

In fact, many traditional medical practitioners have added herbal cures to their roster of prescriptions. "Take two willow bark tabs and call me in the morning."

If your PMS symptoms are painful, if they keep you from functioning at peak levels, if they affect your work, your relationships, your family or your spouse, only you can take that all-important first step toward a lifetime of less painful periods and long-term good health.

Please drop us a line or simply **place your first order for Period Vitamin** and feel the results today, tomorrow and for a lifetime of good health.

We look forward to serving you.

Your friends at Period Vitamin.