

Chinese herbal formulas have helped millions of women through the centuries; try our formulas for relief from PMS.



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All statements are based on the records approved by The Chinese Administrative Bureau of Traditional Chinese Medicine. The Food and Drug Administration of the United States have not evaluated this statement. Our products are not intended to diagnose, treat, cure or prevent any diseases.

HERBAL COMFORT PROGRAM SINCE 1992



Mark Hammer, C.M.H., is a master herbalist (Asian Medicine) trained at the Scientific American Hanyak Institute. Secret formulas were handed down from one

master to another (20+ generations), eventually to rest with Mr. Hammer's mentor, George Chun.

Before passing on, Dr. Chun requested that he reveal his most treasured formulas. Mr. Hammer began his studies and practice in 1992 and is actively engaged to share on his promise.

Currently, Mr. Hammer, looks forward to sharing the medical secrets of Traditional Asian Medicine with the U.S., benefiting both men and women. In particular, he is researching & formulating master herbal formulas that benefit the primary ailments that plague mankind.

PMS

PREMENSTRUAL SYNDROME

What is the connection between PMS and your blood?




LONGEVITY MOUNTAIN
Your Proven Path To Natural Health

RECOGNIZING PMS

For many women, the time before menstruation may be filled with intense physical and emotional discomfort initiated by chemical-hormonal changes in the body. While the Premenstrual Syndrome (PMS) symptoms can be dreadfully disturbing, they can be balanced and corrected.

PMS Imbalances fall into three categories: **Mild Menstrual symptoms** - symptoms do not interfere with daily activities.

Moderate Premenstrual symptoms – symptoms obviously disrupt daily function.

Severe Premenstrual Imbalance - extreme symptoms which interrupt many activities of daily living (ADL).

Typical Physical Symptoms:

- Abdominal cramps
- Acne flair-ups
- Bloating, constipation, or diarrhea
- Breast tenderness
- Decreased coordination
- Food cravings
- Headache or backache
- Muscle spasms
- Nausea
- Painful Menstruation
- Recurrent cold sores
- Swelling: ankles, feet & hands
- Weight gain

Typical Emotional Symptoms:

- Anxiety, panic, paranoia or increased fears
- Change or loss of sex drive
- Confusion or forgetfulness
- Decreased self-image
- Depression
- Fatigue, lethargy
- Increased guilt
- Irritability, hostility, or aggressiveness
- Lower tolerance for noise and light
- Poor judgment

PMS FACTS

- Scientific research has not determined the specific cause of PMS. Nevertheless, PMS is considered to be linked to both hormonal and neuro-psychological factors. The common element between the factors is the blood and its quality.
- PMS is most prevalent among women in their late 20s to early 40s, with at least one child, or with a past history of either postpartum depression or an emotional disorder.
- PMS is estimated to affect 75% of the women during their childrearing years.
- It is determined 5 – 7% of women suffer from the most severe form of PMS.
- As many as 50 – 60% of women with severe PMS also suffer from a mood disorder, such as depression, anxiety, compulsive behaviors, insomnia, and migraines.
- PMS can affect women with normal monthly cycles.
- PMS can occur in women with normal estrogen and progesterone levels.

The Underlying Cause:

From a Traditional Chinese Medicine perspective, PMS is considered a deficiency condition of the blood. When the blood quality is weak then all of the organs are not able to perform their job. In particular, your glands are not able to send their messages through hormones in harmony with the rest of the body. In addition, the liver does not filter the blood while the spleen is not optimally moving the blood. When the blood is filtered and transport is in balance with the whole human body then the hormones are

communicating, effectively. It is not a matter that your hormones are deficient but rather the hormones are obstructed thus causing the body to be out of sync. Longevity Mountain provide formulas that answer this condition, quickly.

FEMININE COMFORT & RELIEF FROM NATURE

Herb Formulas, that really work - more relief, comfort...& *PEACE OF MIND!*

FEMALE SOOTHE

Female Comfort balances production of estrogen & progesterone:



- Warms cold hands & feet
- Hyper state: anxiety, mania, insomnia, irritability
- Stress, mild to med. depression
- Balances: stomach, spleen, water retention, blood, immunity, nourishes heart & liver energy

PERI-MENOPAUSE COMFORT

Peri-menopause Comfort balances production of estrogen & progesterone and anchors hormonal stability in the transition from the child rearing years to midlife.



- Eliminates irritability due excess body heat
- Increases depleted energy
- Warms cold/cool hands & feet
- Reduces anxiety, mania, insomnia and tension
- Stress, mild-med. depression
- Balances: stomach, spleen, water retention, blood, immunity, nourishes heart & liver energy

PMS Test

If you think you may be suffering from PMS, please complete the self-screening survey and show the results to your master herbalist.

First, note all the indicators from both the A-List and the B-List that you experience during the 1-2 weeks before your menstrual period begins.

A - List Indicators

- I feel much more depressed, down, tearful, sad, or hopeless.
- I feel anxious, tense, nervous, "keyed up", or "on edge".
- I feel hypersensitive to rejection, or emotionally unstable and unpredictable.
- I feel much more irritable, or I get angry easily.

B - List Indicators

- I am much less interested than usual in my hobbies and daily activities.
- I find it much harder to concentrate.
- I tend to crave carbohydrates, feel hungry all the time, or eat more than usual.
- I find myself oversleeping, taking naps, or not sleeping well at night.
- I feel very overwhelmed or out of control.
- I am bothered by any of the following physical symptoms:

- Breast tenderness or swelling
- Increased headaches
- Joint & muscle pain
- Bloating or water retention
- Weight gain

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Second: Answer the following questions:

Does the number of A – List symptoms plus the number of B – List Symptoms you noted add up to 5 or more.

Yes No

Is at least one of the symptoms you noted on the A List?

Yes No

Do most of the symptoms you noted disappear by the end of your period?

Yes No

When you are having these symptoms , do they interfere or cause problems in your day to day activities or relationships.

Yes No

If you answered “yes” to all four of the above questions, you may have Premenstrual Dysphoric Disorder, the most severe form of PMS

If you are bothered by some of the above symptoms, you may have a less severe form of PMS

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