

Chinese herbal formulas have helped millions of women through the centuries; try our formulas for your health.

HERBAL COMFORT PROGRAM SINCE 1992

Mark Hammer, C.M.H., is a master herbalist-Chinese Medicine, trained at the Scientific American Hanyak Institute. He began his studies & practice in 1992. He apprenticed under Dr. George Chun, who practiced for 30+ years before handing his secrets to Mark.

His chief objective is to share the medical secrets of Traditional Asian Medicine with the U.S. In particular, he is researching & formulating master herbal formulas that benefit the primary conditions that plague mankind.


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WOMEN'S HEALTH

Master Formulas



LONGEVITY MOUNTAIN

Proven Path to Natural Health

REAL HEALING POWER FROM NATURE

Herb Master Formulas, that really work, meeting the needs of women...

FEMALE COMFORT

Female Comfort balances production of estrogen & progesterone:



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

MENOPAUSE COMFORT

While stabilizing hormonal imbalance, Menopause Comfort cools the liver while nourishing the spleen. The result is improved blood and symptoms related:

- Menopause, drying, stress, fatigue, pre-menopause
- Cools hot flash, brings stable sleep in place of insomnia.
- Beyond burnout, exhausted, mental exhaustion-depression

OSTEO SUPPORT

Osteo Support nourishes the blood when it is deficient and blocked which results in swollen and painful knee joints with wasting of the leg muscles. Benefits:

- Chronic bone & joint pain
- Lower back & leg pain

- Fortifies the muscles, sinews, bones & blood vessels

BREAST SUPPORT

Breast Support restores mammary-lymphatic systems health from conditions at onset:



- breast hyperplasia
- lumps, growths-benign/cancerous
- acute, cystic, and suppurative mastitis, fibrocystic mass of breast
- inflammation and breast cellulitis

Breast Support improves the immune system and reduces the potential of lumps occurring. Breast Health has no known side effects.

Main Actions: The formula works synergistically to supplement the natural self-cleaning capability of the female mammary & lymphatic systems. The cleansing actions eliminate or slow down the accumulation of the abnormalities, so that the mammary gland ducts and adjacent lymphatic ducts and nodes will stay clean, or return to their original healthy state, thus the symptoms disappear.

HEART COMFORT

Heart Comfort provides direct nutrition supporting the heart, spleen and the body's energy. This results in an improvement in the body's ability to detoxify itself which relieves:

- Chest Pain
- High cholesterol
- High blood pressure
- Irregular heart beat



MATERNAL COMFORT

For pregnant women and post-delivery mothers, there are not many options for nourishing the body and child, safely. Maternal Comfort is the only researched formula that benefits mother and child. The formula improves the mother's energy while optimizing and stabilizing the baby's environment in less than a week. Studies found no adverse reactions for both mother & child.



FERTILITY PROGRAM

You want to be a mother... it's as simple as that. You've made up your mind but your body's condition may be preventing the conception of your beautiful new child. So many times, small hormonal imbalances and nutritional deficiencies can hinder your dreams. We understand. That's why we developed our Fertility Program to meet the individualized needs of each, hopeful mother. There is not a single formula that works for all women. That is why we have developed a series of formulas. Longevity Mountain formulas aid in the restoration and balancing of hormonal functions, nutritional deficiencies and physical problems in a woman's body.



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