

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

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.



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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.

MENOPAUSE

What is the connection between Menopause & the quality of your blood?




LONGEVITY FORMULAS
Your Proven Path to Natural Health

RECOGNIZING MENOPAUSE

During a woman's lifetime, she will undergo physiological changes that are characterized by an altering and re-adjustment of the hormones related with reproduction. In the course of menopause, a woman's ovaries progressively make less of the hormones estrogen, progesterone, and later testosterone. Menopause is the transition that signals the end of menstruation, and with it, reproduction.

A woman has reached menopause when she has not had a period for 12 months in a row. The average age of menopause for a woman in the USA is 51, but menopause can occur earlier or later. Menopause may be premature (occurring prior to age 40) or artificial due to such circumstances as radiation exposure, chemotherapeutic drugs, or surgery. Early onset of menopause may also be initiated due to smoking, poor nutrition or a co-existing medical condition.

Menopause symptoms may include:

- hot flashes
- irregular periods
- vaginal & urinary changes
- sleep disturbances
- feeling overwhelmed
- weight gain
- loss of desire
- craving: sweet carbs, alcohol
- minor to major depression
- hair loss
- ear ringing
- headaches
- bloating, nausea
- worsening allergies
- bone density loss
- changes in breath & body odor
- decreased fertility
- night sweats
- changes in appearance
- fatigue
- vaginal dryness
- moods swings & irritability
- constipation/diarrhea
- anxiety/palpitations
- memory problems & fuzzy thinking
- fibroids
- aching joints
- changes in menstruation
- changes in sexual desire or function
- mood swings
- hair loss/thinning
- Skin changes

FACTS ABOUT MENOPAUSE

Menopause is only one of several stages in a woman's mid age reproductive life. There are actually three main stages, known as:

- **Perimenopause**— refers to a transitional stage of two to ten years before a woman stops experiencing her menstrual period. It is characterized by hormone fluctuations in which women can experience typical menopause symptoms such as hot flashes.
- **Menopause**— refers to time in which the ovaries produce less estrogen and progesterone and stop producing eggs. At this time a woman can no longer become pregnant naturally.
- **Postmenopause**— refers to the time after menopause has occurred. Generally, this stage begins when 12 full months have passed since the last menstrual period. This stage usually continues for the rest of the woman's life.

The Underlying Cause:

Traditional Chinese Medicine perspective: Menopause is considered a deficiency condition of the liver and qi (life force). When the blood and energy quality is weak and toxic then all of the organs are not able to perform their job. This condition causes the liver to overheat which rises through the body, wreaking havoc in its path. The heart, lungs, digestion, glands, throat, mouth & teeth, nose, eyes, ears, brain, skin and hair become heated and dried resulting in symptoms to the left. In addition, the liver does not filter the blood where it becomes sluggish and clotted. Longevity Mountain provides formulas that answer this syndrome, quickly (2 hours).

MENOPAUSE RELIEF . . . THE BEST FROM NATURE MENOPAUSE COMFORT

While stabilizing hormonal imbalance, Menopause Comfort cools the liver & nourishes the spleen.



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

PERI-MENOPAUSE COMFORT

Peri-menopause Comfort anchors hormonal stability in the transition from the child rearing years to midlife.



- Eliminates irritability
- Increases depleted energy
- Warms cold/cool hands & feet
- Reduces anxiety, mania, insomnia, tension
- Stress, mild-medium depression
- Balances: stomach, spleen nourishes heart & liver

PARAMALIN

Paramalin cools the body. In extreme cases of body heat, summer heat and severe menopause, Paramalin balances the body's temperature. Paramalin alleviates insomnia & stress.



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