

Crystal Star™

for the whole person™



EST-Aid™

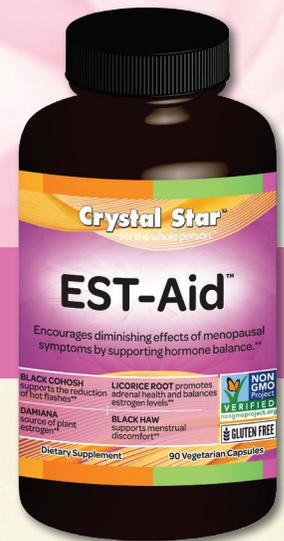
PRODUCT ID#	SIZE
102150	90 Capsules
102145	150 Capsules

BLACK COHOSH
supports the reduction
of hot flashes**

DAMIANA
source of plant
estrogen**

LICORICE ROOT
promotes adrenal
health and helps balance
estrogen levels**

BLACK HAW
supports menstrual
discomfort**



Are you in “hot flash hell”?

I have heard of menopausal women stripping down in bathroom stalls at work, taking cold showers before bed, or installing fans in every room in the house. “Cool down” techniques do help, but hot flashes and night sweats can persist if you don’t address the underlying hormone imbalance. As estrogen levels fluctuate, the brain believes your body is overheated, and compensates by dilating blood vessels in the head, arms and legs to help you cool down, causing those all too familiar hot flashes.

Do you have concerns about conventional hormone replacement therapy?

In an action that received broad media attention, U.S. government scientists halted a study on widely used hormone replacement drugs because of increased risk of invasive breast cancer, heart disease, stroke and pulmonary embolism (blood clots in the lungs). Actually, some of the newest HRT drugs, selective estrogen receptor modulators (SERMS), make hot flashes worse for many women.

Are you looking for a natural alternative that is both safe and effective?

Est-Aid™ promotes estrogen-progesterone body balancing herbal formula, using safe and gentle plant estrogens. Say goodbye to unpleasant side effects like increased appetite, fluid retention, heavy periods and cellulite deposits, and avoid the health risks inherent in synthetic hormone use.

What if I’m already taking hormone replacement drugs?

Est-Aid™ is helpful to women weaning themselves off HRT to a natural menopause. Est-Aid™ can help more than just hot flashes. You will enjoy diminishing effects of menopausal symptoms like moodiness, memory lapse, body thickening and excessive period bleeding, and with every new day your hormones will become more balanced!*

about the herbs

Black Cohosh (*Cimicifuga racemosa*): specific for help with hot flashes; helps normalize the brain’s temperature regulating system.**

Licorice Root (*Glycyrrhiza glabra*): helps enhances adrenal health and helps shore up estrogen production for hot flash support.**

Sarsaparilla (*Smilax medica*): gentle progesterone balancer helping menopause symptom relief. Clears excess heat and supports blood cleansing properties.**

Dong Quai (*Angelica sinensis*): a source of plant estrogen that competes for estrogen receptor sites in the body; antispasmodic to help ease menstrual cramping.**

Damiana (*Turnera diffusa*): a source of plant estrogen that competes for estrogen receptor sites in the body; aphrodisiac.**

Wild Yam Root (*Dioscorea villosa*): a source of diosgenin, a precursor to progesterone; helps reduce cramping.**

Royal Jelly: from bees; one of the richest sources of pantothenic acid; helps to combat stress, fatigue and insomnia; helps strengthen the reproductive system; effectively boosts libido.**

Peony (*Paeonia lactiflora*): helps nourishes the blood; helps regulate menstruation; antispasmodic and sedative.**

Ginger Root (*Zingiber officinalis*): a circulation enhancer; catalyst helper.**

Poria Cocos Mushroom: helps release menopausal bloat.**

Rehmannia (*Rehmannia glutinosa*): a yin and blood tonic specific help for anemia and menstrual irregularity.**

Green Tea leaf (*Camellia sinensis*): a metabolism booster that helps energize and reduces stress.**

Black Haw (*Viburnum prunifolium*): a uterine tonic for help with menstrual cramps; helps with palpitations and panic attacks.**

Blessed Thistle (*Chicus benedictus*): a liver tonic that helps improve estrogen metabolism; regulates menstruation.**

Ingredients: Damiana (Leaf), Licorice (Root), Sarsaparilla (Root), Motherwort (Herb), Dong Quai (Root), Cultivated False Unicorn, Wild Yam (Root), Green Tea (Leaves), Blessed Thistle (Herb), Squaw Vine (Herb), Black Cohosh (Root), Royal Jelly, Peony (Root), Grape Seed (Extract), Ginger (Root), Rehmannia (Root), Black Haw (Herb), Poria Cocos (Mushroom); Other ingredients: Certified Organic Brown Rice and Vegetarian Capsule (vegetable cellulose and water)**

Directions: Take 2 capsules, 3 times daily for 2 months. Then, 2 capsules morning and evening for 1-2 months.

** This document is not intended as a substitute for the medical recommendations of physicians or other healthcare providers. Rather, it is intended for educational and informational purposes only. Please see a qualified healthcare professional if you have questions regarding your health. The statements in this document have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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