

# Crystal Star™

for the whole person™



## Easy Change™

| PRODUCT ID# | SIZE        |
|-------------|-------------|
| 102100      | 90 Capsules |



**BLACK COHOSH**  
supports internal  
temperature regulation\*\*

**SKULLCAP**  
promotes relaxation  
helping reduce  
menopausal anxiety\*\*

**JIAOGULAN**  
calming stress support  
reducing irritability\*\*

**NETTLE LEAF**  
encourages higher  
energy levels\*\*

### Menopausal balance is the key

Today over 40 million women in the United States are going through “the change.” By the year 2015, experts predict almost half of all American women will be in menopause! Life transitions like menopause, are revered rites of passage in many cultures. Native American societies, for example, note a profound energetic and spiritual change in women after menopause. Menopause is a clearly a natural phenomenon, but there’s no question that after menopause, the female body changes - sometimes dramatically. The hormone and body balancing activity of whole herbs encourages a more comfortable menopause where you will look and feel your best.

### Do you have any of these menopause problems? If so, a gentle, whole herb formula like Crystal Star Easy Change™ may be right for you:

- Hot flashes, night sweats
- Mood changes, insomnia, irritability and fatigue
- Low libido / vaginal dryness
- Weight gain / body shape changes
- Facial hair growth, head hair loss

### How can Easy Change™ Enhance Your Health Program?

- In their whole form, hormone balancing plants like black cohosh, dong quai and wild yam have a safety record of centuries. They help to control hot flashes, tighten sagging tissue, moisturize dry tissue and normalize circulation.
  - Calming nervines like motherwort and skullcap help soothe mood swings, and can ease menopausal anxiety attacks.
  - Oatseed and damiana gently stimulate libido, increase overall energy and improve circulation.
- Menopausal balance results from program, not a pill. Women who make the commitment to a natural change invariably experience the best results for relieving menopausal symptoms. Gentle plant hormones help the body along, keeping the female system female, without health risks and harsh side effects. For long-term menopausal balance, choose a natural change with Crystal Star Easy Change™ caps.

## about the herbs

**Black Cohosh Rt.** (*Cimicifuga racemosa*): a temperature regulator for help with hot flashes.\*\*

**Siberian Eleuthero** (*Eleutherococcus senticosus*): an effective adaptogen for help with enhanced energy and reduced stress.\*\*

**Motherwort** (*Leonurus cardiaca*): helps calm and soothes racing heartbeat symptoms. A relaxing nervine for menopausal anxiety.\*\*

**Dong Quai Rt.** (*Angelica sinensis*): a source of phytoestrogens that help to balance hormones according to the body’s need.\*\*

**Jiaogulan** (*Gynostemma pentaphyllum*): helps calms and soothes menopausal irritability and mood swings.\*\*

**Skullcap** (*Scutellaria lateriflora*): a cooling, relaxing nervine for help with hot flashes and menopausal anxiety.\*\*

**Damiana** (*Turnera diffusa*): a well known herbal aphrodisiac and helpful energy booster for women.\*\*

**White Peony Rt.** (*Paeonia lactiflora*): considered in Traditional Chinese Medicine to be one of the greatest women’s tonics.\*\*

**Sarsaparilla** (*Smilax medica*): rich in steroidal saponins that help form the building blocks for hormone production.\*\*

**Oat Straw Seed (Extract)** (*Avena sativa*): a libido booster that can help enhance sexual pleasure. Eases stress that puts a damper on female sexuality.\*\*

**Licorice Rt.** (*Glycyrrhiza glabra*): helps support adrenal health, which plays an important role in shoring up estrogen production after menopause.\*\*

**Cramp Bark** (*Viburnum opulis*): helps calm nervous anxiety, and relaxes muscle spasms and cramping.\*\*

**Nettle Leaf** (*Urtica dioica*): a tonic for help with low energy and fatigue. Rich in minerals that support healthy bones.\*\*

**Rosemary** (*Rosmarinus officinalis*): a brain booster for help with memory lapses and menopausal “brain fog.”\*\*

**Wild Yam** (*Dioscorea villosa*): a good source of diosgenin, used in progesterone synthesis. Experts theorize diosgenin offers gentle progesterone balancing activity for women.\*\*

**Dandelion Leaf** (*Taraxacum officinale*): a gentle diuretic for help with fluid retention and bloating.\*\*

**Ingredients:** Black Cohosh (Root), Motherwort (Herb), Skullcap (Herb), Damiana (Leaf), Siberian Eleuthero (Root), Dong Quai (Root), Dandelion (Root), Jiaogulan (Leaf), White Peony (Root), Nettle (Leaf), Ginger (Root), Rosemary (Leaf), Wild Yam (Root), Sarsaparilla (Root), Oat Straw Seed (Extract), Rehmannia (Root), Bayberry (Bark), Licorice (Root), Cramp (Bark), Dandelion (Leaf), Poria Cocos (Mushroom); Other ingredients: Certified Organic Brown Rice and Vegetarian Capsule (vegetable cellulose and water)\*\*

**Directions:** Take 2 caps 1-2 times daily as needed.

\*\* 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.

Copyright © 2017 Healthy Healing™ Enterprises LLC. All rights reserved. ™ denotes trademarks owned by Healthy Healing™ Enterprises LLC

