



Manufactured by:

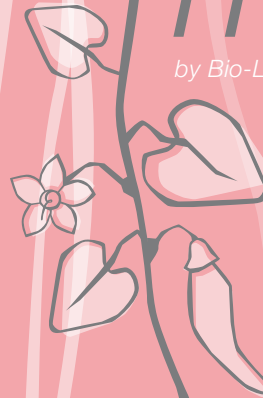
phyto-force herbal laboratories

www.phyto-force.co.za

*a natural progesterone cream
for menopause*

meno mise

by Bio-Logic Herbal



*Phyto-Force encourages
regular mammogram
screenings for women
of all ages.*

mother nature's answer to menopause

With the wisdom of experience, you can make the choices that are important to you. Embrace change, the way nature intended.

For centuries, the women of traditional cultures have used wild yam to ease the passage of change and rebalance the hormones. Wild Yam contains compounds similar to the human progesterone which helps with the symptoms of menopause such as hot flushes. Blended with Cayenne to aid circulation, this cream is safe for women in the peri-menopausal and menopausal stage without the risks that Hormone Replacement Therapy bring, especially for women who have been diagnosed with breast cancer.



Meno-Mise is made from the extract of mexican wild yam (discorea villosa), cayenne (capsicum) and grape seed oil, in a non-petroleum neutral base cream. Do not use whilst menstruating.

Apply half a teaspoon of Meno-Mise daily to any of the soft areas of the body such as the inner thighs inner arms, under the breasts, pulse points such as your neck or wrist. Rotate the place of application every 3 to 4 days. This soothing cream aids in easing the passage of change.

Recommendations:

- Eat a diet consisting of 50% raw foods and take a protein supplement.*
- Avoid heavy consumptions of alcohol, caffeine, sugar and spicy foods as they can trigger hot flushes, aggravate urinary incontinence and make mood swings worse. They also make blood more acidic which prompts the bones to release calcium to act as a buffering agent.*
- Get regular moderate exercise such as walking.*
- Avoid stress as much as possible.*
- Substitute salt with a vegetable salt. Consuming salt increases urinary excretion of calcium.*
- Drink plenty of water every day to help prevent drying of the skin and mucous membranes.*
- If sexual intercourse is painful, try using vitamin E oil or aloe vera gel to lubricate the vagina.*
- The herbs Chamomile or Passion Flower and Valerian root help to calm the body and promote restful sleep.*
- The herbs Hydrocotyle and Dong quai will also help to relieve hot flushes, vaginal dryness and depression.*