

“Menopause marks the beginning of the golden age for women...it need not be a time of suffering”

If you are suffering from menopausal conditions and are seeking a solution, here it is an important message for you. An easier and smoother menopausal transition means a quality period of time during this stage of your life. Take the first step with us - Evergreen Herb Team, on getting the solution!

Key words: Natural solution, Menopause, Mood swings, Hot flushes, Poor sleep.

Hello there, welcome to Evergreen Herb specialists team.

In our many years of clinical practice, we have seen a great variation in how different women experience menopause and how hard they try to seek a solution for their menopause conditions. It saddens us when these women share their experiences about the inconveniences and suffering menopause brings into their lives. Menopause should mark the beginning of the golden age for women. It should be a time of celebration, in reaching a wonderful, new stage in our lives. However, it can be a physical and emotional rollercoaster at times, for us and our closest family and friends. In working with these women, they have shared with me their fears and frustrations – which all seem to relate to one another:

- The hot flushes and night sweats can range from an inconvenience at times to downright unbearable! One minute you feel hot and sweaty, the next minute it goes away and you feel very cold. Putting on clothes, taking them off, feeling uncomfortable and sticky – the whole process is just a pain to deal with.
- Many women do not get a good night's sleep – often waking up during the night, freezing with sweat soaking their face and forehead, their covers kicked off. Once they recover, it just happens, again and again, every night. The whole ordeal makes them feel run-down and tired during the day.
- Mood swings can put a strain on relationships. Some women can feel easily irritable as a result from menopause - causing unnecessary conflict.
- Other women feel an overpowering sadness coming on for no apparent reason. It's scary and overwhelming as they do not feel in control.

HOW TO DEAL WITH MENOPAUSE ?



Together working with our clients, we have a deep understanding in the helplessness that they may feel, despite their differences in career, background, family and personality, most clients all wanted the same outcome:

- ✓ A restful good night's sleep.
- ✓ They want their life back, being free of hot flushes, sweaty nights and unpredictable mood swings.
- ✓ They want to be energetic without being tied down by poor sleep and day-time conditions.

However, the reality is that it is not easy to find a good solution, though there are so many remedies including a lot of herbal products out there to choose from. The problem is that their effects are often disappointing and far below expectations. It is sad that many women who suffer from menopause conditions have given up looking for a real solution.

Menopause conditions are changes of the whole body caused by an imbalance of hormones. A holistic strategy is usually required for a real solution. Evergreen Herb **Meno-ease** together with other related products have been designed following this principle with unique two formulas in the package to target both causes and conditions. Most of the clients we have worked with have had great benefit in fighting their menopausal conditions using our **Meno-ease**, especially with our suggested holistic strategy shown in the product leaflet.



Evergreen Herb Formulas Are Unique

The severity of menopausal conditions is not determined around the time of the menopause. It is due to decades of stress and mental overuse, particularly in the middle ages (right before menopause) when our bodies begin to slow down, we continue to push our bodies and minds to their physical and mental limits without adequate recovery. Over time, this leads to a poor outcome during menopause.

If you have noticed that your menopausal conditions are getting in the way of being all that you can be... then it's the time for you to make a personal commitment to take the first step towards the solution.

A note on well-being and holistic health care...

In our point of view, health is not simply an absence of illness. Our philosophy on health and of our practice is that health is a state of both mental and physical well-being.

Our modified herbal formulas aim to restore the internal imbalances of the body which result in illness and target both symptoms and root causes. This ensures holistic health care and results that actually last!