# Menopause

For many of us it is hard to imagine that the information structures of plants are very similar to those of the human organism. There are substances which provide information about day and night, spring and autumn. These substances are similar to our hormones and are therefore called phytohormones. Phytoestrogens play a predominant role as they are comparable to the sexual hormones produced by the human organism. Such plant messenger substances almost optimally compensate for the human body’s own decrease in production while curbing overproduction. One can say, this astounding process fine-tunes the body’s own hormone production.

Innovative preparations, which are based on the chronobiological concepts underlying the female body, regulate the female metabolism; they control for example hot flashes and mood swings during the day and foster a healthy sleep at night.