

**"Dr. Page predicted the HRT crisis years ago,  
and her program is way ahead of the curve." - Dr.  
Allan Spreen, M.D.**

From America's most highly acclaimed female  
naturopath...

## **THE *ULTIMATE* HRT ALTERNATIVE**

***Look and Feel Your Best***

*Go Through Menopause the Natural Way  
Without Hormone Replacement Therapy*

**Three times more effective than HRT**

- \* Cancer-preventives instead of increasing risk...
- \* Protects heart instead of attacking it...
- \* Doesn't just treat symptoms, rejuvenates your entire body!

**And ten times safer!**

- \* Totally natural...
- \* No "horse urine" hormones...
- \* Works *with* Mother Nature rather than against her...

## **Risk-Free Preview Exclusively for HSI Members!**

What are we women over 40 supposed to do?

*Grit our teeth and take cold showers?*

Ever since mainstream America woke up to the dangers of HRT, the mass media has been spouting not-so-helpful suggestions that basically boil down to "grin and bear it."

**But one forward-thinking doctor  
not only has THE ANSWER...**

She's already helped so many thousands of women, *PBS Television ran a special about her.*

Next to Mother Nature herself, no woman in all the world has won more acclaim for her natural healing skills than Dr. Linda Page...

And now, for the first time ever, she's putting all of her greatest breakthroughs into one comprehensive program. *The definitive blueprint for fabulous health after 40.* It's called...

**Look and Feel Your Best**  
*Go Through Menopause the Natural Way  
Without Hormone Replacement Therapy*

And because Dr. Page is a member of the HSI advisory panel, she has agreed to make it available on a **risk-free** basis -- exclusively to HSI Members!

No doctor understands women better than

DR. LINDA PAGE, N.D., PH.D.

*Linda Page's first act as a natural healer was to save her own life.* Hospitalized with a life - threatening illness, her 5undefinedfoot frame wasted away to 69 pounds. Her hair dropped out, her skin peeled off, and her doctors told her they had no cure. So she began her own intensive research, testing dozens of herbal formulas and hundreds of healing food combinations... *And she lived.*

Dr. Page's many breakthroughs not only saved her life, but they totally revitalized her health, even restoring her beautiful hair and skin. Now these discoveries are helping thousands of other women reclaim their youthful looks, energy and vitality. Today, she's been featured on her own PBS special... spotlighted on the major news networks... and her books on women's health have sold more than one million copies.

"After all the agony I've endured, I'M ECSTATIC!"

"...we should all demand that gynecologists be taught at least one class or at least one lecture on herbal medicine! Meanwhile, I am so very ecstatic about finding something that really works after all this agony I have endured. Thank you Dr. Page for having saved me from countless days of additional suffering!" - Christina Milton, Modesto, CA

### **Is there anything *good* about menopause?**

You bet there is!

Drug companies have made billions of dollars by demonizing menopause. But there's a reason for it. *Menopause is nature's way of protecting us from cancer.*

As Dr. Page has discovered, menopause *rebalances* our hormone production so that breast and uterine cancer are far less likely. You

do *not* want to defeat this process, but help it out. And as you'll see in ***Look and Feel Your Best*** - a few very subtle measures can make all the difference between just surviving menopause and emerging happier, healthier and more beautiful than ever. First you'll...

### Conquer the hidden cause of menopausal stress

*Sure your stress levels are rocketing.* And hormones are involved.

But don't just blame menopause. As you'll learn from Dr. Page, our modern environment is filled with "hormone disrupters" - estrogen mimicking chemicals that knock *your* estrogen out of whack.

These "environmental estrogens," are found in pesticides, plastics, paints, personal care products - they're everywhere. As we pass 40, they build up in our bodies and *that's* why you feel so stressed out. If the build-up continues, these "hormone disruptors" may even contribute to breast cancer.

But Dr. Page will show you how to nourish away this hormone imbalance. With nothing more dangerous than vegetables and whole grains!

"Less stress, thanks!"

"Your suggestions for stress and healthy healing have proven to be great in results and in letting us know that we are not alone with these feelings and problems!"

- Shelley Merryman, Austin, TX

### Next you'll restore your secret sources of energy...

Menopause is often blamed for making us feel like limp rags. But

the actual cause could lie in places you'd never even suspect.

- **Like your adrenal glands.** After years of stressful living, they get exhausted. They stop supplying you with hormones you need to fuel your energy furnace. But in ***Look and Feel Your Best***, Dr. Page reveals how to restore these critical glands with a regimen of vitamins, minerals, and amino acids.
- **Or your thyroid.** If you've been suffering hair loss, weight gain, or depression, the real cause could be *two feet north of your ovaries*! Yet a simple program of antioxidants could be all you need to fix this master gland.
- **Or even your liver.** Yes, your liver can often cause hormone imbalances elsewhere in your body. When it's operating properly, your liver disposes of excess hormones. But a lifetime of normal living can seriously slow it down. Dr. Page will show you how to cleanse and rejuvenate your liver. And this in itself can eliminate menopausal symptoms, skin problems and even reverse osteoporosis.

Then it's time to take on some even more serious menopausal problems...

**"Lost 15 pounds immediately. Skin no longer blotchy!"**

"I went on the cleansing diet and lost 15 pounds immediately. The minerals I now take restored my skin, it is no longer blotchy and dry. I have regained most of my muscle strength and have found major improvements in every facet of my health. I tell absolutely everyone I know about your wonderful gift of healing. Thank you so much and God bless you!"

- Lisa Estee, Melbourne, FL

## "Healed my gallstones!"

"I have had success with your liver cleansing information to heal gall stones since last February and I am still using Healthy Healing to continue to keep gall stones at bay and not have my gall bladder out like my old doctor said to do last year." - Anna Klotz, Bangor, ME

## What HRT only promised, Dr. Linda Page delivers...

Even the National Institutes of Health has now confirmed that HRT isn't delivering on its promises.

Contrary to what TV commercials led us to hope, HRT does *not* prevent heart disease and may even encourage it. And it actually *raises* our breast cancer risk.

But Dr. Page will show you the safe, easy and natural way to...

- **Build up your bones** with minerals, delicious foods and a powerful program that can actually reverse osteoporosis.
- **Rejuvenate your heart** with herbs and healing foods that can even reverse existing heart and artery problems.
- **Reduce breast cancer risk** with fresh fruits and vegetables, fiber and special help from your secret weapon - Co-enzyme Q10. (Studies show this therapy can even lead to breast tumor *regression*.)

And then, if you're among the millions of women already using HRT, Dr. Page will help you make the transition *safely*...

Proven Dangers of HRT

**Estrogen and Progestin (Prempro(R) or Premarin(R) + Provera(R))**

**Pros:** Reduces hot flashes and vaginal dryness. May slow bone loss in some women.

**Cons:** Causes breakthrough bleeding, mood swings, fluid retention. Significantly increases risk of breast and uterine cancer.

### **Selective Estrogen Reuptake Modulators (SERMs, notably Evista (R))**

**Pros:** Unlike older HRT drugs, SERMs do not seem to boost risk of breast cancer.

**Cons:** Increases hot flashes, boosts risk for serious blood clots in the legs, lungs or eyes, especially for sedentary women. Can cause severe leg cramps.

### **Estrogen Used Vaginally (Vagifem (R), Estring (R), Estrace (R))**

**Pros:** Reduces vaginal dryness.

**Cons:** Has no effect on hot flashes. Headache, abdominal pain and vaginal pain / irritation have been reported.

### **Estrogen Patches (Estracomb (R), Vivelle (R))**

**Pros:** Convenient drug delivery through skin patch. Reduces hot flashes and vaginal dryness.

**Cons:** Can cause skin irritation at the patch site. May cause nausea and vomiting. Other side effects are similar to those from HRT pills: breakthrough bleeding, fluid retention and mood swings.

You don't need *any* of these dangerous drugs to look and feel your best.

*Send for your Risk-Free Preview today!*

**"I love the information you provide us with, Dr. Page."**

- Betty Pennington, Lake Oswego, OR

**What every woman on HRT *must* know...**

If you're already using HRT, do NOT stop cold turkey! *Please*. Give your body the chance to make the change. Otherwise, your hot flashes and night sweats may come back stronger than ever. And you may notice a sudden surge of *facial wrinkling* and *vaginal dryness*.

*It doesn't have to be that way!* Let Dr. Page show you the safe and painless way to taper off of HRT. Gradually reestablishing your optimum hormone balance, as you leave behind those dangerous steroids and...

### **Let Mother Nature ride to your rescue!**

For thousands of years, in traditional cultures around the world, Mother Nature's *herbs and plants* have helped women safely through menopause.

And as Dr. Page will explain to you, isoflavones can gently stimulate your own body to produce the exact amounts of estrogen and progesterone that you need. You'll find you do *not* need HRT to control hot flashes, tighten sagging tissue or lubricate your vagina.

Just trigger your body's own menopause management system and see what happens! Most women notice healing results within the first week.

Finally, you'll go on to...

### **"After only 4 days, I saw the difference!"**

I've recently seen my doctor who wanted to start me on estrogen. My sister-in-law told me about your herbal formulas for menopause that she was taking and after only 4 days, I began to see the difference. I was feeling much better - I didn't have any more hot



flashes. I own a drug store and [am recommending your solution] to my customers. Thank you.

- Janie Silverstein, New York, NY

**Eliminate night sweats, hair loss, low libido,  
weight gain, depression, insomnia or any other  
menopause problem...**

*In her years of helping women, Dr. Page has seen it all. Beautiful women who turned into bags and sags when they quit HRT without proper counseling... bloated women who felt like they had turned into alien beings... exhausted women who couldn't sleep a wink, no matter how tired they were... even women who had stuck their face in the freezer in a desperate attempt to cool off!*

But they overcame everything, thanks to Dr. Page. And so will you!

In ***Look and Feel Your Best***, she'll even tell you about an herb that can lead to a dramatic increase in multiple orgasms!

Best of all, you won't just be wiping out the symptoms, you'll be *building up* your health. And unlike HRT, Dr. Page's program will keep delivering for the rest of your long, happy life.

The sooner you start, the sooner you'll be feeling and looking your best. And joining the thousands of women who say "*Thank you Dr. Page, for giving me back my life!*"

Start loving the way you look and feel. Let us hear from you today.

Here's to the new you!

Jenny C. Thompson

Director, Health Sciences Institute

P.S. By special arrangement, HSI Members will have the first opportunity to preview Dr. Page's revolutionary ***Look and Feel Your Best - Go Through Menopause the Natural Way Without Hormone Replacement Therapy***, *RISK-FREE* for 60 days. As an HSI Member, you're also getting a special introductory price of US\$19.95 plus US\$3 S&H.

A rectangular button with a blue gradient background and the text "Order Now" in white, centered within the button.