



Perimenopause is a natural process that for some women brings on a myriad of uncomfortable symptoms. These symptoms usually come from imbalances in the physiology that stem from poor choices in diet and lifestyle. Common perimenopausal complaints include:

- Weight gain
- Hot flashes
- Loss of libido
- Vaginal dryness
- Anxiety
- Memory problems
- Insomnia or sleep difficulties
- Muscle aches and pains
- Fatigue
- Headaches
- Dry skin
- Mood swings
- Depression
- Joint pain

who take HRT have an increased risk of heart disease, strokes, blood clots, gall bladder disease, and invasive breast and ovarian cancer. It is true that HRT does help to fight osteoporosis, but not any more so than a little weight-bearing exercise and a diet high in calcium. Plus, for women who quit HRT, their bone loss is faster than if they never used hormones.

#### RESTORING BALANCE: IMPROVE YOUR HABITS, USE OF BREVAIL

Do you smoke? Do you eat too many sweets? Are you eating enough fruits and vegetables? Do you exercise? What

## Brevail—Natural Help from Flax Lignans for Perimenopause and Menopause

by Christine Horner, M.D.

*WOMEN TODAY are seeking help for perimenopause and menopause that goes beyond medicating themselves with hormones or other prescription drugs. They seek wellness through natural restorative pathways.*

*For premenopause, perimenopause and menopausal symptoms, Christine Horner, M.D., details how flax's lignans can help women in their thirties and forties and older to achieve hormone balance naturally, without the risk of hormone replacement therapy.*

After menopause, the risk of osteoporosis and heart disease also increases dramatically.

#### THE WESTERN ALLOPATHIC APPROACH

To combat perimenopausal and menopausal symptoms, Western medicine developed synthetic feminine hormones. Quick to seize on a marketing bonanza, drug companies promoted hormone replacement therapy (HRT) as the long-sought fountain of youth. HRT, women were told, could lower the risk of heart disease, stroke, Alzheimer's disease, and osteoporosis. But such was not the case. More recent studies, including the federally funded Women's Health Initiative, found mostly the opposite is true: women

are your stress levels like? Do you take time every day for yourself to counter the effects of stress? These are the kinds of hard questions you have to ask yourself to really truly improve your life.

The best way to improve and control menopausal symptoms is to restore balance to the physiology through healthy diet and lifestyle choices (see sidebar, next page).

Then, if any symptoms are still present after you have made these changes, herbs and supplements may be added. If you don't correct the things you are doing and eating that are creating the imbalances first, herbs and supplements usually don't work very well. It's like trying to mop up the floor, but forgetting to turn off the faucet.

#### BREVAIL—HELP FROM LIGNANS

As a doctor, I am a fan of **Brevail**<sup>®</sup>, an all-natural nutraceutical, and one of the most effective and safe supplements you can take to help to alleviate your perimenopausal symptoms. As a reconstructive surgeon with a specialty in breast reconstruction, I have seen too many women whose breast cancers may well be the result of HRT, environmental toxins, and other unnatural causes.

### 10 Ways Lignans Reduce Risk of Breast Cancer

It is also important to keep in mind that all women are at risk for breast cancer, and the risk of breast cancer increases with age. So you will want to do everything research shows will help to lower your risk of breast cancer. Taking **Brevail** is one simple and effective thing you can do. Lignans help to lower the risk of and fight breast cancer in 10 different ways. They lower the overall production of estrogen in our bodies; block the estrogen receptors; block environmental estrogens from attaching to breast tissue; create more of the "good" protective estrogen; safeguard breast tissue from the damaging effects of environmental toxins; block aromatase, an enzyme needed in the production of estrogen; decrease the growth factors IGF-I and VEGF that fuel the initiation and growth of breast cancer; lengthen the menstrual cycle (helping to close the estrogen window); and decrease tumor growth and invasiveness.

**Ask the Doctor**

As a free community service, renowned women's health expert **Dr. Christine Horner** will answer your questions concerning breast and hormonal health when you log onto [www.askdrhorner.com](http://www.askdrhorner.com).

**Brevail** is made from a nutrient compound called lignans, a type of natural plant estrogen (phytoestrogen), which is found in the outer hull of flaxseeds. Lignans are also found in the fibrous portion of fruits, vegetables, seeds, nuts and grains and were once abundant in the average diet. But, the amount of lignans in these plants is miniscule when compared to flaxseeds. Flaxseeds contain some 100 times more lignans than any other known edible plant.

Most Americans don't eat a diet high in fresh, whole, organically grown fruits, vegetables, whole grains and flaxseeds. Instead, they eat altogether too many processed foods, and modern food processing strips most of the lignans out of these foods.

According to the Framingham Offspring study, American women are ingesting less than one milligram of lignans today. Compare this to Japanese women, who consume an average of 20 to 80 mg a day of lignan phytoestrogens and rarely suffer from menopausal or menstrual symptoms, or breast cancer.

**BREVAİL—SMART CHOICE**

When my own mother was diagnosed and then died from breast cancer, I began an intensive search of the medical literature to find what—if anything—could help women to restore hormonal balance and also prevent breast cancer. What I found was a tremendous amount of little-known research proving that women with a high intake of flax lignans can not only restore hormonal balance but also significantly reduce their risk of breast cancer and of any other chronic dis-

ease. That's why when I learned about **Brevail**, I was ready to embrace this safe and natural alternative to medication. I hope you are, too.

Lignans have many health-promoting and protecting properties, especially balancing female hormones. In a trial of 100 women using **Brevail**, many women with perimenopausal symptoms, including hot flashes, headaches, and mood swings reported that **Brevail** improved their symptoms. Additionally, their hormone levels were restored to an optimal balance seen in women who traditionally enjoy extraordinary breast health.

Other studies show lignans to be very effective at protecting against postmenopausal diseases like heart disease, osteoporosis, and breast cancer.

Remember that you do have tremendous power to influence your health naturally. Perimenopausal symptoms, as well as most chronic disorders including cancer, stem from imbalances caused by poor choices in foods and lifestyle. Whereas the right foods, lifestyle, and intelligent supplements like **Brevail** can help you to achieve and maintain extraordinary health. ■

Full, unabridged article with references available at [www.freedompressionline.com](http://www.freedompressionline.com).

*Christine Horner, M.D., is a nationally known surgeon who holds two board certifications: the National Board of Surgery and the National Board of Plastic Surgery. Dr. Horner was recognized as a leader in her field shortly after starting her plastic and reconstructive surgery practice because she successfully ran a national campaign to pass laws requiring insurance companies to pay for breast reconstruction following mastectomy. Her five-year effort led to the passage of laws in thirty-five states and a federal law passed by Congress on October 21, 1998.*

**FREE SAMPLE** While supplies last, a free sample of **Brevail** is available complete with an informative CD by calling (888) 503-8300, e-mailing [sample@brevail.com](mailto:sample@brevail.com) or writing to Lignan Research, 9921 Carmel Mountain Road #339, San Diego, CA 92129.



## Dr. Horner's Hormone Wellness Prescription

Research shows that there are many diet and lifestyle choices that significantly lower your risk of breast cancer and improve your chances of survival if you have this disease.

These same choices also help to balance female hormones, improve menopausal symptoms and lower your risk of many other diseases, including heart disease.

In my forthcoming book *Waking the Warrior Goddess: Dr. Christine Horner's Program to Protect Against and Fight Breast Cancer*, to be published in March 2005 by Basic Health Publishing, I detailed some 40 different natural approaches based on solid research. Here are a few of my favorite recommendations:

- Favor a plant-based diet high in fresh, organically grown fruits, vegetables, and whole grains.
- Eat three tablespoons of ground organic flaxseeds every day (or simply take **Brevail**) along with one tablespoon of fresh highest-lignan organic flax oil (**Barlean's** is best).
- Drink six to eight cups of green tea per day or take a green tea supplement.
- Take a good multivitamin every day.
- Cook with spices like turmeric, garlic, and rosemary or take them as supplements.
- Avoid red meat—especially grilled or well-done meat, which is rich in heterocyclic amines that have been linked with increased cancer risk.
- Avoid sugar, alcohol, smoking, saturated animal fats, and trans-fats from hydrogenated oils.
- The following supplements have been found to lower your risk: **Brevail**, coenzyme Q<sub>10</sub>, maitake mushroom, conjugated linoleic acid, wakame seaweed, chaste tree berry, black cohosh, licorice root, and hops.
- Exercise aerobically for at least 30 minutes, three times a week.
- Go to bed by 10 PM in a completely dark room (even a dim night-light can inhibit the pineal gland's secretions of melatonin, which protects against breast cancer).



**Finding Brevail—Brevail** is available in natural and health food stores nationwide. To find the **Brevail** retailer nearest you, log onto [www.brevail.com](http://www.brevail.com) and click the "Purchase Brevail" link. **Brevail** retails for \$19.99 for a one-month supply. Only one small caplet daily is required. The manufacturer, Lignan Research, LLC, extends a 100 percent satisfaction, no-questions-asked guarantee.

For more information, call **Brevail** at (888) 503-8300 or log onto [www.brevail.com](http://www.brevail.com).