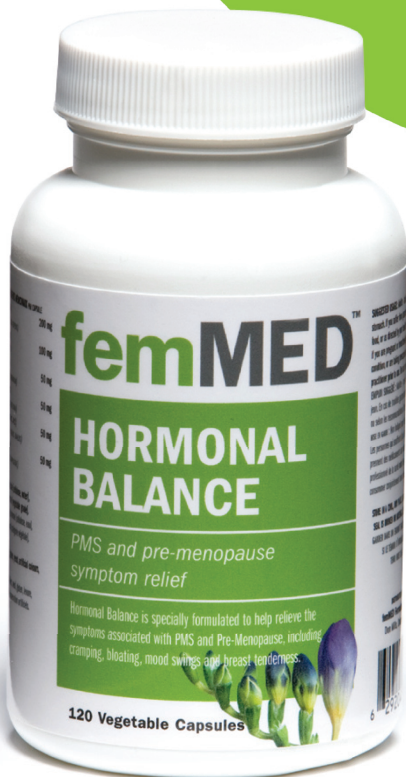


Kiss chocolate cravings,
elastic waistbands and
mood swings good-bye.



“Stop letting PMS or pre-menopausal symptoms get you down. femMED’s Hormonal Balance combines Saw Palmetto and Chastetree Berry, both well known for their hormone regulating effects, with the highest quality blend of 4 additional proven ingredients to provide the most comprehensive solution to the most common symptoms of PMS and pre-menopause. So, eat chocolate because you really like it, not because your hormones tell you to.”

— Shawna Page, Founder & CEO

Available exclusively at:



femMED[™]
Women's wisdom. Doctor recommended.



WomanWISE

femMED Founder & CEO Shawna Page answers some frequently asked questions about Hormonal Balance

When I was younger, I had very easy menstrual cycles. Now, at 38, I suffer from insomnia, I get anxious, and I break out in acne! How can this be? Any suggestions?

PMS can make life miserable, and for some women, it can last for 14 days each month until menstruation begins. Your experience is common in that PMS symptoms at one age can be very different than at another. Often women will notice these changes after life events like child birth, and by the same token, PMS can also be aggravated by stress, sugar, alcohol and caffeine intake, and a deficiency in progesterone. Using natural ingredients to help balance your hormones can alleviate symptoms associated with hormonal imbalances or fluctuations at any age.

I am 43 years old and have been noticing some changes in my monthly cycles. My breasts get very tender, my cycles are much shorter, I get really moody and I've even had the occasional hot flash! Am I in menopause?

No you are not in menopause – you are in perimenopause (or pre-menopause), which is the transition to menopause and doesn't happen overnight. It is the 5 to 10 years before menopause when a woman's ovaries begin to produce less estrogen. This creates a hormonal imbalance which leads to these, and other symptoms of perimenopause. Perimenopause can start in a woman's late 30's or early 40's.

femMED's line of 100 percent natural doctor formulated solutions are exclusively designed to address the health needs of women at every stage of life. This information is not meant to replace the advice given to you by your physician but rather to empower you to take responsibility for your own health.

Have a question for our team of specialists? Send them to: womenswisdom@femmed.com

Join femMED, the movement built by women for women on [facebook!](#)

femMED[™]
Women's wisdom. Doctor recommended.