

Menopause MATTERS!

(Frequently asked questions)

► Menopause serum

10ml = as listed on current price list & website

100ml = as listed on current price list & website

► Absolutely NO side effects

► 100% natural

► Helping you to survive menopause!

► Frequently Asked Questions:

F.A.Q: (Everything you wanted to know about this excellent PRODUCT)

► Question 1: WHO CAN USE MENOPAUSE SERUM ?

A: Women 37+ who are in early menopause, menopause and post-menopause

► Question 2: WHAT DOES MENOPAUSE SERUM HELPS FOR?

A : Hot Flashes; Night Sweats; Irregular Periods; Loss of Libido; Vaginal Dryness; Mood Swings; Fatigue; Hair Loss; Sleep Disorders; Dizziness; Difficult Concentrating; Bloating; Memory Lapses; Incontinence; Allergies; Brittle Nails; Changes in Odour; Irregular Heartbeat; Depression; Anxiety; Irritability; Panic Disorder; Breast Pain; Headaches; Tingling Extremities; Burning Tongue; Electric Shocks; Digestive Problems; Itchy skin; Gum Problems; Muscle Tension; Joint Pain; Osteoporosis

► Question 3: WHAT DOES MENOPAUSE SERUM CONSIST OF?

A: 100% Natural oils, e.g Clary Sage, Myrrh, Frankincense and other essential oils. NB::::: Menopause serum does NOT contain any Cannabis oil, hormones or any other chemicals!

► Question 4: IS THIS PRODUCT APPROVED BY THE MEDICAL & HEALTH INSTITUTE?

A: No, it is a natural product that you apply on your skin. The product is NOT used orally. The product consist of essential oils, mixed in the correct ratio with a 100% natural carrier oil for skin application. It is therefore based on aromatherapy. The wonderful effect of essential oils on the body are widely publicized, and used for centuries. (Essential oils were first used by Egyptians, as early as 4500 BC). It is absolutely the clients own decision to follow the pharmaceutical route, or the natural route. Our product has absolutely no side effects, and can be successfully used with or without current prescription medicines.

► Question 5: HOW DOES ONE USE MENOPAUSE SERUM?

A: It is used externally, behind ears, base of neck, in the bend of arms and legs, wrists. 2 or 3 times a day. Can also be applied on other areas of body, such as vulva.

► Question 6: IS IT ONLY FOR PEOPLE WHO HAVE BEEN DIAGNOSED WITH MENOPAUSE?

A: No

► Question 7: CAN I USE IT WITH PRESCRIPTION MEDICINE?

A: Yes

► Question 8: WILL IT HAVE SIDE EFFECTS WITH THE PRESCRIPTION MEDICINE I AM ON?

A: No

► Question 9: WILL IT MAKES ME FEEL LIKE A ZOMBIE?

A: No

► Question 10: IS IT ADDICTIVE- / HABIT FORMING?

A: No

► Question 11: WILL I HAVE WITHDRAWAL SYMPTOMS IF I STOP USING THE PRODUCT?

A: No

► Question 12: CAN I IMMEDIATELY STOP USING MY PRESCRIPTION MEDICINE?

A: No, only with your Medical Doctor's permission.

► Question 13: HOW LONG AFTER APPLYING WILL I FEEL OR NOTICE A DIFFERENCE.?

A: It only takes 10 minutes to be absorbed through your system.

► Question 14: ARE EATING AND DRINKING PATTERNS IMPORTANT?

A: Yes, it is proven that sugar, take-aways, biscuits, alcohol, bread and gas cold drinks worsen MENOPAUSE symptoms. Eating almonds, black grapes, black licorice and dark chocolate in moderate quantities, will help to alleviate your symptoms. Drink sufficient still water each day. Limit your alcohol intake to max 1 glass wine per week.

► Question 15: OTHER ADVICE?

A: - Drink $\frac{1}{4}$ teaspoon Epsom salts every morning on $\frac{1}{2}$ glass hot water. Epsom is an excellent source of excellent Magnesium.

During stages of very bad night sweats take a bath with 1 cup Epsom salts. Soak in water for at least 15min. Do this 3x per week.

► Question 16: PRICE?

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► Question 17: DOES MENOPAUSE SERUM HAVE A LIMITED SHELF LIFE?

A: No