

**FOR IMMEDIATE RELEASE**

**Femmenessence™ (Maca-GO™) the only serious natural alternative to HRT – New research for menopause sufferers and women looking to live healthily into later life.**

**SAN FRANCISCO:** A proprietary high quality formulation of the Peruvian herb Maca has recently been shown address the key health concerns associated with menopause, by balancing the body's key hormones with an all-natural, homeostatic approach. (Homeostasis is the ability or tendency of an organism or cell to maintain internal equilibrium by adjusting its physiological processes for optimal health)

Natural Health International's (NHI) Maca-GO™ (commercially known as Femmenessence™) is the only scientifically and clinically proven maca product on the market to significantly reduce menopausal symptoms and significantly improve hormone levels.

Menopause a New Perspective by Jan Roberts B.Pharm (Hons); Dip Clinical Nutrition  
<http://www.naturalhi.com/products/MenopauseNewPerspective.aspx?CID=687#article>

“The transition to menopause should (and can) be relatively symptom free. After all, it's not an illness, despite what women have been led to believe” says Jan Roberts, Pharmacist, Clinical Nutritionist and best selling author. “NHI's Femmenessence™ MacaPause product for post menopause and Femmenessence™ MacaLife™ for peri menopause work to restore optimal hormone levels that are appropriate for each stage of menopause, while bringing balance to other regulating systems.”

The Women's Health Initiative (WHI Study) found that Hormone Therapy (HT or HRT) can lead to an increased risk of developing serious health problems such as stroke and breast cancer. Many women have been seeking a safe, natural alternative to HT since the release of the WHI findings however most have had limited success. While natural alternatives like soy, red clover and black cohosh may reduce some symptoms, their effects on actual hormone levels have not been significantly demonstrated. Since reduced hormone levels after menopause directly relate to a woman's susceptibility to heart disease, osteoporosis and cognitive function, many doctors and women are turning back to hormone therapies in an attempt to avert these life-threatening conditions.

Femmenessence™ (Maca-GO™) is finally offering mainstream medicine a natural, safe alternative that works. Five years of published clinical trials and research on Femmenessence™ revealed an 84% success rate in reduction of menopausal symptoms (hot flashes, night sweats, fatigue, mood swings, etc.), increased bone density, enhanced absorption of iron, calcium and other trace elements, and a better ability to maintain a healthy weight, optimal cholesterol and triglyceride levels.



[Maca-GO White Paper by Ronald Carter M.D.](http://www.naturalhi.com/downloads/WhitePaper_MacaGO.pdf)

[http://www.naturalhi.com/downloads/WhitePaper\\_MacaGO.pdf](http://www.naturalhi.com/downloads/WhitePaper_MacaGO.pdf)

“Femmenessence™ does not introduce synthetic, animal or plant hormones into your body, rather it works through your own body, stimulating your hypothalamus pituitary and adrenal glands to support and balance your body’s own production of key hormones such as FSH, Estrogen and Progesterone,” explained Dr Henry Meissner head of Research and Development at NHI.

Maca, a herb also known as “Lepidium peruvianum,” is cultivated exclusively in the central Peruvian Andes at 12-14,000 feet under harsh natural conditions, and is exposed to extreme weather conditions. This resilience in nature is mirrored in its functionality on humans where Maca strengthens the body’s stress response systems by improving and enhancing nutrition, the functionality of the central nervous system and endocrine glands.

This unique quality of maca qualifies it as an adaptogen – an extremely rare class of herb. So rare in fact that Russian researchers studying the mode of action of over 4000 plants found only 12 true adaptogens in the world. .

“We have discovered that maca has 13 different phenotypes with 4 main phenotypes. Each phenotype is a different color, different analytical profile and elicits a different physiological affect on the body,” said James Frame CEO of Natural Health International “Different phenotypes affect men and women differently and not always beneficially, so finding the right phenotype ratio for products designed for men and women is very important and, as with all herbs, quality and concentrated levels of all the active constituents is critical to ensure that the daily dose is sufficient to have a therapeutic benefit and customers are getting what they paid for.”

NHI’s three Femmenessence products are designed to help women at different stages of life: Femmenessence™ MacaPause™ is designed to help women deal with the symptoms of post menopause as well as to reverse the loss of hormone production and support heart, bone and mental health throughout the second fifty years of life. Femmenessence™ MacaLife™ is designed to reduce symptoms associated with peri menopause and the fluctuation of hormones during this stage of life and Femmenessence™ MacaHarmony is for younger women to support hormone balance which is critical for fertility and PMS.

“Femmenessence™ is proving to be the only serious alternative to hormone therapies, for women looking for a natural alternative,” stated Roberts





For more information go to [www.naturalhi.com](http://www.naturalhi.com)

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