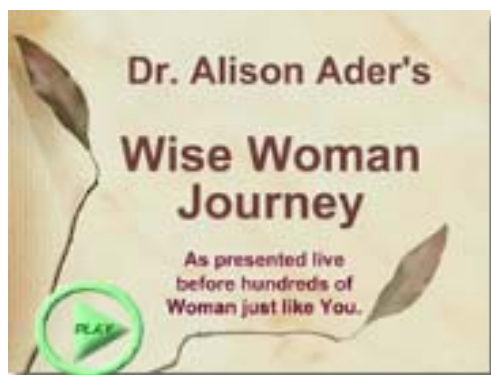


Dr. Ader's Natural Health Options

Hormone Balancing Action Plan

A companion guide to the
Dr. Ader's Wise Woman Journey Hormone Seminar
viewable at:

<http://NatOpt.com/Seminar>
and at YouTube.com



770.855.6852
<http://NatOpt.com>

Why now?



We women live in a world quite different from that in which our mothers or grandmothers lived in the 1950s and 1960s. Our food is less nutritious. Meat, dairy and vegetables are far more tainted with artificial ingredients and bio-active substances, such as the growth hormones fed to livestock that are present in unnatural levels. These dangerous chemicals are passed on to our children and ourselves. They interfere with healthy biochemistry and metabolism.

Therefore, it is not surprising that cancer, colitis, irritable bowel and other gastrointestinal disorders are increasing at alarming rates. Asthma is blossoming into a full-blown epidemic, and the childhood “diseases” such as ADD, ADHD and autism, which were almost unknown to the general public a generation ago, are common household terms.

Polluted air, water, and the chemicalization of our living, working and educational environments amplify disease, disorder and imbalance.

And stress further magnifies every disease issue. Ubiquitous stress – in our schools, workplaces and homes – impedes the proper functioning of our natural immune systems.

We’re getting sicker.

Scared?

Sometimes the truth can be scary and you can’t argue with reality.

So, what do you do?

While fear can freeze you in your tracks, if you choose to be a Wise Woman, you can activate the powerful female energy that lies within all of us – and I’m not speaking of a new age mantra. We can go into motion to protect ourselves and those we love using new advances in research and science. We can secure the counsel, acquire the tools, and implement the actions that will safeguard the current and future health, wellbeing and happiness of our families.



This is what we do. *Now* is the time we must do it.

Is it really all about your Adrenal Glands?



No. Major health issues – those chronic conditions that conventional medicine often finds hard to address – can come from thyroid and pituitary weakness (and other organs) as well. Only testing can determine the exact root cause of your issues, and the type of non-invasive testing you can quickly and inexpensively undergo is discussed later in this guide.

But Adrenal burn-out (ABO) is well documented and very common inasmuch as daily stress figures so prominently in the over taxation of your adrenal glands. Often ABO accompanies the challenges of its two endocrine cousins, so you can expect at least some weakness in these glands when you test.

Further, I also want to acknowledge the wide range of hormones that can have profound effects on your body and mind. However, *in this presentation* and as a first step, I've chosen to deal with the most frequent range of maladies I encounter in my dealings with my female clients. The deficiencies and imbalances of the hormones Estrogen, Progesterone, and Testosterone is the focus of this discussion.

A subsequent seminar series will be presented dealing with the specifics of rejuvenation and anti-aging.

At the back of this guide...

...you will find notes directly related to the 6 part presentation of the Wise Woman Journey Hormone Seminar by Dr. Ader.

The following pages...

...provide you with additional information and an action plan for how to get started as soon as... well... NOW!

The Road Map

Any map is useless unless you know where you are and where you want to go. By the fact that you're reading this, I can safely assume that your destination is health – perfect health – for you and those for whom you care. I can't guarantee you that. No one can. But I can promise you that if you begin to practice the simple plan of action I've described on these pages, you certainly will move from where you are now toward that goal.

Step 1 – Find out where you are.

How “unhealthy” are you?

If you have a diagnosed disease, do not under any circumstances abandon any medication or perform any action that has not been approved by your physician. There may very well be practices specified here that you can do to aid and accelerate your healing and recovery, but before taking any supplements, from simple vitamins to any of the more powerful preparations, discuss it with your doctors.



The same holds true for any dietary suggestions contained in this guide. This manual simple cannot accomplish what a one-on-one relationship with a medical professional can. I am completely willing to discuss your current situation with you and include your current doctors in that dialogue, so if anything you read as you work your way through this plan “speaks” to you, please contact me for an office visit or telephone consultation and we'll see what we can work out that is specific to your medical condition – with your doctors' approval.

That being said, we have to find out the current state of your health and identify your primary, secondary and other subordinate issues. Our objective, however, is not just to deal with your “issues,” but to address the root cause of those issues.

Do we subject you to a battery of expensive and invasive tests? No. All we have to do is ask and not surprisingly, YOU are the person with the answers.



The first thing you need to do is to complete the **Comprehensive Health Assessment** questionnaire. Found on the web at <http://NatOpt.com/CHA>, this 150 question, multiple choice interrogation provides me with an overall picture of your symptomology. Because it is offered on-line, it is available 24/7. You can go there right now if you wish.

There is a small fee associated with this questionnaire. This includes my personal evaluation of your responses. Barring any mitigating circumstances, I will be able to suggest a short-list of

specific supplements that, when taken as proposed, can begin to address your most pressing needs. Some dietary suggestions may also accompany my written report to you.

Because the Comprehensive Health Assessment is the starting point for evaluating virtually all my clients, the cost of the questionnaire applies to your first office visit or telephone consultation within the time limit specified on that web page.

Is it only about Hormones?

As I stated in the conclusion to the Wise Woman Seminar, not every issue is about hormones. The power of the Comprehensive Health Assessment is that it reviews all your symptoms and can offer insight into non-hormonal challenges as well.

However, the CHA it is not the end-all and be-all of testing. A separate hormone-questionnaire is being prepared and will be available online soon for those whose issues are primarily hormone-related. That questionnaire is available in printed form and will be offered after the CHA demonstrates that it is the next logical step.



Body Chemistry Diagnostics.

The most effective of the tests which I am very glad to be able to offer, is the key to hormone balance and anti-aging. It is the **Body Chemistry Diagnostic** test. As a follow-up to the Comprehensive Health Assessment, where it is indicated, the BCD analysis identifies and quantifies 12 key bio-markers from a saliva and urine sample. This goes a very long way toward determining specific hormone issues.

These biomarkers investigate areas of your biochemistry and metabolism often overlooked by conventional medical testing except in the most critical of situations. With the results of these analyses, I can see areas of concern from your level of adrenal stress to the amount of systemic inflammation in your body and further to the state of your liver, kidneys, anabolic and catabolic processes and more. Taken together, a very precise course of action with regard to supplements and diet can be suggested.

- Long time (chronic) unease can be addressed
- Malaise can be eradicated
- Life-style can be enhanced
- Damage can be reversed

Please visit <http://NatOpt.com/BCD> for more about this procedure including the fee associated with this powerful biochemical test.

Step 2 – Doing something about it.

The goal is moving you toward health. After I evaluate where you are and determine your core issues – that is, the root cause of what ails you – You have to do something about it.

My ultimate service is to provide you with a Protocol, a list of suggested supplements that might include herbs, glandulars, vitamins and minerals. These will prepare your body to remediate the organ and cellular systems that are ailing.

Do I cure you?

No. You cure you, or, at the very least, you improve the state of your health to a place where you function well and feel good. Our goal – yours and mine – is to get you to the point where your quality of life is unimpeded by the way you've mistreated yourself... okay, there's a little judgment there... but who else do we blame?

The entire focus – the philosophy – of naturopathic practice is to provide your body with the nutrients, via supplements as well as food, which allows your body to heal – or better stated – to return to its rightful state.

You have all the power you need to help you. It's been provided by nature – or a higher power, if you prefer.

About the Supplements.

For the past two decades, I've been using the products offered by Biotics Research to help my clients. Biotics is an FDA approved research lab. In addition to formulating their own herbs, glandular and other products through scientific research, they go the one extra step that I have not found in any other supplier of supplements.

A company can develop a formula for a product, but they will always depend on someone else to provide the raw materials which are used to prepare that product. Biotics Research is the only company I know that *tests every batch of raw material* that comes into their compounding facility to ensure the quality of those ingredients. The presence of the bio-active elements and their presence in the concentration required by the formula is ensured. Without this one extra step, there is no guarantee that the formulation will be effective. As a simple analogy, how good can a stew be if the ingredients are tasteless?



Biotics' products are not available in health food stores. They can only be distributed through health professionals. They are non-prescription, but not every supplement, even those not under regulation, should be administered by the self-determination of a non-professional being encouraged by a fad-driven multi-level marketer.

In other words, if you truly want to relieve yourself of a dis-ease or chronic condition, only a professional can suggest the precise supplements in the precise concentration to effectively help you. This also will save you a lot of money; you will not be wasting your hard earned cash on items that just won't work.

Once you have been evaluated, and a supplement protocol established, you'll be given access to Biotics' ordering center and their products will be shipped directly to your door.

About diet.



Yes, I can almost guarantee that you will have to make some dietary concessions while you are in the remediation process. Often this starts with a detoxification, during which you will eat only specific foods and will take very specific supplements.

I've been through it myself many times. As a habit, I detox once a year to reverse that year's assault of wine, pizza, and cherry pie – yes, I'm human, too. But the first step is to get you to a state of wellbeing where you may “transcend” healthy eating – on occasion – without throwing yourself immediately back into a state of dis-ease.

In conclusion:

Well, there really isn't a conclusion except for you to turn to the Action Plan on the next page and begin now. There is much more information on my web site and I've been adding new resources for you every week. Add your email address to the list and I'll make sure you are informed of all the new offerings that will better serve your health and the health of those you love.

Thank you.

Dr. Alison

The Action Plan

1. Go to <http://NatOpt.com/CHA> and take the Comprehensive health Assessment.
2. Follow the recommendations that I send to you after I have evaluated your questionnaire.
3. If you have critical issues, or your symptoms are debilitating, then we will have a one-on-one consultation in my office or by phone.
4. You will take the Body Chemistry Diagnostic test.
5. You will most likely begin with a detoxification
6. In all cases, from before #1 above, you should begin to exercise common sense which includes, but is not limited to:
 - a. Give up smoking (as applicable)
 - b. Cut down on alcoholic beverages (as applicable)
 - c. Drink more clean water
 - d. Cut out the most offensive of foods:
 - i. No artificial sweeteners of any kind
 - ii. No chlorinated or fluorinated water
 - iii. Cut down on caffeine, but you can still have some
 - iv. Eat only Organic food, especially when it comes to meat and dairy... *those hormones are* killing you.
 - e. Get some exercise, even if it just starts as a twenty minute walk three or four times a week.

And finally...

Start Right Now! As clearly shown in my presentation, major, life-threatening disease states can come from hormone imbalances. Other metabolic issues can also lead you down a path to costly and irrevocable damage to your body.

Go to the top of this page and start NOW!

Selected notes to the Wise Woman Journey Hormone Seminar

*The following notes are not comprehensive. It is important that you watch
The Wise Woman Journey Hormone Seminar to get full benefit from the presentation*

What Hormones Do:

Estrogen:

- Makes you feel sexy & womanly
- Keeps menstrual cycles regular
- Maintains vaginal youth
- Deters bladder infections
- Keeps boobs nice and plump
- Maintains normal brain function, memory & learning
- Maintains fine motor skills
- Keeps skin softer, thicker and more youthful
- Stimulates nerve growth
- Protects heart and bones
- Improves cholesterol ratio
- Improves glucose metabolism



Progesterone:

- Reduces risk of endometrial cancer
- Reduces cramping and pain
- Maintains healthy libido
- Maintains healthy urinary/vaginal tracts
- Increases bone density
- Calms nervous system
- Maintains normal appetite
- Keeps nice full boobs
- May help prevent breast cancer
- Improves blood flow and pressure



Testosterone:

- Most important hormone for sex drive
- Enhances positive attitude, confidence, and self-worth
- Improves good interpersonal relationships
- Protects collagen and prevents skin aging
- Builds tissue and staves off aging
- Rebuilds joint cartilage
- Dilates coronary arteries and can reduce angina pain



What Hormone Deficiencies Do:

Low Estrogen:

- The timing of your cycles will change
- Will initiate hot flashes & night sweats
- You will feel less sensual
- You will have increased risk of urinary tract infections
- You will experience bladder control issues
- Your boobs may shrink
- Wrinkle formation will be accelerated
- You will lose muscle tone
- You may experience:
 - Depression
 - Crying jags
 - Forgetfulness
 - Confusion
 - Trouble remembering names & words.



Low Progesterone:

- More painful periods with increased cramping
- Anxiety, irritability and unsociability
- Experience withdrawal effects similar to that from drugs or alcohol
- Disturbed sleep and/or sleep apnea
- Increased aches, pains, twitches, spasms and arthritic inflammation
- Your boobs will definitely shrink



Low Testosterone:

- Completely lose interest in sex
- Experience stress incontinence and bladder control problems
- Experience depression
- Lose collagen and muscle tone in the skin
- May be partially responsible for drying of skin after menopause
- With estrogen, testosterone maintains and builds cartilage. Low T reduces repair



The 7 Hormone Imbalance Combinations

1. Low Estrogen and Low Testosterone
2. Low Estrogen and High Testosterone
3. Low Progesterone and Low Testosterone
4. Low Progesterone and High Testosterone
5. Low Estrogen and Low Progesterone
6. Low Estrogen and Low Progesterone and High Testosterone
7. Low Estrogen and Low Progesterone and Low Testosterone

The devastating effects of these hormone imbalance combinations are discussed fully in Chapter 6 of the presentation.