

A.Vogel

# Healthy Way

Fresh ideas on natural health

[www.avogel.ca](http://www.avogel.ca)

## Special Women's Health Issue

Finding hormonal  
harmony during  
menopause



Get a taste for summer  
with Grilled Veggies and Feta



Win a trip  
to France



Special Offers Inside!

## THIS ONE'S FOR THE LADIES...

We think of pioneers as those who risked their lives long ago to settle often inhospitable lands. But pioneers aren't just figures from the distant past, they're the people who strike out from the crowd and take the initiative to do things first. Women have had their share of firsts in the last centuries, as so many aspects of life taken for granted by men- property ownership, voting, holding public office, a wide range of careers- have opened up to them for the first time. And in each of these many areas, there have been pioneers, women who jumped in first to show it could be done.

During that time, there has also been a growth in the understanding of women's health. For instance, allusions to menopause on television in the 1970s were considered shocking (perhaps pioneering?), but now it's commonly understood as a natural part of a healthy woman's life.

At A.Vogel, we believe in pioneers, because we come from one. Alfred Vogel was passionate in his belief that "nature heals everything" and he was a leader in the discovery (and rediscovery) of nature's remarkable remedies.

So to all those women who've taken the lead in big ways and small, we're taking the lead to make sure you're always feeling up to the task. What you'll find from us are effective, safe remedies and information you can use to keep your health at its best. Welcome to The *Healthy Way*.

Kate MacDonald, Editor

## Show your legs again!

### Venaforce™ helps:

- Varicose veins and chronic venous insufficiency
- Strengthen vein walls
- Make your legs more attractive

### The perfect alternative to support stockings.

#### Did you know?

Venaforce tincture or tablets can also be used to help treat **hemorrhoids**.

#### Are you at risk?

Take the varicose vein test!



Our products are available wherever natural products are sold. For more information on our products or to find retailers near you, visit us at [www.avogel.ca](http://www.avogel.ca) or call **1-800-361-6320**.



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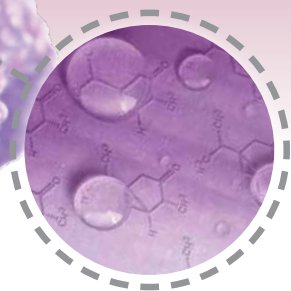


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#### WARNING:

This document is not intended as medical advice and in no way excludes the necessity of a diagnosis from a health care professional.

# Keep your cool during menopause



Don't sweat it with your symptoms.

Get relief with **Menopause from A.Vogel.**

- Reduces the severity and duration of hot flashes and night sweats
- Made from fresh, organic sage plants
- Effective with only one pill per day

Designed by nature. Proven by science.



Visit [www.avogel.ca](http://www.avogel.ca)  
for advice, tips and  
support options.

**A.Vogel**

Pioneer In Natural Health  
- since 1923

*A. Vogel*

# The next stage in my life

At 44, I thought I was a bit young to be going through menopause, but 2012 turned out to be the beginning of the next stage in my life. My periods were erratic. Some months nothing and others I had 2. Most of the time I didn't know when they were coming, or how heavy they would be. Then finally nothing.

I decided to get my blood checked, which confirmed that my hormone levels had changed and the "big M" had started. Then the sweats began – up to 20 a day. I was exhausted, felt run down and wasn't eating properly. A friend recommended A.Vogel Menopause. She told me that it would take a while before I would feel better but to stick with it.

Well, 3 weeks later, I'm a different woman. I'm down to 2-3 sweats a day and I feel so much better, more energetic and better rested.



## Our comments:

Excellent to hear of your good experience. At the start of menopause estrogen levels sometimes plummet dramatically, which can trigger sweats and flashes. Sage can often be the answer particularly if there are no other symptoms. Even better results can be achieved by combining **Menopause** with **Vital Energy** to help with the hormonal balance in the post-menopausal stage.



**Give it a try girls, I'm sure you will feel an improvement too!**

Carole Ricci, Ottawa

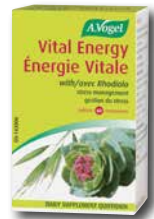
## A.Vogel Vital Energy

### Physical and mental stamina

- Stimulates and relaxes at the same time: gives energy without jitteriness or spikes
- Helps to relieve symptoms of mental fatigue due to stress.
- Helps the body to metabolize carbohydrates, fats and proteins.
- Sugar-, gluten- and lactose-free

### Rhodiola, the adaptogen herb

Rhodiola is a remarkable herb that stimulates the fatigued and calms the agitated. It has the ability to increase resistance to a variety of stresses mainly due to its capacity to influence the levels and activity of critical neurotransmitters: serotonin (controls mood, emotion, sleep, appetite); dopamine (involved in behavior, movement control, sleep, mood and attention); and norepinephrine (affects attention and response).





## Calcium Absorber

### Urticalcin

With the onset of Menopause, osteoporosis becomes a major concern. Calcium Absorber – Urticalcin is a remineralizing agent that ensures that you assimilate the calcium in your diet.

**Indicated for: osteoporosis, arthritis, rheumatism and growing pains**



## Beauty Essentials

**gives you a complex of nutrients to restore strong, shiny hair and nails and radiant skin.**

- Helps in the formation of connective tissues including collagen
- Helps prevent skin inflammations (like acne)
- Contains antioxidants



## What to expect when you're not expecting

Menopause: everyone knows what it is but no one really knows what it is. At its most basic, it's the point in a woman's life when her monthly periods stop and she is no longer fertile. Although the term dates back to the 17th century, it was a little studied phenomenon until quite recently, largely because many women died before they reached it. Add to that the fact that menopause starts at different ages for different women, involves a wide variety of different symptoms, occurring at different severity for each woman who goes through it and it's unclear exactly what we can expect.

What we do know is that it is an inevitable rite of passage for all women, a natural process indicating a change in life stage, not a disease that needs to be eradicated. But that doesn't mean that the unpleasant symptoms that mark the transition are just something you have to suffer through.

### It's getting hot in here

By far the most common complaints are hot flashes and night sweats. Although the exact cause is not completely understood, doctors believe that both are caused by hormonal changes altering the way in which the body perceives heat. But if you're experiencing one or both of these symptoms (like 80% of women), you'll be less interested in how they start and more interested in how they can be stopped.

Only a small minority of women will experience symptoms severe enough to require medical intervention. For others sage like that found in A.Vogel's once-a-day Menopause, is effective at reducing both the frequency and the severity of hot flashes and night sweats. Sage is rich in elements that have anti-spasmodic and anti-inflammatory properties, which could explain the plant's unique efficacy in combating the most unpleasant side effects of menopause.

## Put some polish on your golden years

Of course, as irritating as hot flashes and night sweats can be, they're far from the only concern that women have as they age. (Although you'd think that would be enough!) There can also be changes in a woman's energy level, moods and greater susceptibility to conditions like osteoporosis.

The rules of being healthy don't change as a woman enters menopause, but they do become a little stricter. It's more important than ever to eat a balanced diet and keep physically active whenever possible, as well as to get adequate, restful sleep. That's easy enough to say, but it can be difficult when you're trying to balance work and family obligations and your hormones are driving you to distraction. As an "insurance policy" for when you might not be able to do everything you're supposed to for your health, there are some things that can help where you need it:

- Calcium is available from dietary sources but if you're worried that you might not be getting enough, consider taking a supplement. You might also want to consider taking something that helps you absorb the calcium you already get. The mineral is notoriously tricky and even when taken in proper amount the body cannot always assimilate it efficiently.
- Fluctuating hormones can play havoc with your moods and sleep patterns (which in turn causes your moods to become even more unstable), but medications that help relieve fatigue or help you sleep can leave you feeling jittery- followed by a crash- or groggy and the body can too easily become dependent on them. For gentler relief, consider natural alternatives like St. John's Wort (helps with mild depression and to relieve insomnia related to stress or agitation) or Rhodiola, which gives a more stable energy level without getting you worked up.

Living longer, healthier lives means that more women will have to go through the menopause, but it also means that we can, for the first time in history, look forward to enjoying the period of our lives that comes after our time working or being a full-time mom. Make sure you're able to get the most from it!



# Grilled vegetables with feta

## Serves 2

- 1 eggplant
- 1 zucchini
- 1 orange or yellow bell pepper
- 2 tbsp olive oil
- Herbamare®, pepper, oregano to taste
- 1 clove of garlic, minced
- 1 tsp balsamic vinegar
- 3 tbsp fresh basil, coarsely chopped
- 20g – 30g feta cheese, crumbled

## Fire up your BBQ

Slice eggplant and zucchini in 2cm thick slices. Cut bell pepper in 4, remove seeds. In a large mixing bowl, toss the vegetables with olive oil, Herbamare®, black pepper, oregano and garlic. Grill vegetables on BBQ on medium-high heat until they get nice grill marks on them, about 4-5 minutes per side. Cut grilled vegetables in bite size pieces and add balsamic vinegar. Stir to combine. Sprinkle with basil and feta. Serve on pasta, in a sandwich or wrap.



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Natural fine sea salt infused with organic fresh herbs and vegetables.

Expires December 31<sup>st</sup>, 2013



**\$2 OFF** On any A.VOGEL remedies or daily supplements.

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and maintain overall  
wellbeing with A.Vogel's  
daily supplements.**

- Solutions for managing common conditions
- Safe and effective for daily use.
- Made from fresh, natural ingredients

*All remedies come from nature.  
Ours are just fresher than the rest.*

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## Share your secrets for looking your best and



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