

# WOMEN'S HEALTH TRENDS

## Women Changing How They Handle The Change

(NAPSA)—For many women, what was once seen as “the end” of the most vital time of life is now viewed as a new beginning.

The stage of life marked by menopause is increasingly one in which a woman can reflect on the past and move forward with a greater sense of freedom. Most women live a third of their lives in these years, which more than 3,500 more women enter each day.

What's also changing is the way women deal with the physical and emotional upheaval that may define this time. Whether out of a desire for nature-based remedies or to avoid side effects from medication, more and more women seek drug-free, yet effective ways to relieve hot flashes, irritability, headaches, depression, sleep disturbances, nervous tension and other troublesome symptoms.

To meet the needs of these women, a new standardized herbal extract made from the root of the black cohosh plant (a member of the buttercup family) and complemented with chaste tree berry extract has been created.

Block cohosh has been used by an estimated 1.5 million European women for over 40 years. Researchers say it helps the body reduce its amount of the hormone LH, considered the cause of hot flashes. Chaste tree berry has been shown in clinical studies to decrease levels of prolactin, which can lead to increased production of progesterone, reducing symptoms often associated with PMS as well as menopause.

The herbal supplement was formulated by Valerie Otto. She founded Becoming, Inc., which features fashionable clothes for cancer patients, when her mother was diagnosed with breast cancer. She came up with the supplement—every batch of which is individually tested to insure qual-



**Valerie Otto formulated a new herbal supplement many women use to help them make the most of life after 40.**

ity—when her customers, many of whom entered menopause early because of their cancer treatments, asked for a safe and effective way to combat the symptoms of menopause without side effects.

Some studies suggest certain forms of hormone replacement therapy (HRT) can increase the risk of breast cancer, and the America College of Obstetricians and Gynecologists has reported that only one out of three women take HRT for that and other reasons.

Otto named the supplement Oöna, she says, “because it means ‘The One’ in Celtic, and I honestly believe this is the one option for women who don’t want to take HRT. This is all about empowering women with the knowledge and products to make their own health-related decisions.”

The supplement is available at many pharmacies, online at either [www.oonausa.com](http://www.oonausa.com) or [www.becoming.com](http://www.becoming.com), and to those who call 1-888-596-5154.