Over 78 percent of overweight women have an undetected hormone problem affecting the thyroid, ovaries, adrenals and/or insulin levels. If you have been following a healthy eating plan and exercising and still can’t lose a pound resetting your hormones is the answer to weight loss. Your hormones control all aspects of whether you will be overweight or trim from where body fat is stored, to food cravings and how quickly you burn food as fuel.

**Stubborn Weight Loss & Thyroid**
Low thyroid is a common complaint causing weight gain an inability to lose weight, constipation, feeling cold, low moods, hair loss, no energy and a slow metabolism. Your thyroid is so critical to weight loss that I advise women to have a thyroid blood test before they start a weight loss program. It can be difficult to get a proper diagnosis of low thyroid. The TSH test (thyroid stimulating hormone) range of normal is 0.4 to 4.2 mcU/mL. To be diagnosed and treated for low thyroid your test result would have to be higher than 4.2. The higher your TSH result the lower your thyroid. But research has shown that a TSH above 2.0 will sabotage your weight loss plans and cause stubborn weight loss. If your TSH is over 2.0 start taking THYROsmart to boost your metabolism and jump start weight loss. THYROsmart enhances T4 thyroid hormone and the conversion of T4 to the more potent T3 thyroid hormones. Licensed by Health Canada for thyroid support, THYROsmart works quickly to regulate your thyroid.

**Insulin the Belly Fat Hormone**
Chronically elevated blood sugar and insulin are at the root of belly fat weight gain. When we eat food, sugar is elevated in our bloodstream and the hormone insulin is secreted to push the sugar into our cells where it is burned up as fuel. Belly fat occurs when insulin becomes resistant and stores that fuel as fat instead.

Thankfully balancing blood sugar and insulin just got easier. Over 30 studies at the Virginia Medical School have shown that chiroisitol the main ingredient in GLUCOsmart balances blood sugar and insulin aiding weight loss. GLUCOsmart also enhances serotonin helping to reduce cravings. GLUCOsmart has been our number one selling product for 6 years straight because it works to help bust belly fat and aid weight loss. Take 2 capsules per day for optimal results. If you cheat and eat cookies or have a glass of wine take another GLUCOsmart. For the month of October participating stores will be offering GLUCOsmart buy 2 get one bottle free and you will also get my book A Smart Woman’s Guide to Weight Loss complimentary while quantities last. This book provides a six week healthy eating plan to reset your hormones and get you on the road to lifelong weight management.

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**Weight loss Smoothie**
- 2 scoops of chocolate PROTEINsmart containing 5000mg CLA
- 8 oz of water
- A few cubes of ice
Shake or blend well. CLA is a fatty acid supplement for fat loss. In a 90 day, double-blind, randomized, placebo-controlled study published in the Journal of Nutrition CLA users experienced an average weight loss of 7 pounds with no diet change.
Do you have?

- restless legs
- twitching eyelids
- disrupted sleep
- heart palpitations
- anxiety
- irregular heartbeat
- kidney stones
- headaches
- high blood pressure
- muscle pain
- migraines or headaches
- fibromyalgia
- osteoporosis
- depression
- constipation
- PMS

If you notice that you are buying more clothes that hang loosely over your belly you may be one of the 43 percent of women who complain about bloating. The most common cause of bloating is an inability for the digestive system to digest your foods properly. Undigested food particles end up in your colon where bad bacteria feed on them creating gas and ultimately bloating. This type of bloating is easy to solve with a regimen of the right strain of probiotic and digestive enzymes.

**Pop a Probiotic**
Probiotics can help digest the food you eat but you need to take the correct probiotic for bloating. *Bifidobacterium BB536* replenishes the good guys in the digestive tract. Daily use of BB536 found in Probiotic Plus will reverse belly bloat caused by digestive issues fast. BB536 has over 100 clinical studies from irritable bowel syndrome, to allergies, urinary tract infections and much more.

**Digestive Enzymes to the Rescue**
Don’t take antacids as they disrupt your body’s ability to digest food. Antacids reduce stomach acid causing the food to sit in the gut putrefying which slows digestion and causes belly bloat along with nutrient deficiencies. Digestive enzymes in tablet form provide all the natural enzymes needed to quickly digest food. DIGESTsmart contains the same enzymes your body needs to break down food. These powerful enzymes will rapidly restore digestion reducing gas, bloating, heartburn and that full feeling. Most enzymes have to be taken a half hour before meals but DIGESTsmart enzymes are so fast-acting they can be taken with a meal DIGESTsmart enzymes are so convenient.

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**Magnesium**
Magnesium controls over 300 reactions in the body. A deficiency in magnesium has been implicated in all of the symptoms above and more. Since the 1950s magnesium in food and water has been so depleted that 82% of the population is deficient in this important mineral.

**The Best Magnesium Supplement**
You have to take the right type of magnesium. Most magnesium supplements are simple laxatives and are poorly absorbed and cause diarrhea when taken in optimal doses. The best form of magnesium is magnesium bisglycinate (also called magnesium glycinate) which is found in MAGsmart. The magnesium in MAGsmart crosses the blood-brain barrier and aids sleep, anxiety and headaches. It provides the highest level of absorption and bioavailability. You would have to take up to four times the amount of magnesium carbonate or citrate to get the same effect as magnesium glycinate. MAGsmart also contains taurine, needed to lower high blood pressure and stop edema (especially puffy bags under the eyes). MAGsmart also contains B vitamins, malic acid and other nutrients to ensure proper muscle function.

MAGsmart is a delicious lemon-lime powder you can add to water, juice or a smoothie for a great tasting drink that works fast. For kids, the elderly, athletes – everyone! ♥

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**NO MORE JOINT PAIN**
I am the owner of a busy restaurant and for decades I have worked long hours preparing food. I was suffering with terrible neck and upper back pain caused by this repetitive activity. I started taking your JOINTsmart and Collagen Plus within a couple of weeks I noticed the pain was going. Living without this pain has changed how I look and feel. – PP, BC
B Vitamin benefits

A B-complex is made up of a group of eight essential vitamins. These vitamins are so important for energy production, help us deal with stress, regulate mood and the nervous system, manufacture red blood cells, support healthy skin, the heart, immune function and aid hormone balance. Birth control pills or HRT, anti-depressants and alcohol cause B vitamins to become deficient.

B Vitamin Deficiency Symptoms:
- Low/and or high blood sugar
- nerve pain
- tingling in hands and feet
- swollen tongue
- depression
- confusion in elderly
- high blood pressure
- kidney stones
- insomnia
- hair loss
- infertility
- chronic diarrhea
- PMS symptoms
- Light sensitivity
- blurred vision

Expensive Urine or Super Star?
Most B-complex formulas may have little effect on health because the body has to convert the B-vitamins into their active coenzyme forms in order for them to work. You may have heard the statement, “you are making expensive urine when you take vitamins”. This statement rings true for many people as they are not able to convert common, cheaper B vitamins into their active coenzyme forms and as a result they can’t absorb the vitamins.

To ensure you get all the activity from your B-complex I have designed Bsmart a complete formula with the most active coenzyme form of B vitamins in the correct balanced dosage to ensure you can feel the difference.

Bsmart provides the best highly absorbable, coenzyme form B vitamins that are soy, GMO and gluten free too.

<table>
<thead>
<tr>
<th><strong>Vitamin B1</strong> converts carbohydrates and protein foods into energy. Benfotiamine, used in Bsmart is 5 times better absorbed than conventional thiamin supplements. Benfotiamine supports the urinary tract, brain, nerves, vision, kidney and hormone function. It has been shown to reduce nerve pain by 50%. Alcohol consumption seriously depletes B1.</th>
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<tr>
<td><strong>Vitamin B2</strong> plays a vital role in adrenal function reducing stress and optimizing the manufacture of hormones especially during menopause. Riboflavin-5-phosphate is the active form in Bsmart. It helps metabolize fat and glucose (sugar) and manufacture red blood cells. Riboflavin-5-phosphate is particularly important for beautiful skin and optimal vision.</td>
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<tr>
<td><strong>Vitamin B3</strong> also called niacin is essential for energy production, to protect our heart and prevent cancers. B3 also inhibits (bad) LDL cholesterol, aids hormone production, stops graying hair and makes our skin beautiful. Most niacin supplements are in the nicotinic acid form that causes an unpleasant ‘flushing’, redness and itching of the skin when taken at optimal doses. Inositol hexanicotinate is the form used in Bsmart which does not cause these annoying symptoms.</td>
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<td><strong>Vitamin B5</strong> also called pantothenic acid is needed for energy production, lowers total cholesterol and LDL ‘BAD’ cholesterol. Calcium d-pantothenate is the form found in Bsmart.</td>
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<td><strong>Vitamin B6</strong> has three forms. The best form is Pyridoxal-5-Phosphate (P5P), because it is already converted into the coenzyme form necessary for over 100 essential reactions in the body. P5P is required to make essential fatty acids, red blood cells, hemoglobin and to make your happy hormone serotonin. P5P is essential for women as it treats cervical dysplasia (abnormal PAP tests), PMS and anemia.</td>
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<td><strong>Vitamin B12</strong> has extensive research for optimal brain health. Methylcobalamin the active coenzyme form found in Bsmart stops nerve pain.</td>
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<td><strong>Vitamin B9</strong> called folic acid or folate is needed to form new red blood cells, and to make and repair our DNA and to prevent dementia. Folate is advised before a woman becomes pregnant to reduce the risk of neural tube defects in the baby. One in 3 people have a genetic mutation that impairs their ability to convert folate to the active form L-5-methyltetrahydrofolate (L-5-MTHF) found in nature. L-5-MTHF also plays a significant role in estrogen and serotonin function. Cancers of the colon, breast and cervical dysplasia are also associated with low L-5-MTHF. Detoxification of mercury, lead, arsenic, tin and estrogen require L-5-MTHF. A toxic build-up of estrogens increases the risk of breast cancer, uterine fibroids and endometriosis. Low L-5-MTHF worsens allergy and stress-related symptoms. We have both folate and L-5-MTHF in Bsmart complex because prenatal research has mainly used folate in their studies.</td>
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<tr>
<td><strong>Vitamin B7</strong> also called biotin aids the production of collagen in the skin, hair, nails, tendons and joints. Vitamin B7 stops hair loss, thickens nails, aids weight loss and helps balance blood sugar.</td>
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<td><strong>Choline</strong> and <strong>Inositol</strong> are often classified as B vitamins. Inositol has anti-depressant and anti-anxiety action, reduces mood-associated PMS symptoms and helps normalize blood sugar. (Inositol also found as myo-inositol can not be converted into d-chiro-inositol in women with polycystic ovarian syndrome (PCOS). Women with PCOS should use GLUCOsmtart containing d-chiro-inositol for fertility.)</td>
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The word collagen is derived from the Greek word “kola” meaning glue. Collagen is a structural component that makes your bones strong, your tendons elastic and your skin smooth. When we are young collagen is produced in abundance and as we age collagen production declines. There are over 16 types of collagen in the body, but 90 percent of the collagen consists of types I, II, and III.

When collagen production declines muscles and skin sags; bones lose density and strength; joints and ligaments become weaker and less elastic. Cartilage becomes thinner and weaker at the joints causing arthritis. Hair looses its thickness and wave and breaks easily. Organs may sag toward the floor (prolapse uterus and bladder), and sphincters weaken (incontinence). The heart enlarges. Arteries become less elastic, more prone to aneurysm and become less resistant to plaque formation. But where we notice the loss of collagen the most is in the skin with increased wrinkles and loss of elasticity.

Collagen in Nutritional Supplements
There are many different sources of collagen in nutritional supplements and it can be confusing to know what type of collagen to use. Collagen Type II from chicken sternum is used for repairing joints in those suffering arthritis. Collagen from cow parts (hide, hooves, bones, skin and ligaments) is also available and marketed for beautiful skin. This type of collagen should be avoided as slaughterhouse waste can be a source of prions and there is no research showing cowhide collagen has any affect in the body.

When I was searching for a collagen product for myself for wrinkle reduction I looked at the clinical research. I chose a French collagen from hydrolyzed marine collagen and elastin polypeptides because of the excellent clinical research showing a reduction in deep wrinkles. This source is found in ACTIVE COLLAGEN. The fish used in ACTIVE COLLAGEN are wild, not farmed tilapia, and are from a sustainable source. As well the ACTIVE COLLAGEN contains hydrolyzed elastin as well which none of the other collagen product offer. Some companies are so embarrassed by their collagen source they don’t put it on the label. You want a collagen product that has clinical research, is hydrolyzed polypeptides and contains elastin and is not from farmed fish – an environmental disaster.

Health Canada reviews the research for all collagen products and provides a Natural Health Product license which states what the collagen can be sold for. ACTIVE COLLAGEN is the only product on the market today to have a license for skin and our approved label claim is for the reduction of the number and depth of deep wrinkles in 28 days which is an amazing Health Canada claim. None of the other companies can state this as their products are not licensed for reducing deep wrinkles.

Collagen and Skin
Starting in our early 20s collagen production declines by about one percent a year. But women lose as much as 30 percent of their collagen in the five years following menopause which is the reason that we see bone loss, muscle decline, prolapsed uterus and bladder and skeletal aging in general.

The effects of slowed collagen production are visibly obvious when skin loses its elasticity, sags and wrinkles. A second yet equally important component of skin is elastin. Elastin fibers form a matrix with collagen; together they allow the skin to flex and move. When we are young, the skin naturally renews its collagen and elastin. But with age and damaging sun burns this renewal rate slows down.

ROSACEA RASH GONE IN TWO WEEKS
I started getting a bright red, bumpy skin rash on my cheeks along with acne-like breakouts. A skin specialist diagnosed a stubborn condition called rosacea. After trying antibiotics and prescription topical agents for months with no change my wife said to try her Lorna Vanderhaeghe Super Strength Celadrin Skin Therapy Cream. She uses it for her psoriasis. Within two weeks of applying the cream morning and night my skin started to transform. I no longer have the acne-like outbreaks and the red raised bumpy rash is gone. Doctors should be prescribing this great cream. – TS, BC

Reduce Deep Wrinkles in 28 Days
In a study of 43 women between the ages of 40 and 55 with deep crow’s feet wrinkles, consumption of an ACTIVE COLLAGEN hydrolyzed marine collagen and elastin polypeptides was found to decrease lines and wrinkles as well as to increase skin moisture. Two grams per day of either ACTIVE
COLLAGEN or fake pills were consumed for 84 days. Subjects’ forearm and face skin conditions were measured at day 0, day 28 and day 84. Day 28 through 84 were during winter months to simulate harsh winter conditions.

After 28 days, the group taking ACTIVE COLLAGEN showed a significant 20% decrease in the depth and the number of deep wrinkles in 71 percent of the subjects. The placebo group experienced an increase in the number of deep wrinkles.

Finally, ACTIVE COLLAGEN was found to have a powerful moisturizing effect on the skin and the longer you take it the more collagen rebuilding occurs. ACTIVE COLLAGEN also reduces the crepe-like skin we get on our eyelids and upper arms. Even vaginal dryness improved. You only have to take 2000mg of ACTIVE COLLAGEN. Other farmed tilapia fish collagen supplements require 4 times as much with no scientific evidence that they work.

Vegetarians Can Enhance Collagen Too

Collagen manufacture can be achieved by providing the body with the building blocks which include the nutrients biotin and orthosilicic acid. Choline-stabilized orthosilicic acid and biotin are found in COLLAGEN PLUS. These nutrients have been found to build collagen in the hair, nails, bones and skin. In the hair COLLAGEN PLUS enhances keratin along with collagen to promote thicker, stronger, faster growing hair. Due to the keratin enhancement Collagen Plus makes your hair shinier and less prone to breakage. COLLAGEN PLUS also builds collagen in the fingernails and bones. A 2% increase in bone density over a one year period was seen in those consuming choline-stabilized orthosilicic acid. COLLAGEN PLUS is a vegetarian product that gets your body making collagen with just 10 drops a day in your smoothie or food. Within 90 days you will notice a dramatic difference in your skin, hair and nails.

Choose your collagen supplement wisely and you will be rewarded with beautiful, smooth skin, thicker hair and harder fingernails all while building strong bones.

FINALLY STRONG, LONG FINGERNAILS

I have to BRAG! I couldn’t tell you the last time I had real nails. My nails were always brittle and short. I was an awful nail biter. My husband and I have been together for over 6 years and he has never seen me without acrylic nails. For the past 9 months I have been taking your COLLAGEN PLUS drops, GLA Borage oil capsules and Bsmart daily. I am so proud to say I had my acrylic nails removed today and these are MY real nails. They are strong and long. Thank you for your great products. – MV, BC

GLA FOR PSORIASIS, ECZEMA, DERMATITIS, ROSACEA AND BEAUTIFUL GLOWING SKIN

If you have eczema, dermatitis, psoriasis, rosacea or dry, wrinkled skin you need a very special skin fatty acid called Gamma Linolenic Acid (GLA). Getting enough GLA can be challenging because the only human food to contain GLA is breast milk and after we are weaned we have to make GLA from the food we eat. Cradle cap in babies is one of the earliest warning signs of GLA deficiency. People with skin disorders and women who have gone through menopause cannot make GLA from the food they eat.

And this inability to make GLA is the reason post menopausal women have dry, wrinkled skin lacking that youthful glow.

GLA deficiency is at the root of most skin disorders. GLA is not found in fish or flax seed oil and the highest source of GLA is found in borage oil.

Look for GLA SKIN Oil a liquid borage oil supplement. If you want to change the look of your skin quickly take the GLA Skin Challenge and eat 2 tablespoons of GLA per day and apply a small amount to the wrinkles on your face at bedtime. Your friends will be asking if you had “work done”.

When you purchase GLA SKIN Oil you will receive my book Beautiful Skin Begins Within FREE (16.95 value).
Waking up at Night?

If you fall asleep fine but wake up several hours later and can’t fall back to sleep until the wee hours of the morning you have the hallmark symptom of adrenal exhaustion. The adrenal glands sit atop the kidneys and they secrete the hormone cortisol which helps us deal with stress. But, more importantly, the adrenals also manufacture estrogen, testosterone, DHEA and progesterone. These glands are the back-up hormone system for women once the ovaries take a rest at menopause. When the adrenals are functioning well we can deal with stress, our hormones are balanced and we can sleep through the night. Sleeping less than 7-9 hours per night has been found to cause weight gain, increased appetite and sugar cravings. Adrenal exhaustion is the term used when chronic stress has compromised adrenal function.

Symptoms of Adrenal Exhaustion

- Salt, sugar and caffeine cravings
- Nighttime waking
- Belly fat weight gain
- Difficulty handling stress
- Low sex drive
- No energy
- Digestive issues
- Severe menopause symptoms
- Brown mask on cheeks, forehead

Reduce stress. Go for a walk everyday. Practice deep breathing exercises and take ADRENAsmart – a combination of herbs that quickly normalize adrenal function by improving the body’s response to stressors. ADRENAsmart improves energy, calms the body, normalizes cortisol, stops night-time waking and helps to balance hormones. This fast-acting formula is a restorative tonic for the adrenals and can also be used by men. If you are in menopause and suffering hot flashes and night sweats take ADRENAsmart to aid hormone balance. ❤️

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Menopause means one year with no menstrual cycle and the average age of onset is 52. For some women when they first got their period they had a difficult time until hormones found their natural rhythm. The same can occur during the menopause transition when periods stop.

Do all women experience uncomfortable symptoms? No. Women with healthy adrenals have virtually no menopause symptoms (read “Waking Up at Night?”). During menopause our ovaries cease producing hormones and our adrenal glands provide the hormones we need. Our fat cells and uterus produce estrogen. Progesterone production decreases by the adrenals. The thyroid acts as the orchestra conductor. The menopause transition should take about 18 months and during this time take MENOsmart Plus to stop hot flashes and night sweats, mood swings and vaginal dryness. MENOsmart Plus is a safe, non-hormonal treatment that restores hormone balance during the menopause transition.

If you are using bioidentical or synthetic HRT and you are still getting symptoms, add MENOsmart Plus daily to ease menopause symptoms. ❤️

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STOP HORMONAL ACNE

In women hormonal acne occurs mid cycle and clears for a few days only to reappear again. Women with hormonal acne secrete testosterone in excessively high amounts during ovulation causing acne on the face, hair line, chin, chest and the back. Hormonal acne is not just a teenage problem. Hormonal acne is very common during the perimenopause years when incompetent ovulation occurs as you head towards menopause. ESTROsmart solves hormonal acne by balancing hormones naturally. Four capsules daily of ESTROsmart will eliminate hormonal acne within 2 full menstrual cycles. ESTROsmart not only clears acne but makes periods effortless and controls endometriosis, PCOS, breast and ovarian cysts and so much more. ❤️
PREVENT AND TREAT COLD SORES & SHINGLES

If you suffer from outbreaks of herpes commonly called cold sores, you have probably tried every treatment available with varying degrees of success. There are several types of herpes virus. Type 1 herpes (HSV-1) usually causes cold sores on the mouth while Type 2 herpes (HSV-2) causes genital herpes. Herpes Zoster causes chicken pox and shingles.

Herpes outbreaks appear as single or multiple clusters of fluid-filled blisters. Blisters then burst leaving painful ulcers that can take weeks to heal. After the first outbreak the virus becomes dormant, hiding from your immune system, waiting for another opportunity to erupt. Emotional, physical, environmental and nutritional stress triggers can weaken your immune system and reactivate the virus causing another outbreak.

The most effective solution to keeping herpes dormant is building a strong immune system. When the immune system is doing its job the herpes virus is kept in check.

At the first sign of cold sores or shingles:
• Apply ice directly to the cold sore.
• Take 6 capsules of IMMUNOsmart per day during an outbreak and 3 capsules per day to keep outbreaks from occurring. IMMUNOsmart keeps your immune army seeking, recognizing and destroying the viruses.
• Take 2000mg of Lysine daily until sores are gone and 500mg per day for prevention.

Avoid triggers. Arginine-containing foods like peanuts can trigger outbreaks because arginine blocks lysine in the body. Lysine keeps the virus from replicating. If you get regular outbreaks stop eating nuts and nutritional supplements containing arginine. Reduce stress and eat plenty of fruits and vegetables.

If you have shingles add to the recommendations above: 500mg of bioflavonoids every waking hour until shingles are gone. Get an injection of B12 from your doctor or take 1000mcg sublingual tablets daily until shingles are gone. For nerve pain relief apply Celadrin Super Strength Skin Therapy cream to the shingles (doing a test spot first) and take 600mg of lipoic acid.

did you know?

THERE IS A CONNECTION TO EARLOBE CREASES AND HEART ATTACK

In the early 70s the association between diagonal earlobe creases and the threat of an eventual heart attack was made. Chronic circulatory problems allow the vascular bed in the earlobe to collapse and the telltale earlobe crease to appear. More than 30 studies have been recorded, with one involving 264 patients from a university-based coronary care unit who were followed for 10 years. Researchers concluded that after adjusting for other risk factors, the presence of a unilateral earlobe crease was associated with a 33% increase in the risk of a heart attack; the risk increased to 77% when the earlobe crease appeared bilaterally. Diagonal earlobe creases, appearing at a 45° downward angle toward the shoulder, are a better predictor of sudden death from a heart attack than age, smoking, obesity, elevated cholesterol levels, or a sedentary lifestyle, particularly before the age of 80. The predictive value of the diagonal earlobe crease does not apply to Asians, First Nations people, or children with Beckwith’s syndrome.

If you or a loved one are developing these creases take CALA-Q Plus now.

DRINK YOUR SUGAR CRAVINGS AWAY

Bread, pasta, sugar and other carbohydrate cravings can sabotage your weight loss plans. SHAPEsmart containing Svetol, a clinically researched water enhancer with nine clinical studies reduces the absorption of sugar and stops sugar cravings. Svetol also mobilizes fat out of fat cells, helps lower blood pressure and protects against cardiovascular disease. SHAPEsmart is one of the few supplements licensed by Health Canada for weight management. Studies have shown an average 10 pound weight loss in 12 weeks with two packets of SHAPEsmart per day. A randomized, placebo-controlled, double-blind study over 12 weeks with 40 people found that Svetol reduced the absorption of sugar. Participants lost over 10 pounds vs the placebo group. SHAPEsmart contains no caffeine or sugar and has a delicious lemon-lime iced tea flavor that’s great hot or cold.
**JOINT PAIN GONE IN A WEEK**

*Thankfully for those* with joint pain and arthritis there is finally a natural solution that works in as little as 5 days. Clinical research proves that using ingredients that stop inflammation and regenerate damaged cartilage is the answer to joint pain and arthritis. JOINTsmart contains eggshell membrane naturally occurring hyaluronic acid, glucosamine sulfate and absorbable calcium along with activated vitamin D3.

Natural Eggshell Membrane (NEM) aids the production of collagen Type II. This type of collagen makes up much of the cartilage that covers the ends of bones providing protection to the weight-bearing joints such as the knees and hips. Cartilage causes our bones to be able to glide smoothly over each other in the joint capsule. Maintaining adequate cartilage is the key to eliminating joint pain and arthritis symptoms. JOINTsmart also makes our tendons, cartilage and ligaments stronger reducing compression of the joint area thereby reducing pain.

JOINTsmart’s naturally occurring glucosamine sulfate aids in the manufacture of cartilage in the joint. The sulfate and hyaluronic acid found in to JOINTsmart are essential for reversing cartilage damage because they stimulate the production of synovial fluid in the joint. Synovial fluid acts like nature’s shock absorber naturally lubricating the joints. JOINTsmart not only contains the same NEM used in all the clinical studies but it also contains 1000 IU of activated Vitamin D3 to further enhance joint and bone health.

**Vitamin D3 and Joint Pain**

We know that Vitamin D3 is essential for bone density and the reduction of osteoporotic fractures but new research has shown that simply taking 1000IU of Vitamin D3 can significantly reduce joint pain too. Researchers found in those with moderate Vitamin D deficiency that after 24 weeks of supplementation pain was significantly reduced.

JOINTsmart’s one-a-day formula provides rapid pain relief in 7 days for those with joint or connective tissue pain without the potential dangerous side effects of NSAIDS or over-the-counter pain medications.

**JOINTsmart will:**
- Reduce pain and stiffness in joints in 7 days or less
- Increases flexibility and mobility within 28 days
- Activates your body’s natural ability to produce collagen type II and glucosamine for healthy joints

Lorna Vanderhaeghe is the author of 13 books. Visit www.hormonehelp.com for more information and to read some of her FREE books.