



BOOSTING A WOMAN'S WELL-BEING

**THESE NUTRIENTS AND
HERBS INCREASE ENERGY
AND OFFER OTHER
BENEFITS.**

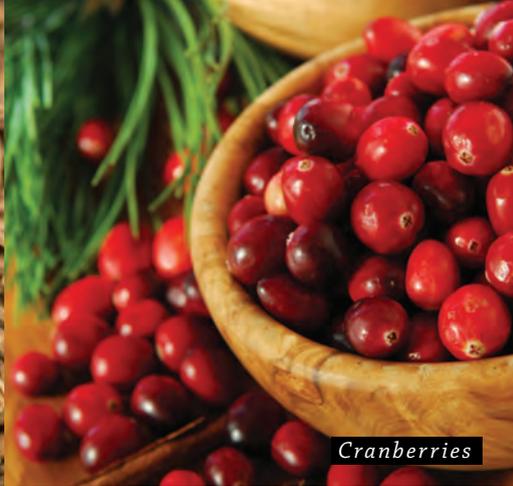
Science now supports what every woman knows: While both genders may have trouble sleeping, women are the ones who tend to suffer insomnia's negative effects.

Researchers studied data from 744 people, men and women, who had been treated for sleep difficulties. According to the *Journal of Clinical Sleep Medicine*, women were much more likely than their male counterparts to feel tired and depressed all the time.

It's tough to spend your life in an exhausted daze, especially when there are pressing work and family commitments to be met. Lifestyle changes help; in addition, natural medicine offers ways to aid the perpetually weary. (Of course, the first step should be a visit to your healthcare practitioner for a thorough checkup.) Other herbs and supplements address problems such as loss of libido, menstrual and menopausal issues, and yeast and urinary tract infections.



Valerian



Cranberries

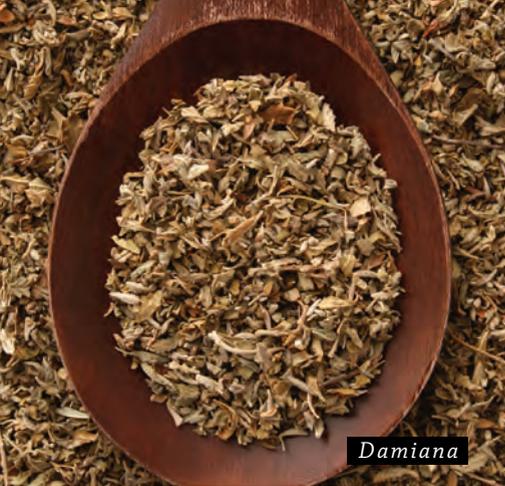


Maca

NAME **WHAT IT IS**

Acidophilus	<i>Lactobacillus acidophilus</i> , a species of probiotic, or healthful, bacteria
Alanzeebium	A formulation of bioflavonoids and two Indian herbs, jujube (<i>Ziziphus jujuba</i>) and ankol (<i>Alangium salvifolium</i>)
Cacao	The dried and fermented seed from <i>Theobroma cacao</i> , used to make chocolate
Cranberry	A shrub, <i>Vaccinium macrocarpon</i> , known for its tart red berries
Damiana	A small shrub, <i>Turnera diffusa</i> , found in dry, sunny areas from southern Texas to Central America
Dong Quai	<i>Angelica sinensis</i> , a perennial herb found in China, Japan and Korea
Grape/Apple Polyphenols	Antioxidant compounds found in the skins of apples and grapes
Maca	The tuber of a plant, <i>Lepidium meyenii</i> , that grows in the highlands of Peru
Pau D'Arco	A tall tree, <i>Tabebuia impetiginosa</i> , native to the Amazon rainforest
Valerian	<i>Valeriana officinalis</i> , an herb native to Europe and western Asia
Velvet Bean	<i>Mucuna pruriens</i> , a legume found in tropical areas around the world

For more nutrients and herbs especially helpful for women, see energytimes.com.



Damiana



Dong Quai



Cacao

WHAT IT DOES

Helps maintain normal microbial balance in the vagina and digestive tract; may help reduce recurrence of bacterial vaginosis; may also help ease symptoms of irritable bowel syndrome

Helps counteract loss of libido in women by promoting healthy hormonal balance; ankol is used traditionally to restore female sexual health after pregnancy, jujube as an overall tonic

Supplies antioxidants and magnesium, a mineral crucial to energy production; appears to heighten pleasurable feelings; has shown antidepressive effects

Long used to help defend against urinary tract infections; contains substances that may support healthy gut flora and promote better circulatory health

Used by traditional healers to restore libido and boost energy levels, and to help ease menstrual problems; appears to increase genital blood flow

Called “the female ginseng” because Eastern medicine employs it for women’s health concerns; often used in menopausal symptom relief; has shown protective effects for the heart and liver

Helps counteract the effects of *peroxynitrite*, a toxic byproduct of normal bodily processes that can damage cells and DNA; promotes healthy sexual function

Acts as an *adaptogen*, a plant that helps the body deal with stress; traditionally used to increase energy, libido, mental clarity and overall well-being

Traditionally used for infections and as an overall tonic; employed in Western herbalism to fight yeast infections

Long used to help ease anxiety and promote sleep; has helped reduce discomforts associated with PMS and menopause in studies

Used by Ayurvedic practitioners to support sexual well-being; appears to promote healthy neural activity within the brain

NOTE: Always consult with your healthcare practitioner for help in designing a supplementation program, especially if you have a pre-existing condition.