

- *Taking your daily supplements:*  
You are what you eat! Unfortunately it's very difficult today to get all the nutrients your body needs. A hectic lifestyle supports fast food consumption and other nutrient deficient dietary habits. Our crops are grown in over-utilized nutrient deplete soils and if you live in an area of the country where sunshine is a rare commodity, you may be at risk for vitamin D and other dietary deficiencies. The healthier you are the better your weight loss results will be.
  
- *Reducing your stress and balancing your hormones to get rid of stubborn belly, butt, and thigh fat:*  
Thanks to our estrogen saturated environment women begin developing hormone imbalances such as Premenstrual Syndrome (PMS) long before reaching menopause. In addition, chronic stress elevates the fat storing hormone cortisol. Cortisol increases your body's production of estrogen which makes you gain weight in the female fat zones while at the same time reduces progesterone (the hormone that counteracts the effects of estrogen).  
This deadly combination of estrogen elevating effects leads to what is known as *Estrogen Dominance* resulting in symptoms of PMS, perimenopause (the 10 years or so before the end of menstruation), and menopause. These conditions are all the result of an imbalance between estrogen and progesterone, the two big players involved in a women's menstrual cycle and more.  
Stress reducing techniques such as yoga, meditation, a long walk, or even listening to music may seem trivial but can go a long way toward helping to shed those unwanted pounds. Adding the Freedom from Menopause® natural progesterone cream is not only one of the most effective ways to help you lose weight but it also helps you get rid of other unpleasant PMS and menopause symptoms.
  
- *Adding natural weight loss products to your regimen:*  
Approaching weight loss from a few different angles will increase your chances of success. Here are four all-natural dietary supplement products to help you achieve your desired weight loss goals. The natural ingredients in these products can be used alone or in combination for faster results. The Freedom from Menopause® *Weight Loss Miracle Kit* is the perfect combination of supplements to support healthy and effective weight loss. The kit contains the following items:
  1. *Progesterone Cream (2% USP Trans-dermal Cream):*  
While offering relief of PMS and menopausal symptoms, progesterone cream is the safe way to balance your hormones without the dangerous side effects associated with synthetic hormone replacement therapy (HRT). The hormone imbalances commonly seen during PMS and menopause are the major contributing factors to weight gain and bloating, and other unpleasant side effects.  
In addition to the symptom relieving benefits of progesterone cream, women can take advantage of the powerful weight loss and appetite suppressant benefits of progesterone cream while feeling confident knowing they are using natural, safe and effective products.
  
  2. *HGH Spray:*  
Designed to provide precursor nutrients to help boost the body's natural HGH levels – this all natural product is a key to supporting the anti-aging process. It does not contain any hormones and should not be compared to the injected form of HGH (Human Growth Hormone) which is available only through a prescription and is an FDA controlled drug.  
Freedom from Menopause® HGH spray is an all-natural, safe, sensible, cost-effective approach to supporting health, wellness, and longevity - unlike the controversial abuse of HGH drugs noted in the press. Clinical trials have shown HGH to offer superior benefits for weight loss.
  
  3. *Citrimax Complex:*  
This superior weight loss product assists the body by slowing the production of fats from carbohydrates and providing nutritional support. In addition, chromium and vanadium help support weight loss, cardiovascular health, increases metabolism, and helps prevent diabetes by stabilizing blood sugar. Citrimax® may enhance the body's ability to preferentially turn the calories found in carbohydrates into the storage form of glucose (glycogen) found in our muscles and liver. Citrimax® may also increase the body's ability to utilize fat more efficiently. Unlike many other weight management products, Citrimax Complex is safe and does not stimulate the nervous system or make you feel jittery.
  
  4. *Soy Spirulina Protein Powder:*  
This premium quality meal replacement is completely balanced with the necessary nutrients to support healthy weight loss and wellness. Soy is an excellent source of isoflavones which promote hormonal and anti-oxidant balance, and support cardiovascular, bone and menopausal health. Suitable for vegans, it provides 300 mg of plant-derived omega 3's and is a high quality source of protein great for those looking to easily add plant-based protein to their diet.  
This Freedom from Menopause® protein powder combines the powerful benefits of soy along with nutrient rich spirulina. Spirulina is a natural way to provide beta-carotene, B vitamins, iron, essential fatty acids and complete protein all packed into a single serving.

No matter what strategy you use to accomplish your weight loss goals, research tells us that the most popular diet plans promote weight loss. However, long term weight management requires implementing a success strategy that includes a variety of supportive techniques.