

# Smart Change

Smart Change is nutritional support for women going through the change of life, menopause. There are many women who go through this change easily and painlessly. There are also many women who suffer through this change, dealing with hot flashes, night sweats, mood swings, and more.

When the ovaries stop making sex hormones a woman enters menopause. A woman also enters menopause if she has a complete hysterectomy. Whatever the cause, these hormones are no longer being manufactured. At this time, the adrenal glands are supposed to kick in and produce the needed sex hormones in smaller amounts. These smaller amounts maintain your hormonal balance without producing enough to reinstate menstruation. What would cause the adrenal glands to not produce enough hormones to keep your hormones where they are supposed to be? The main culprits are stress and diet.

Stress eats up the vital nutrients our bodies need because it keeps the body in a constant fight or flight readiness. Diets that don't provide adequate vitamins and minerals make it so the body can't perform at peak levels. In years gone by fields were allowed to lie fallow and renew themselves, fertilizer crops (crops that were grown and then tilled under and allowed to compost and restore vital vitamins and minerals to the soil) were planted, and it was seldom that more than one harvest per year was taken from a field. Today crops are planned so that multiple harvests can be taken from a field in a year, fertilizer is added, but not in a complete form, NPK is the fertilizer of choice. This means we are replacing the Nitrogen (N), Phosphorus (P), and Potassium (K) in the soil, but not the numerous other vitamins and minerals. Scientists estimate that each year the vitamin and mineral depletion of the soil goes up 20%. The plants that are grown in the soil no longer provide the full spectrum of vitamins and minerals that our body needs.

In order for the body to build hormones it needs nutrients. Amino acids are the nutrients your body combines to form the building blocks it uses to create hormones (along with millions of other compounds). There are nonessential and essential amino acids. The body can manufacture nonessential amino acids, but it cannot manufacture essential amino acids. These must be consumed. If they are not present in the foods we eat, we have no other way of obtaining them. If the body can't obtain them, it cannot build the hormones that are needed.

Smart Change provides the nutrients the body needs. It has been designed specifically to provide those nutrients the adrenal glands need to build the hormones that the female body needs later in life. Additionally, it contains hormone precursor agents. If you go to the doctor you get hormone replacements that you hope will be the correct kind and amount for your body. The

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problem is, our bodies are always in flux, so unless you can be tested for hormonal balance and instantly have the hormone replacements you are using adjusted constantly (which is not feasible) you are not going to achieve hormonal balance with a manufactured hormone replacement. That is why we are seeing the epidemic of ovarian and breast cancers that are currently taking place.

The body, however, does monitor itself constantly. It takes note of a dip in estrogen here, a need for more testosterone there and, assuming it has the correct building blocks, is capable of manufacturing exactly how much of this hormone or that hormone as is needed. The hormone precursor agents that are in Smart Change are not hormones; they are the building blocks the human body needs to safely build any sex hormone it is lacking. If you don't need any of these agents, the body simply expels these building blocks.

Smart Change is for women who are entering menopause, who are just starting to feel the effects of menopause, and who are in menopause. From the Be Young catalog, "For women during menopause, Smart Change offers the most complete approach to supporting the chemistry of women during menopause and their postmenopausal years ahead. No other product of its kind offers the potency of Smart Change, which is often needed in times of excess stress and responsibility. Easy to take capsule!" Smart Change is a patented formula exclusive to Be Young; it is part of their Smart Nutritionals line. Traces is pleased to carry the entire line.

**To order, for class information, or if you have questions contact:**

Debby or Penny Swann

208-852-2295

[www.TracesEtc.com](http://www.TracesEtc.com)

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