

What is Bella?

By Sharon Farnsworth: Women have cycles. We are pre-menopausal, menopausal, and post-menopausal. This product can be for women of all ages for hormonal balance. Estrogen: Women are designed to produce the hormone Estrogen. This hormone has a lot to do with women's moods, behavior, and actions. It is what makes women feminine. It is what keeps us looking and feeling young. It affects the skin. Estrogen has a great role to play in women's bodies being able to absorb calcium. In a woman's body, Estrogen is like a bank teller, allowing the calcium to be assimilated.

When a woman goes through the change of life or menopause, or has a hysterectomy, then the ovaries which produce estrogen and progesterone no longer produce the needed hormones. Women suffer with mood swings, depression and bone loss. Their teeth are affected because of the inability to absorb calcium and minerals.

The adrenals are supposed to "kick in" to produce the needed estrogen, but in today's world so many women's adrenals have been stressed and worn out and they do not produce the smaller amounts of hormones needed. Women suffer the consequences of imbalanced hormones in their systems.

Another symptom is hot flashes. When the needed hormones are no longer being produced in the body, this triggers Mother Nature to start burning up or shrivelling the ovaries. This process makes women feel hot and they break out with hot flashes, perspiring profusely for a few minutes, and it is terribly uncomfortable. For this reason, the medical profession advises Hormone Replacement Therapy (HRT), but synthetic hormones, while helping to eliminate hot flashes, have awful side effects. The most popular synthetic hormone, Premarin is made from pregnant horse

mare's urine, and the side effect is cancer of the breast or uterus. Some herbal companies now produce hormone patches and creams made from an herb called Mexican Wild Yam.

However, Dr. Chen has warned us of this source, telling us that it is a steroid containing cortisone. While the calming down of the flashes brings temporary relief, the long term effect of these steroids makes women gain weight and causes the bones to be soft, brittle, and easily broken, contributing to osteoporosis. Dr. Chen will use only Chinese Yam since Mexican Yam contains saponin, which is medicinal and can be poisonous.

The natural estrogen and progesterone that a woman produces has many benefits:

1. When the proper balance of estrogen and progesterone in the body is maintained, it controls the body's ability to absorb calcium. This is critical for the prevention of osteoporosis, osteoarthritis, arthritis, etc.

2. When we eat sugar or sugar-laden food, this affects the calcium in our body. Sugar strips the liver of stored nutrients and depletes the calcium out of the bones, affecting bone density. If we are menopausal, then we cannot assimilate calcium well. Is it any wonder that our body, at this time, starts showing signs of aging? Then, according to which symptoms we have in our body, we give them disease names such as:

- Osteoporosis - Osteoarthritis - Arthritis - Fibromyalgia or Muscles Aching

Lack of calcium may not be the only cause of these conditions, but it is certainly a big contributing factor.

3. Natural Estrogen and Progesterone help keep us feeling young and acting young. It keeps our skin young, and gives us our sex drive, our vigor for life... feeling wonderful!

The opposite is true when we start aging. We see the effects. Our skin gets dryer, wrinkles start appearing, and we start feeling and showing the aging process. One out of every four women is affected by osteoporosis. Bella does not contain hormones, but is capable of connecting to the body's hormonal receptors, making the body "think" it is receiving

hormones. Thus, calcium is utilized by the body as if normal hormone levels are present.

5. Suggested Amounts:

1 capsule twice a day with meals. Ladies – begin with 1 capsule a day. With Dr. Chen's new ability to concentrate and enhance food formulas, the Bella formula is 30 times more concentrated in its nourishing benefits. It is highly recommended that you be on the Sunrider Basic Program and then incorporate the Bella. Note - Pregnant & Nursing Mothers – do not need Bella as their bodies are adjusting their own hormones. Dr. Chen created this formula for women over 40. However, many women under 40 have used it and found great benefits.