

Natural Solutions for Menopause



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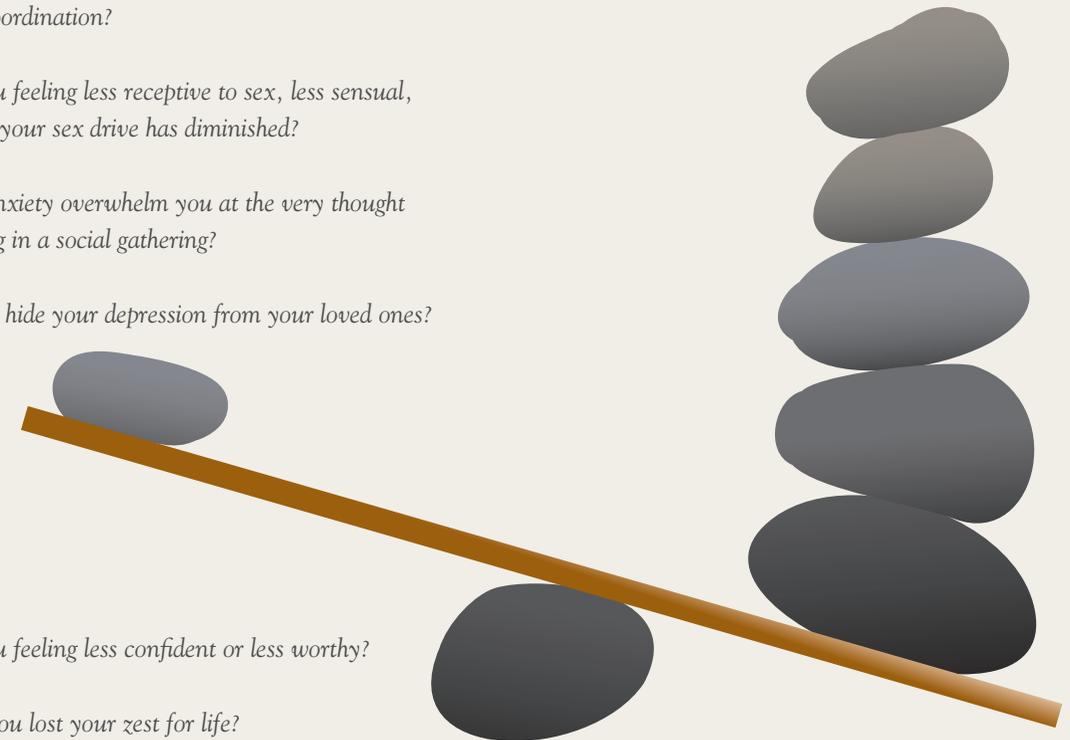


How You Feel May Reflect

A Hormonal Imbalance

- Are you experiencing mood swings, anxiety and irritability or even depression?
- Are you feeling withdrawn, finding yourself caring less about things that used to matter?
- Do you find it difficult to find the right word or are you having trouble remembering names or events?
- Do you push yourself just to get through daily tasks?
- Do you have periods of feeling hopeless or fearful?
- Do you feel like your spinning or dizzy and losing your coordination?
- Are you feeling less receptive to sex, less sensual, or that your sex drive has diminished?
- Does anxiety overwhelm you at the very thought of being in a social gathering?
- Do you hide your depression from your loved ones?
- Are you feeling less confident or less worthy?
- Have you lost your zest for life?

Symptoms of hormonal imbalance may strain your personal relationships, interrupt day-to-day life, and make you feel like you don't know who you are anymore.





My name is Karen Roth, and I am a Holistic Nutritionist specializing in hormonal imbalance. I hold a Masters Degree in Holistic Nutrition and have been trained and certified in the Management of Menopause Type® Program, a holistic model that has benefited women for over 17 years. The program recognizes that there are twelve different Menopause Types, each requiring an individualized approach to alleviating symptoms and reducing health risks.

Menopause relief doesn't have to mean automatic hormone replacement therapy or a one-size-fits-all approach to alleviating your symptoms....You have choices.

My recommendations are natural, safe, and effective.



"I have been suffering with symptoms of menopause - hot flashes, night sweats, poor memory and concentration problems. My doctor offered me hormones, but I wasn't willing to accept the risks. Karen helped me with changes in my diet, and recommended supplements to relieve my symptoms. Hot flashes and night sweats were gone in five weeks! And every week I continue to see improvements in my memory and I can concentrate so much better."

- Mary, Los Angeles, California



Hormone Imbalance can occur during:

■ Menstruation ■ Post pregnancy

"I had a hysterectomy at an early age and menopause started a bit early. I have struggled with awful symptoms off and on for years. Several doctors tried to help me balance my hormones with HRT and failed to make me feel better. Working with Karen, I did not take hormone replacements and I am 100% balanced with no symptoms and I feel better than I have for a long time. The bonus is I even lost a few pounds during the holidays!"

- Christy, Valencia, California

"My diet was so poor and I didn't know where to begin. I had become extremely fatigued and quite depressed. Karen gave me simple, easy to follow dietary suggestions that gave me back my energy, and I have never felt better! My husband recently said to me, "I am so glad to have you back."

- Paula, Santa Clarita, California

"Karen has been a wonderful advisor for many health concerns for both me and my husband. My hot flashes have subsided through her recommendations from the findings of the saliva test which she explained very clearly and thoroughly. She also has helped uplift moods through natural supplements. Karen also assisted us with natural sleep remedies and recommended natural alternatives to alleviate muscle spasms. Karen is very responsive and knowledgeable and always helpful. I highly recommend her!"

- Sally, Santa Clarita, California

■ Perimenopause ■ Post menopause

"I consider myself to be proactive and leading a healthy lifestyle for myself and my family (three boys ages 3, 7, and 9). But I needed some help getting all of us to the next stage by eliminating sugars and checking to make sure we were getting the proper nutrients in our diet and supplements. I got more than I wanted with Karen Roth. Karen opened my eyes to so many dietary and nutrition issues for my family. I would leave each appointment so much smarter than when I arrived. I brought my husband and children with me occasionally and they learned how to be healthier. My two older boys now actually read all nutrient labels before they eat to make sure it is healthy enough for them. As the months passed, I learned that Karen is so knowledgeable about almost everything related to overall health and wellness. She not only helped me eliminate sugar from my children's diet, she helped my husband lower his cholesterol naturally and she discovered and then fixed a serious hormonal imbalance in me! She is the person I call when I need answers or advice.

Thank you for helping my family live healthy lives Karen. We will be forever grateful."

- Diane, Valencia, California



"Since working with Karen and learning how to improve my diet, I have had people tell me that I look so much younger, almost like a teenager and I'm in my mid-forties!"

-Martha, Los Angeles, California



Top Symptoms of Hormone Imbalance

- Mental Fogginess
- Depression
- Anxiety
- Hot Flashes and/or Night Sweats
- Low Libido
- Weight Gain
- Irritability/Nervousness
- Dizziness or Vertigo
- Insomnia
- Loss of Energy
- Increase in Wrinkles on the Face
- Poor Skin Tone on the Arms, Legs or Hands
- Loss of Confidence
- Developing more Facial Hair
- Loss of Hair on the Head
- Increased Acne
- Aggressiveness/Anger
- Trouble Tolerating Carbohydrates & Sugars
- Trouble Remembering Names, Things & Events
- Infrequent Periods or No Periods at all
- Heavy and Frequent Periods
- PMS Symptoms
- Loss of Skin Radiance
- Episodes of Rapid Heart Beats
- Trouble Focusing and Maintaining Attention