

Nutrition fact sheets

THE ALTERNATIVE TO HORMONE REPLACEMENT THERAPY



Experts in non-surgical cosmetic treatments

Nutrition and treatments for the way you look and feel

LUSCIOUS fuller lips



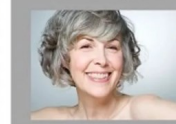
ADVANCED NON-SURGICAL
COSMETIC TREATMENTS

FULLER & FIRMER natural nutrition for your bust



ADVANCED NON-SURGICAL
COSMETIC TREATMENTS

HOT FLUSH cool down Natural nutrition to relieve the symptoms of the menopause



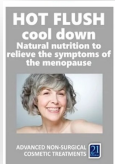
ADVANCED NON-SURGICAL
COSMETIC TREATMENTS

HAIR restoration



ADVANCED NON-SURGICAL
COSMETIC TREATMENTS

Hormone Replacement drugs (HRT) are either derived from animal hormones or they are produced synthetically to mimic the activity of oestrogen when the ovaries are less able to produce a sufficient amount to maintain the female body.



2. DVE MENOCOOL™ THE NATURAL ALTERNATIVE TO HRT.

Hot flushes, night sweats and other menopausal symptoms can be life changing and symptoms happen to one extent or another for most women. HRT (hormone replacement therapy) appeared to offer the perfect solution.

In 2002 over 2 million British women relied upon it. Then a massive study illustrated the adverse effects it can have and over 70% of women stopped taking it.

Since then it would seem things have improved but shortages of supply of HRT drugs and a new worrying study by Oxford University and published in the Lancet magazine has made women desperate to find a safe alternative.

SOLUTIONS

Natural relief from menopause symptoms without risk is found in food supplement named DVE MenoCool™ and is now available from your 21 Clinic. These are food tablets that are made with the vegetables nature provided to supplement oestrogenic activity. Lack of oestrogen is not only the cause of the typical menopause symptoms, it is also aids many of the visible effects of ageing.

DVE MenoCool™ will be fully explained and your particular symptoms will be assessed during your first initial free consultation. Your therapist will also check for any contraindication.

Watch Dr Gill Barham interview two women discussing their personal experience and the benefits of DVE MenoCool™ at <https://www.facebook.com/watch/?v=537109636717299> and read answers to the questions that are most commonly asked about DVE MenoCool™ in the leaflet on the next 2 pages.

What to expect...

CONSULTATION

Your initial consultation is free of any charge. It is strictly confidential. The objective is to determine the problem you wish to resolve and to advise the possible course of treatments to meet your needs and your budget.

TREATMENT

You may only require nutritional supplements and or skin care products. You may also require the advanced treatments offered by 21 Clinic will assist in resolving your problem.

RESULTS

21 nutrition progressively prove their benefits for you over a period of 3 to 8 weeks depending on how quickly your body responds. Many 21 Treatments produce immediately visible results and so help prove just how well your body responds.

COST

21 Clinic Nutrition products are very affordable and provide essential nutritional supplements that we all need.

APPOINTMENT BOOKING AND CANCELLATIONS

Should you have to cancel any appointment please give 48 hours notice. If you do not without good reason, we reserve the right to charge you for a missed appointment.

ADVICE AND EVERYDAY SUPPORT


Your 21 Clinic therapist will keep in contact and will continue to provide advice to help you to improve your diet and lifestyle and achieving and maintaining your results.

DVE MenoCool™ together with Phase 2 Vitamins food tablets will relieve menopause symptoms naturally.

WORRIED ABOUT WHAT THE PAPERS SAY...
BREAST CANCER RISK FROM USING HRT IS
'TWICE WHAT WAS THOUGHT'
SOURCE: THE GUARDIAN

There is a natural alternative to HRT

Take charge of your health and talk to us now about your options.



IF YOU'RE CONCERNED ABOUT HRT AND
ITS LINKS TO CANCER - SPEAK TO US
visit www.21clinic.co.uk



DVE MenoCool is the proven safe natural alternative to HRT. The healthiest way to help you through the menopause.



Will DVE MenoCool™ benefit me?

In almost all cases reported to us, most women found their hot flushes and other menopause symptoms to have been relieved within a month.

Of course, as MenoCool is a natural food product, benefits may vary in degree from one person to another.

How often do I need to take these tablets?

Start with two DVE MenoCool™ tablets and two Phase 2 Melting tablets each day. Have one after breakfast and the other early evening.

Once menopause symptoms subside, try reducing MenoCool to half a tablet in the morning, a whole tablet in the evening and two Phase 2 tablets.

DVE MenoCool™ are food tablets dehydrated to protect the nutrients, so it is important to drink a large glass of water to rehydrate them when taking each tablet. Phase 2 are melted under the tongue.

For how long will I need DVE MenoCool™.

Unfortunately the menopause cannot be cured, it is not an illness. It is lack of the nutrition nature planned and so you will need to continue with this dietary support for many years.

Many women have found that after a while only one tablet taken every day together with two Phase 2 tablets is sufficient.

Lack of oestrogenic activity and a lack of the vitamins provided by Phase 2 is considered to be the cause of the most significant health and beauty problems for women in later years.

Are there any side effects?

None have been reported – however DVE MenoCool™ will not be a suitable addition to your diet if you suffer from any allergy to any one of the ingredients (hops, wheat, malt and barley).

How does it work?

Nature's plan is to support any lack of production of oestrogen by your ovaries by providing us with a dietary source of the phytoestrogen 8-PN in certain vegetables. These are not hormones but they mimic the activity of oestrogen. Many plants contain small traces of 8-PN but typically too little to provide any benefit unless they are eaten in very large quantities. Some others contain less welcome components.

The active ingredient in DVE MenoCool™ is hops, well proven to be a safe vegetable and a rich source of 8-PN. The other ingredients are simply grains. These create a balance to ensure the value of the hops is the same, regardless of climatic changes.

What is the evidence?

Many scientific studies have been published regarding the many benefits of hops and its role in relieving menopausal symptoms (search "hops and health").

Hops are reported to provide many dietary health benefits including; relief from IBS, they are calming, reducing anxiety and improving sleep.

All of the ingredients are accepted by the strict controls of the food standards agencies in the UK, Europe and the USA. All ingredients are natural, not GM modified and all are suitable for vegetarians.

Will the tablets interfere with any medicines?

MenoCool is made with vegetables a dietary supplement benefiting you in the same way as eating oranges.

If taking prescribed medicines and hops are new to you, do check with your Doctor first as you should whenever making any change to your diet.

Search "hops 8-PN" to read more about the many nutritional benefits of hops.

DVE MenoCool is simply vegetable nutrition that improves hormonal balance in the way nature intended.

If under medical supervision or if you suffer from food allergies do not try DVE MenoCool tablets until you have checked with your doctor.

Is DVE MenoCool produced under strict controls?

MenoCool is produced in a leading laboratory in Holland that is licensed by their government to produce health products.

It is prepared according to strict Government requirements comparable to the requirements applicable to any medicines.

For more information, do watch Dr Gillian Barham interview two women discussing their experiences at <https://www.facebook.com/watch/?v=537109636717299>.

HRT and the menopause

Menopausal symptoms are caused by a decrease in production of oestrogen by your ovaries.

The use of Hormone Replacement Therapy pharmaceuticals continue to be of concern, not simply fluid retention and weight gain but many women and their doctors are now even more concerned after new studies published about more serious highlighting far more serious health risks.

The more valuable and safe alternative to HRT is provided by the vegetable Hops.

University studies across the world report that the vegetable hops not only provide the richest natural source of the phytoestrogen 8-PN. and so alleviates symptoms.

Studies also report on many other valuable properties for our general health and well-being (search "the anti proliferative effect of hops 8-pn XN").

8-PN mimics the functions of oestrogen without causing adverse side effects that occur with animal or synthetic hormones used in pharmaceutical HRT products.

Hops have been a part of our diet for centuries. They are regarded as safe and this is proven by millions of beer drinkers as hops are used to provide the bitter flavours.

DVE MenoCool™ only contains DVE hops balanced with mixed grains.

The varieties of hops selected are important. Look for the silver DVE symbol. This confirms that only the correct strength, quantity and varieties of hops are used.

(Further reading see <https://>



Why risk Hormonal Replacement Therapy drugs when so many well reported adverse side effects have been published?

DVE MenoCool™ is a natural dietary food supplement that provides the relief you need without risk.

Hot flushes and night sweats can be alleviated in less than 28 days.

90% of women benefit from DVE MenoCool™ and no adverse side effect has been reported since its introduction in the UK in 2002.



Book a free consultation and find out just how much a natural alternative to HRT might benefit you.

Book a private consultation to learn more about DVE MenoCool™ and Phase 2 vitamins, the safe, natural alternative to HRT,

We will check your food allergies and any other contraindication .

We will answer your questions and may suggest other beneficial treatments.

Telephone, text or email and book your first free private consultation.

Call 07707 860883 or email liz@21clinic.co.uk

Experts in non-surgical cosmetic treatments



21clinic.co.uk