



**PRESS RELEASE  
FOR IMMEDIATE RELEASE**

Natural Health International 

**Femmenessence, the ground breaking health product to naturally balance & regulate a woman’s own hormone production, wins another award & is mentioned by two of the leading doctors in Women’s Health.**



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**(San Francisco, CA) – April 26, 2012** – After studying the science and ingredients behind the industry’s top supplements, *Delicious Living’s* editors named **Femmenessence** a winner in their 2012 Supplement Awards. The announcement was made in March at Expo West, the largest Natural Products Tradeshow in the world with over 55,000 attendees and 4,000 vendors. In the category of Best Women’s Health Supplement the **Femmenessence** line is a shining light with ground breaking, placebo controlled, published clinical trials that have an 84% success rate. Whether you are a younger woman looking to address PMS, support fertility, regulate cycle, or support other hormone imbalance issues, a woman navigating peri or post menopausal symptoms, or a woman later in life wanting to support heart, bone and mental health, the **Femmenessence** line has three distinctly different products for each stage of life. Instead of introducing hormones into the body, **Femmenessence** provides a completely new mode of action, balancing and regulating a woman’s own hormone production through her hypothalamus pituitary adrenal axis... and nothing is more natural than your own hormones.

This award closely follows the publication of *Better Nutrition’s Menopause Guide* by Tori Hudson ND, the leading Naturopathic Doctor in women’s health in the US, clinical Professor at the National College of Naturopathic Medicine, Bastyr University and Southwest College of Naturopathic Medicine and Program Director Institute of Women’s Health and Integrative Medicine. *Better Nutrition’s Menopause Guide* details Dr. Hudson’s integrated approach to addressing menopausal symptoms from hot flashes to mild depression, sleep

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and libido to heart, bone and mental health and how **Femmenessence MacaLife** for peri menopausal women or **Femmenessence MacaPause** for post menopausal women are a key part of those protocols which also include diet, exercise and other complimentary natural products.

In January 2012 **Femmenessence** was also referenced in the New York Times Best Seller, *The Wisdom of Menopause* by Christiane Northrup, M.D. In this newly revised and updated version Dr. Northrup champions the mind-body connection and draws on the current research and medical advances in women's health from diet and exercise to thermography, as well as spiritual and emotional insights to ensure a vibrant body and healthy relationships for the rest of your life.

In late 2011, **Femmenessence MacaHarmony** for younger women was awarded "Reader Favorite" after the following comments on post-partum depression were sent to the editor and published by *Better Nutrition Magazine*. *"After the birth of my son, I was very angry and depressed. I tried medication and therapy for nine months, but nothing could make me feel better. After doctors told me there wasn't much they could do, I decided to do research about natural supplements to regularize hormones and I came across Femmenessence. After just three days, I noticed a dramatic change in my mood and energy. And just three months later, I made a full recovery and I have been doing great ever since. I recommend it to anyone whose hormones are out of whack or whose energy levels are almost nil. For me it was a lifesaver!"* - Laura C.

"We are extremely proud to receive awards based on consumer experience with **Femmenessence**," James Frame CEO of Natural Health International said, "but hearing testimonials like Laura's, where **Femmenessence** changed her life, is very special. Primarily because it is our mission to not only improve people's health but to empower them on how to truly address the root cause of a condition not just its symptoms and the important role that hormones play in that process."

Each **Femmenessence** product contains a proprietary combination of different varieties (phenotypes) of the herb maca, specifically for their biological stage of life. Many people do not know that there are different varieties (phenotypes) of maca that have different effects in the body, some ideal for men, others for women and some for different aspects of women's health. In addition, **Femmenessence** has concentrated levels of all the active ingredients (not just a few) that are ten to twenty times higher than those found naturally in raw maca and with 50% higher bioavailability. These active ingredients nourish and support the hypothalamus, pituitary, thyroid, ovaries and adrenal glands, significantly improving all hormone levels, which is why we see multiple health benefits. This establishes **Femmenessence** as the first herbal product, proven in published clinical trials, to have statistically significant effects on hormone levels in peri and post menopausal women.

The entire **Femmenessence** line is organic and Kosher certified, packaged in oxygen-barrier blister packs and recycled cardboard boxes. They are available through select health food stores such as Whole Foods, Sprouts, Mother's Market, Marlene's Markets, New Frontiers and Pharmaca, as well as, online at [www.naturalhi.com](http://www.naturalhi.com)

To talk to one of Natural Health International's medical team which includes Naturopathic Doctors, Chiropractors, Nutritionist and PhDs email: [medical.team@naturalhi.com](mailto:medical.team@naturalhi.com) or call toll free: 888 668 3661.

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