

Don't Let Pain Derail Your Gain!

Women who suffer from PMS may think the best medicine is rest. However, one of the most effective treatments for bloating, cramping, back pain, headache and all the other uncomfortable symptoms is...drum roll please... exercise!

Exercise not only increases blood flow, which helps alleviate aches and pains, it also releases brain chemicals called endorphins which help improve your mood (goodbye irritability!). Here are some ideas to get you moving and feeling better!

Go For a Walk

A nice, brisk walk gets oxygen rich blood throughout the body and raises your heart rate- both of which help with pain and relaxation. While you're at it, listen to some feel-good music on your Ipod to lift your mood, or walk with a friend and engage in some good, quality conversation.

Go Swimming

Lightly treading water or aqua jogging gets everything moving with almost no impact. You'll feel light and free, and the resistance of the water will give you a gentle massage effect. Plus, the mind-calming effect of the water will help you relax and ease aches and pains.

Supplement

There is a new product created especially for vital women! Available now is Femme Vitale™, a new and improved women's health formula created with the power of botanicals to provide optimal support for maintaining healthy hormone balance through all stages of life.

Femme Vitale™:

- Helps manage hot flashes and night sweats
- Supports healthy estrogen metabolism for optimal hormone balance
- Aids in reducing mood swings and irritability
- Helps maintain healthy bone density

Femme Vitale is a proprietary and effective combination of the most powerful and studied women's health nutrients, formulated at therapeutic levels, in a convenient 2 capsules per day dosage. Say goodbye to the mood swings, night sweats and irritability associated with PMS, perimenopause and menopause! Contact us today if you'd like more information or would like to try this product for yourself.

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