

## **Tone Her (Item #4009)**

A Female Hormone Balancing Formula

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### ***Hormonal Balance is Possible!***

Tone Her is a daily toning formula that improves and supports kidney health, glandular function, blood circulation and the health of sex organs such as the uterus and ovaries. All of these organs/systems are intricately connected with the hormones, which act as messengers in the body. The term *hormone* comes from the Greek meaning, 'to set in motion.' The purpose of Tone Her is to set the adrenals, kidneys and blood circulation in a motion that better supports hormonal balance for women. Specially selected herbs in this formula, in addition to Universal Formulas' unique Tracite Delivery System, may alleviate some of the conditions associated with hormonal imbalance that occurs during pre-menstruation, menstruation and menopause.

Many such conditions can be related to an imbalance in the movement of fluid through the body, which is connected to kidney trouble and/or poor circulation. This imbalance may be associated with a lack of proper nutrition, a consistent diet of difficult-to-digest foods or external factors, such as an unhappy living environment, for example.

Other external causes of hormonal imbalance include excess amounts of: chemicals at home or at work, exposure to car exhaust, stress and heavily processed foods. Also affecting female hormonal balance are birth control pills and other laboratory-made birth control products, hysterectomies and hormone replacement therapy.

The following are examples of conditions that can be associated with hormonal imbalance or an imbalance in organs/functions related to the reproductive system:

- ✓ Allergy symptoms;
- ✓ Anxiety;
- ✓ Decrease in sexual desire;
- ✓ Endometriosis (*tissue similar to the lining of the uterus exists elsewhere in the body*);
- ✓ Extreme mood swings;
- ✓ Fibrocystic breasts (*swollen, tender or lumpy breast conditions, usually benign*);
- ✓ Headaches, dizziness and foggy thinking;
- ✓ Infertility;
- ✓ Irregular periods;
- ✓ Low sex drive;
- ✓ Osteoporosis;
- ✓ Postpartum depression;
- ✓ Urinary tract infections and incontinence;
- ✓ Uterine fibroids (*tumors or growths within the wall of the uterus, usually benign*);
- ✓ Water retention and bloating;
- ✓ Weight gain;
- ✓ Wrinkly skin, and;
- ✓ Yeast infection.

While so many influences on and symptoms of hormonal imbalance abound, Tone Her is unique in that it offers a complete blend of ingredients by which to restore general balance in the organs and systems involved with the reproductive cycle.

One way of beginning to address hormonal imbalance is to jump-start the body with what it needs to properly regulate the production of hormones and steroids, a function associated with the adrenal glands. Wild Yam, one of Tone Her's key ingredients, supports the adrenal glands by helping to synthesize sex hormones. Wild Yam is a highly concentrated source of plant steroids that help to balance the body's amounts of estrogen and progesterone, the two main hormones of the female reproductive system.

Another herb in our formula that is supportive for the adrenals is Black Cohosh, which has long been used as medicine for female-related problems by those indigenous to this continent. As for Wild Yam, research is plentiful as to the effects of Black Cohosh on the balance between progesterone and estrogen.

In addition to improving adrenal function, Tone Her is focused to improve blood tone and kidney health, which are not only interlinked with each other, but with the adrenal system as well. Helping blood and kidney function is part of a holistic approach to female hormonal balance. The following herbs in our formula act as blood and kidney health-builders: White Peony Root, Patridge Berry Herb, Poria Cocos, Schizandra Berries, Rehmannia Root and Codonopsis. Finally, several of Tone Her ingredients play a dual role in both blood/kidney health and glandular functioning; Buchu, Fo-Ti (he shou wu) and Dong Quai. Amongst the properties of these herbs are the following benefits that they offer to menstruation and menopause:

- ✓ Balancing of metabolism;
- ✓ Blood purification;
- ✓ Improvement/activation of blood circulation;
- ✓ Increase of glandular secretions;
- ✓ Kidney strengthening;
- ✓ Menstrual flow release and regularization;
- ✓ Promotion of the formation of red blood cells.
- ✓ Relaxation of muscle tissue;
- ✓ Relief of gas and bloating;
- ✓ Relief of hot flashes, debility and depression associated with menopause;
- ✓ Stimulation of the central nervous system, and;
- ✓ Uterine nourishment.

Tone Her can be appropriate for a variety of conditions associated with reproductive malfunction. Because this formula combines herbs that help various systems involved with the female organs and sexual function, Tone Her is generally a toner, rather than just a treatment for symptoms. That said, proper nutrition and a well-formed diet have no equal in supplementation when it comes to long-term balance in the body. Appropriate minerals, vitamins and other nutrients are nature's best toners, while you are the best person to decide which of these is for you. Some additional supplements we might suggest are: Natural Potassium (Item #2027), Vitamin A (Item #5020), Vitamin E (Item #5071) and any other of the oil-based vitamins. As far as diet is concerned, we do not recommend excess amounts of caffeine, alcohol or tobacco consumption. Some physical recommendations for improving blood and uterine tone are: swimming, rebounding and area-specific exercises, such as side stretches and leg lifts.

**Suggested Dosage:** 1 to 3 Vegi-Capsules Three Times Daily

We do not recommend this product for pregnant or nursing mothers! While some of the herbs in this formula are supportive for lactation and nourishing for pregnancy, others are not. Please consult with a professional health care nutritionist or practitioner for supplementation that is appropriate for motherhood.

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## Ordering Information

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**Tone Her (Item #4009)** is priced at only: \$18.00 for 100 Vegi-Capsules

Conveniently Order On-line at: <http://UniversalFormulas.com>

**NOTE:** Thanks to Ralf Ostertag for his input into the authorship of this factoid. Ralf is a founding member of Universal Formulas and remains active on the Advisory Board to Universal Formulas.

<p><b>Please DO NOT modify levels of any prescribed medication without first consulting your physician.</b></p>
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**Required FDA Statement:**

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment.