



RUSH & CO.

Arbonne Independent Consultants

ARBONNE
pure. safe. beneficial.

The Perfect Pump



Arbonne's balancing creams are packaged in vacuum pump container that is specially designed to omit contamination, allowing for maximum potency. Each metered pump conveniently provides a ¼ teaspoon application.

Recommended usage for women is 2 pumps daily and ½ pump daily for men.

\$34, 2.5 fl. oz.

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Do you suffer from?

Possible symptoms of hormone imbalance

- | | | |
|--------------------------|---------------------------------|-------------------------------|
| ✓ Aches & Pains | ✓ Fibrocystic (Lumpy) Breasts | ✓ Hot Flashes / Night Sweats |
| ✓ Acne – Oily Skin | ✓ Foggy Thinking / Memory Loss | ✓ Osteoporosis |
| ✓ Allergies | ✓ Gallbladder Pain | ✓ Ovarian Cysts |
| ✓ Anxiety / Irritability | ✓ Hair Loss | ✓ Oversensitivity / Weepiness |
| ✓ Breast Tenderness | ✓ Headaches | ✓ Painful Intercourse |
| ✓ Cold Hands & Feet | ✓ Heart Palpitations | ✓ P.M.S. |
| ✓ Decreased Sex Drive | ✓ Hypoglycemia | ✓ Thinning Skin |
| ✓ Depression | ✓ Incontinence | ✓ Urinary Tract Irritation |
| ✓ Dry Eyes, Skin or Hair | ✓ Insomnia (Inability to Sleep) | ✓ Uterine Fibroids |
| ✓ Endometriosis | ✓ Migraines | ✓ Vaginal Dryness |
| ✓ Fat / Weight Gain | ✓ Muscle Weakness / Fatigue | ✓ Water Retention / Bloating |
| | ✓ Enlarged Prostate | |

Estrogen & progesterone work perfectly together in the body when in proper proportions. What is more and more common, however, is that these hormones become off-balanced, often in favor of estrogen, leaving many of us progesterone deficient. In fact, Dr. John Lee, M.D. a leading researcher and authority on natural progesterone, estimated that Americans by the age of 35 are not making much, if any, progesterone and are "estrogen dominant."

(Source: [What your Doctor May Not Tell you About Pre-Menopause](#) by John R. Lee, M.D., 1999)

How do Hormones Become Unbalanced?

Stress – Americans are on the go, go, go! The body perceives crisis, signaling not to ovulate, thus, no progesterone is made. In addition, the adrenals are used for energy, creating cortisol, which uses our progesterone as a building block furthering the downward cycle.

Rx's – Birth control pills, hormone replacement therapies (*please note: progestins used in H.R.T. are NOT the same as natural progesterone*) these drugs further add to the imbalance by adding more estrogen to the fire.

Diet – Beef, chicken & pork are fed estrogen as a growth hormone to get them fattened up for market which is then passed on to the consumer and stored in the fat. Sugar and refined starches also act as false estrogens, disturbing the hormonal balance.

Environment – Pesticides, herbicides, fungicides & most household cleaning products are extremely toxic. In addition, petroleum based personal care products containing mineral oil or petrolatum contribute to hormone imbalance by leeching toxins through the skin.

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