

Heavy or irregular periods. Hot flashes and night sweats. Breast tenderness, cysts, or fibroid tumors. Cramping, bloating, irritability, and fatigue.

MILLIONS OF WOMEN SUFFER IN SILENCE FROM THESE CONDITIONS. TOO MANY THINK THE DISCOMFORT IS JUST “PART OF BEING A WOMAN.”

It isn't.

Each is a sign of estrogen dominance—a condition that can lead to cancer or other serious diseases. If you are estrogen dominant, you must discover what causes it and how to beat it. Learn the Untold Truth and you can change your life!

Are you estrogen dominant? Find out! Take our estrogen overload survey:

1. Do you suffer from Pre-Menstrual Syndrome (PMS)?

- a. With every period; severe symptoms that limit my functionality
- b. With every period; modest mood swings, plus some bloating and cramping
- c. Frequently; as many as six periods per year bring stress and discomfort
- d. Occasionally; three to four periods per year include PMS
- e. No; I have regular periods and they are free from negative symptoms

2. Did you start your periods young in life?

- a. Earlier than age 10
- b. 10-11
- c. 12
- d. 13
- e. 14 or later

3. What is your current age?

- a. 50+
- b. 41-50
- c. 31-40
- d. 25-30
- e. Under 25

SCORING

Using the legend below, tabulate your score.

“a” answers = 2 points

“b” answers = 3 points

“c” answers = 5 points

“d” answers = 8 points

“e” answers = 10 points

Of a possible 50 points, how did you fare? A score in the 40s may indicate very mild estrogen dominance—but it may worsen as you age.

Any score below 40 indicates a high risk for estrogen overload. Prevent estrogen dominance if you don't yet have it; cure it if you do. Learn more now!

4. How often do you eat processed foods (canned, prepackaged, or fast food) and/or beef/poultry?

- a. Every day
- b. Regularly; 3-4 times per week
- c. Occasionally; 2 times per week
- d. Rarely; once or fewer times per week
- e. Never (or less than once per month)

5. Do you suffer from any of the following: cysts, fibroid tumors, migraine headaches, breast tenderness, mood swings/irritability, cancer, osteoporosis, thyroid dysfunction, cramping, clotting, irregular periods, difficulty with memory or concentration, hot flashes, night sweats, unexplained weight gain, facial hair, skin blemishes?

- a. 6 or more
- b. 4 or more
- c. 3 or more
- d. 2 or more
- e. None of the above

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