

# Beneficial Effects of Natural Estrogen

- › **IMPROVES** vaginal tone and lubrication, decreases pain with intercourse and enhances sexual experience
- › **PROTECTS** against bone loss
- › **PROTECTS** against breast cancer if prescribed in the right combination and route
- › **PROTECTS** against heart disease and stroke by enhancing blood flow, dilating small arteries and prohibiting platelet aggregation and plaque formation
- › **REDUCES** low-density lipoprotein cholesterol and increases high-density lipoprotein cholesterol
- › **IMPROVES** blood pressure
- › **MAINTAINS** collagen and improves skin elasticity; decreases wrinkling
- › **HELPS** maintain memory, increases concentration and improves mood and sleep patterns
- › **DECREASES** colon cancer risk