



Retail

Correspondence Course
& Training Manual

Women's Health

Women deal with many external and internal pressures every day while nurturing a family, managing a household and often holding down a busy career, plus, there is also menstruation, pregnancy, breastfeeding and then menopause to deal with. All these constant life changing factors put stress on the body. As a result many women find they often lack energy and feel overwhelmed with their workload and busy schedule. Maintaining emotional and physical health is a challenge for many busy women yet this is so important in order to enjoy good health.

Harmony products understand the importance of strengthening your mind and body in order to restore balance, and handle the external and internal pressures of everyday life.

When looking at women's health it is important to address more than just singular symptoms, we need to address the whole woman.

About Harmony

Herbalist and naturopath Rod Berger B.App.Sc (TCM) Dip App.Sc. (Nat) founded Zen Therapeutics in 1990, Queensland Australia. Rodney had spent many years studying in China and grew a passion and dedication towards Eastern Medicine practice. He had many customers in Queensland who were suffering the symptoms of Menopause, and were unable to find any relief from the majority of single herb products on the market and were hesitant to commit to Hormone Replacement Therapy treatments. It was through Rod's need to find a solution for these women that Harmony Menopause was created. The results were fantastic, with all his customers having a positive result. He wanted to make this formulation available to all Australian women. Rod's desire to create the formulation represented integrity, his formulation was and has continued to prove to be innovative, and the brand Harmony will always meet the highest quality standards. It is the integrity, quality and innovation of the Harmony story that drew Martin and Pleasance to it.

Rodney Berger is still heavily involved in Harmony, helping formulate all new product developments and helping answer customer enquiries when need be.

Harmony *Natural Women's Health products*

- Offer specific women's formulations
- Nourish and strengthen a woman's body
- Builds confidence and vitality in women

Harmony product are for:

Women out of Balance:

- Fatigue & Bloating
- PMT & Period Pain
- Hormones out of balance

Busy Women

- Stressed & Exhausted
- Poor Sleep
- Unhealthy Skin

Menopausal women:

- Peri-menopause
- Menopause
- Severe symptoms of Menopause
- Post Menopause

Part one

Harmony Restore

Modern day living has left many of us feeling depleted, and constantly exhausted! Stress can be described as the feeling of being overloaded, overwhelmed with activities or tasks, wound up, tense and/or worried. When we feel stressed, or bodies have both emotional and physical reactions to these pressures, these reactions are the symptoms of stress. Prolonged exposure to the symptoms of stress can leave us feeling exhausted, depleted and irritable.

What are the most common symptoms of Stress?

- Anxiety & mood swings
- Rushed and feeling overwhelmed
- Poor sleep
- Exhaustion – low energy & vitality
- Poor concentration
- Unhealthy hair, skin, and nails
- Irritability

Many women are currently taking a Multi Vitamin but may continue to experience irritability and complain of poor sleep.

How does Harmony Restore work?

It is not a vitamin and mineral supplement, it is a therapeutic herbal medicine including clinically trialled ingredients shown to relieve many of the common symptoms of stress.

The combination of herbs and added vitamins and minerals synergistically work to build up the body's resistance to stress, calm the mind and body to promote sleep, and indirectly support energy.

Holy Basil (or Sacred Basil/ Tulsi)

Harmony Restore uses a registered, superior quality extract called Ocibest® that has been clinically trialled²ⁱ in individuals experiencing stress, for 6 weeks. The results of this published randomised placebo controlled trial, showed a statistically significant improvement in the symptoms of stress which included **exhaustion, headaches, quarrelsome behaviour, poor sleep, sexual problems, GI symptoms and forgetfulness**. This trial noted that it is the adaptogenic, neuro-protective and plasma cortisol lowering effects that are responsible for the clinical benefits of the herb.

Olive Fruit Opextan

The benefits of Olive Leaf for improving immunity are well documented. Opextan® is made from the flesh of the Olive fruit and like Olive Oil is linked to the therapeutic benefits of improving heart and skin health.

This unique registered extract Opextan³ⁱⁱ has extensive research that supports its skin protective ability, as well as superior antioxidant content attributed to the unique phenolic compounds not found in the leaf. The extract is standardised for the 10% polyphenolics including verbascosides.

Withania (Ashwagandha) Root

A 'non-stimulating' tonifying herb used to restore energy and wellbeing. As an adaptogen this herb supports a healthy response to ongoing stress, improving memory and supporting the liver, adrenals, immunity and hormonal systems.

A review of scientific research⁴ⁱⁱⁱ has noted this herb can treat excessive stress responses by easing muscle tension & improving concentration.

Traditionally^{5iv}, this herb has been given in convalescence for people under long term stress and in need of nourishing.

Paeonia lactiflora Root (Peony)

A prime tonic herb in traditional Chinese medicine, used to restore energy and boost vitality. It is a liver cleansing herb that is balancing and supports a positive mood. Paeonia improves dull, lifeless skin complexions and nourishes hair & nails. Peony is in all Harmony Women's products due to its deep nourishing properties, and the improvement of vitality and wellbeing.⁶

Dose

6 week course to restore your body's energy

Week 1-6: 2 tabs per day

Maintenance dose: 1 per day

Made in Australia. Free from wheat, gluten and dairy

1. Relieves stress
2. Improves Sleep
3. Increases Energy
4. Leaves you feeling fresh and vibrant

Cautions and effect

Due to the positive effect these herbs may have on the circulation, mood, and the immune system care should be observed when taking Harmony Mum's Restore with medications. Please ensure prescribing practitioners are informed of taking this medication.

All women on medications or with a serious disease should discuss with and be regularly monitored by their practitioner.

Part Two

Harmony Balance

Many women during their menstruating years may struggle with unbalanced hormones. This can be caused from a range of factors, such as:

- Cessation contraceptive pill

- Increased stress or ongoing stress
- Dramatic increase in exercise
- Weight-loss over a short period of time
- Certain medications

There are other causes such as digestion and thyroid function, however we strongly advise consulting with your healthcare professional in regards to more serious matters.

The symptoms of imbalanced hormones are:

- Fatigue
- Irritability
- Bloating
- Mood swings/low moods
- Hormonal acne
- Period pain
- Abdominal cramps

These symptoms may be worse in the lead up to a period, known as, PMT (premenstrual tension) which can be experienced by as many as 70% of menstruating women.^{10v}

About Harmony Balance

To have balance, Women need both their body and mind to be supported. **Harmony Balance** is not a vitamin & mineral supplement, it is a high potency therapeutic herbal medicine developed to bring balance to tired busy women by nourishing and strengthening the whole body.

What's in Harmony Balance?

Vitex Agnus Castus (Chaste tree): A western *key gynecological herb* that has been well researched. One of the best clinical trials published was in the BMJ^{vi6}; in this randomized, double blinded, placebo controlled trial including 170 women, and it was shown that daily use of Vitex over 3 cycles improved mood, anger, irritability, headaches and breast tenderness in the lead up to the menstrual cycle. Also of importance, this medicine was indicated to work best in moderate doses.

Angelica Polymorpha (Dong Quai): In Traditional Chinese medicine, this is a key herb for female conditions that nourishes, regulates the cycle and has analgesic properties to assist with menstrual pain.^{7vii}

Paeonia Lactiflora: A liver support and blood nourishing herb that helps regulate cycles and ease period pain. Used to build reserves of energy and vitality, Paeonia supports healthy hair skin and nails.^{8viii}

Bupleurum Falcatum: A key herb to ease frustration and stress, known to be a liver tonic. This herb is calming, mood balancing and soothing.^{9ix}

Plus two key vitamins:

Vitamin B6 for PMS and Vitamin D3 for a positive mood and period pain

Dose:

Starting dose: 2-3 tablets per day for 2-3 months.

Maintenance dose: 1-2 tablets per day ongoing

Made in Australia. Free from wheat, gluten and dairy.

Taken daily, helps monthly

- ✓ For Daily Energy & Vitality
- ✓ Manage PMS and Period Pain
- ✓ For Improved Skin Complexion

Most Women should start to experience improvements in a few weeks, however we recommend the starting dose be taken for 2-3 months to experience the full benefits.

Not recommended during pregnancy or breastfeeding unless professionally prescribed.

Cautions:

Due to the positive effect these herbs may have on the circulation, mood, and the endocrine system care should be observed when taking Harmony Balance with medications. Please ensure prescribing practitioners are advised of consumption.

All women on medications or with a serious disease should be monitored regularly by their practitioner.

Part Three

Harmony Menopause

What is Peri Menopause?

This is the initial stage of menopause which is characterised by hormonal shifts. The female hormones oestrogen and progesterone are responsible for ovulation and the menstrual cycle but there are dramatic changes in these around this time.

The hormones start to fluctuate widely which results in a variety of symptoms such as hot flushes and night sweats. This heralds the start of the menopause process.

When does peri menopause start?

This varies between women. It usually starts in the 40's although it is not uncommon to experience these signs in the late 30's. On average, it starts around the ages of 45 to 47.

Signs and symptoms of peri menopause?

To start with, periods will become lighter and less frequent which is due to decreased egg production by the ovaries. The ovaries release an egg each month during ovulation. This egg passes down the Fallopian tube, ready for fertilisation. But if this doesn't happen then it is broken down and expelled by the body during menstruation. The ovaries also produce the female hormones oestrogen and progesterone plus tiny amounts of testosterone (male hormone). A reduction in the number of eggs produced at this time means a fall in oestrogen levels which then impacts upon your menstrual cycle. Leading to hormone imbalance and adding to the symptoms.

The process of Menopause

When a woman has not had her period for 12 months or more, we can say that she is already in menopause.

During menopause the body will produce less and less of the female hormone, called oestrogen. There is a transition period which is usually a very gradual change. Sometimes a woman's period may abruptly stop or it may come and go irregularly until eventually stopping.

During the gradual decline of ovarian hormones, the brain will detect the low levels of oestrogen and produces more releasing hormones, in an effort to spur the body to produce more oestrogen. This inconsistency and fluctuation in oestrogen levels relates to the reason menopausal women will experience hot flushes, which are sudden feelings of heat on the face or the body caused by sudden dilatation of the capillary vessels.

Menopause is a natural process that all women go through, there is no need for alarm or worry as the ovaries go through their life span, gradually but inexorably, ending their reproductive function because it is no longer needed.

Harmony Menopause

Harmony Menopause was the first product created under the Harmony brand to help women through hormonal change. A high potency herbal medicine, Harmony Menopause is a synergistic blend of Chinese and Western herbs plus vitamins to support women during hormonal changes, relieve the symptoms of menopause and peri-menopause, as well as provide nourishment for the whole body.

The nature of Harmony Menopause is balancing, cooling and calming. It helps to build reserves of energy, relieve stress and promote a good night's sleep. Most importantly, this nourishing blend is used to relieve hot flushes, night sweats and other menopausal symptoms.

Harmony Menopause Max

Harmony Menopause Max contains 4 of the 6 herbs used in the original formulation. It has a much higher dosage of the primary herb Rehmannia and supporting herbs Bupleurum Falcatum, and Paeonia Lactiflora (see grid below for exact dosages). It was created to provide, fast relieving and more direct relief from specifically the symptoms of Hot flushes and night sweats. This product is recommended for women experiencing intensified symptoms and are most likely in the peak of the menopause.

Both products can be used interchangeably dependent on symptoms.

What is in Harmony Menopause and Menopause Max?

Rehmannia glutinosa: The vitality tonic for tired women

Traditionally Rehmannia clears heat from the body, cools the blood and nourishes which makes it perfect for relief from hot flushes, night sweats and irritability. Rehmannia improves libido and also builds the body's reserves by increasing energy and wellbeing.

Vitex Agnus-Castus: The proven female hormone balancer

Vitex has been proven in clinical trials to be a true hormone balancer – so you get to the underlying cause of difficult menopausal and PMT symptoms. Vitex has been proven to relieve: headaches, anger and mood swings, breast tenderness, and fluid retention.

Angelica Polymorpha (Dong Quai): *Nourishment and wellbeing*

If blood is deficient, the person may feel restless, irritable, cold, and fragile. This blood building herb is great for tired and depleted women. It also nourishes the skin, hair, and nails. This female tonic has

been used traditionally for many gynaecological ailments and therefore is ideal for the reproductive organs.

Dioscorea opposita: *The kidney tonic*

In traditional Chinese Medicine, kidney tonics work on the Chi (energy) of this organ to nourish and moisturise. From a Chinese perspective the Kidney “energy” declines as we age, so this herb is a great anti-ageing tonic. Dioscorea also supports digestion. It balances and reduces night sweats and irritability associated with Menopause.

Paeonia lactiflora: *The hormone modulator*

Paeonia addresses the cause of menopause; female hormones out of balance, while providing nourishment to the blood and liver. Regulation of female hormones while they naturally decline in levels is the key to a smooth transition through menopause.

Bupleurum falcatum: *The Stress reducer*

Bupleurum clears emotional frustration and is a key herb to reduce stress via restoring liver function. This herb alleviates stress, anger, irritability and mood swings by harmonising your emotions.

Nutrients:

Calcium: assists bone health

Helps to maintain bone density and calm the nervous system

Magnesium: Calms the nerves

Needed for calcium absorption

Vitamin D3: Many women have been tested as being deficient

Needed for calcium absorption

We can see that all the herbs and nutrients in Harmony on their own, have powerful and effective properties. When you combine them all together you gain a synergistic effect whereby the major organs are supported and deficiencies are corrected so the whole body starts to re balance and re store.

	Harmony Menopause	Harmony Menopause Max
	Max daily dose (2-4 tabs per day)	Max daily dose (1-2 tablets per day)
<u>Rehmannia glutinosa</u> Clears heat to relieve hot flushes and night sweats. Adrenal tonic for vitality & nourishment	4800mg	10,000mg (10g)
<u>Paeonia lactiflora</u> Nourishing tonic, builds reserves & balancing. For healthy hair skin & nails	800mg	6000mg (6g)
<u>Bupleurum falcatum</u> Liver support, clears frustration and calming & harmonising. Improves sleep quality	800mg	3000mg (3g)
<u>Vitex agnus-castus</u> Balancing hormones. Clinically trailed and shown to relieve headaches, irritability, anger and bloating	400mg	400mg
<u>Angelica polymorpha</u> Female tonic and blood builder. Nourishes & regulates hormones	800mg	NIL
<u>Dioscorea opposita (Chinese Yam)</u> Kidney tonic, that nourishes and helps to build vitality	800mg	NIL
Hormone & Bone Health For positive mood and bone health	Vitamin D3 100IU, Magnesium 10mg, Calcium 91.6mg	Vitamin D3 200IU

FAQ

- Vegetarian? **Yes**
- Gluten free? **Yes**
- Contain Lactose? **No**
- Tested on animals? **No**
- Dairy free? **Yes**
- Artificial sweeteners? **No**
- Does it contain alcohol? **No**
- Colour coating derived from natural minerals
- No added sugar – it does contain natural herbal sugars e.g.: sucrose

Harmony® Balance

Q. What is the best time of the day to take my Harmony® Balance tablets?

A. First thing in the morning on an empty stomach is ideal, however you may take the tablets any time of the day. If you are on 3 tablets per day, then it's best to take two tablets in the morning 30 minutes before breakfast and one tablet 30 minutes before dinner.

Harmony® Balance is best taken away from meals (but not essential) with warm water or juice (easier to digest) and on an empty stomach. Any concentrated herbs consumed on a weak or empty stomach can cause a slight uncomfortable feeling in certain individuals. In this case, simply take directly after meals.

Q. Anything to consider before taking Harmony®Balance?

A. If you are taking medications consult with your healthcare professional.

Q. Are there any concerns with taking Harmony® Balance and The Oral Contraceptive Pill?

A. There are no known drug interactions with the herbs in Harmony® Balance and the Pill, however we recommend you discuss with your health care provider.

Q. How long will it take for Harmony® Balance to help?

A. This varies on the individual. Most women report positive results within a month, however it is recommended you continue taking the starting dose for 2-3 cycles to allow time for your system to rebalance.

Q. Over what length of time can I take Harmony® Balance?

A. Harmony® Balance has been formulated to support the body throughout the menstrual cycle, it should be taken on an ongoing, daily basis for best results. As Harmony® Balance contains tonic herbs, many women also prefer to take a maintenance dose daily after symptoms ease, to help provide ongoing energy, and to maintain balance, calmness and wellbeing.

Q. Can I take Harmony® Balance if I am also pregnant?

A. It is not recommended you take Harmony® Balance during pregnancy, we recommend you always seek professional advice from your healthcare practitioner during pregnancy.

Harmony Menopause

Q. What is the best time of the day to take my Harmony Menopause tablets?

A. First thing in the morning on an empty stomach is ideal, however you may take the tablets any time of the day. If you are on 4 tablets per day, then it's best to take two tablets in the morning 30 minutes before breakfast and two tablets 30 minutes before dinner.

Harmony is best taken away from meals (but not essential) with warm water or juice (easier to digest) and on an empty stomach. Any concentrated herbs consumed on a weak or empty stomach can cause a slight uncomfortable feeling in certain individuals. In this case, simply take directly after meals.

Q. Anything to consider before taking Harmony Menopause?

A. If you are taking medications consult with your healthcare professional.

Q. Are there any concerns with taking Harmony menopause while I am on prescription medications?

A. Although there are no known drug interactions with the herbs in Harmony, if you are taking prescription medications simply advise your prescribing practitioner you have commenced a natural medicine. Due to the possible positive effects of the herbs on the circulation, care should be observed when taking Harmony with anticoagulant and heart medications, so seek advice from your health care professional.

Hormone Replacement Therapy (HRT): We don't recommend taking Harmony with any hormone medication such as HRT, but if you are gradually weaning off HRT please discuss your Harmony dose with your health care provider.

Q. How long will it take for Harmony Menopause to help?

A. This varies on the individual. Most women report positive results within a month, however with some women it may take a little longer.

Q. Over what length of time can I take Harmony Menopause?

A. Harmony can be taken ongoing as needed for the relief of symptoms. As Harmony contains tonic herbs, many women also prefer to take a maintenance dose daily after symptoms ease, to help provide ongoing energy, and to maintain balance, calmness and wellbeing. During times of increased stress, you may return to the starting dose of 4 tablets per day, until symptoms improve.

Q. Can I take Harmony Menopause if I am also pregnant?

A. It is not recommended you take Harmony during pregnancy, we recommend you always seek professional advice from your healthcare practitioner during pregnancy.

Harmony Mum's Restore

Q. What is the best time of the day to take my Harmony® Mum's Restore tablets?

A. First thing in the morning on an empty stomach is ideal, however you may take the tablets any time of the day. During weeks 1 – 6 when you are taking 2 tablets per day, then it's best to take two tablets together in the morning 30 minutes before breakfast.

Harmony® Mum's Restore is best taken away from meals (but not essential) with warm water or juice (easier to digest) and on an empty stomach. Any concentrated herbs consumed on a weak or empty stomach can cause a slight uncomfortable feeling in certain individuals. In this case, simply take directly after meals.

Q. Anything to consider before taking Harmony® Mum's Restore?

A. If you are taking medications consult with your healthcare professional.

Q. How long will it take for Harmony® Mum's Restore to help?

A. This varies on the individual. Most women report positive results within 4 to 6 weeks, however it is recommended you take Harmony Mum's Restore as outlined in the 10 week dose regime for maximum benefits (weeks 1 – 6: 2 tablets daily, weeks 7 – 10: 1 tablet daily).

Q. Over what length of time can I take Harmony® Mum's Restore?

A. Harmony® Mum's Restore has been specifically formulated as a 10 week dose regime to ensure the body is no longer depleted or experiencing the pressures of stress but is also feeling re energised and strengthened. However should you feel the need for ongoing support and nourishment, then a maintenance dose of 1 tablet daily can be continued to help maintain vitality, calmness and wellbeing.

Harmony Mum's Restore can be re-commenced during any time of increased stress or feelings of exhaustion.

Q. Can I take Harmony® Mum's Restore if I am also pregnant?

A. It is not recommended you take Harmony® Mum's Restore during pregnancy, we recommend you always seek professional advice from your healthcare practitioner during pregnancy.

Quality Standard

Harmony is manufactured to the highest pharmaceutical standards in government licensed premises. Only the highest quality ingredients are used and are rigorously scientifically tested for identification, quality and potency.

^{i 2}Saxena RC. et al. Efficacy of an extract of *Ocimum tenuiflorum* (Ocibest) in the management of general stress. Evidence based Complementary & Alternative Medicine 2012.

^{ii 3}Maramaldi G. et al. Antioxidant and Antiaging standardised extract of *Olea europaea* fruit. Cosmetic Technology 2006 Vol 9(5) 9-13. ⁱⁱ

^{iii 4}Lakshmi-Chandra Mishra et al. Scientific Basis for the Therapeutic Use of *Withania somnifera* (Ashwagandha): A review. Alternative Medicine Review Vol5, Number 4, page 334.

^{iv 5}Braun&Cohen; Herbs and Natural supplements – An evidence based guide. 2nd edition. 2007 Elsevier. ^{iv}

^{v 10}National institute of Health, US and ABC health and wellbeing.

^{vi 6}R. Schellenberg et al. BMJ 2001 January 20, 322 (7279): 134-137. "Treatment for the premenstrual syndrome with agnus castus fruit extract: prospective, randomised, placebo controlled study."

^{vii 7}Bensky. Chinese Herbal Medicine Materia Medica - 3rd Ed - 2004

^{viii 8}Chen, et al. Chinese Medical Herbology and Pharmacology. 2001

^{ix 9}Chen et al. Chinese Medical Herbology & Pharmacology – 2001