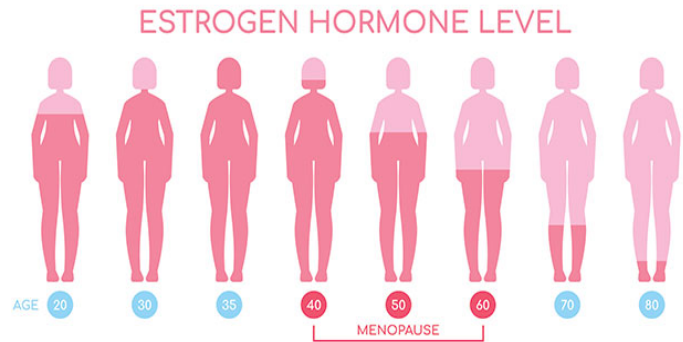


Menopause is the cessation of the menstrual cycle when the ovaries stop producing eggs. It typically occurs after the age of 40 and after 12 months with no menstruation. In the months to years following the cessation of periods, a woman's estrogen levels gradually begin to decline. In addition to estrogen, other hormones produced by the ovaries including progesterone, another female hormone, and testosterone, a male androgen hormone, also decline during menopause. Such inevitable changes in the hormone levels during menopause can significantly affect a women's health for years to come. Menopausal women can experience irregular periods, vaginal dryness, fatigue, hot flashes, sweating or night sweats, early awakening or insomnia, thinning of hair, anxiety, dry skin, irritability, moodiness, and a reduced sex drive. These symptoms are caused by the damage brought to the liver and kidney from the physiologic and biochemical changes associated with the decline of estrogen and other hormone levels. Menopausal symptoms impair the quality of life of many women, and although conventional treatments can help to relieve some of these symptoms, their use is limited by adverse effects.



Estrogen exhibits a number of beneficial roles in helping to maintain liver function. These include promoting coagulation, maintaining proper fluid balance, and fostering increases in high-density lipoproteins (HDL) and decreases in low density lipoproteins (LDL) that lead to favorable lipid profiles. Within the liver, estrogen protects the liver from fibrotic tissue formation by inhibiting the proliferation of satellite cells and fibrogenesis which can cause liver fibrosis upon activation. Estrogen also protects liver mitochondrial structure and function, inhibits cellular senescence, increases innate immunity, and promotes antioxidants. Menopause represents a state of growing estrogen deficiency. This loss of estrogen in the setting of physiologic aging puts the liver at a great risk of becoming damaged resulting in compromised liver function. Estrogen decline greatly increases the likelihood of liver mitochondrial dysfunction, cellular senescence, declining immune responses to injury, and disarray in the balance between antioxidant formation and oxidative stress. The sum effect of these changes will increase the liver's susceptibility to the development of significant liver pathology, particularly nonalcoholic fatty liver disease. For patients who already have a liver disease, it will accelerate the progression of fibrosis. Declining liver function can further pose challenges to the kidney causing kidney inflammation and damage as toxins in the blood may not be detoxified properly by the liver.

Hormone therapy (HT) has been used to treat symptoms of menopause. While HT helps many women get through menopause, the treatment has many side effects which include increased risk of endometrial cancer and ovarian cancer, blood clots, stroke, gallstone and gallbladder problems, Alzheimer's disease and dementia if hormone therapy is started after midlife, and breast cancer recurrence.⁴

Wellness Recommendation

The recommendation for menopause includes Brown, LC Balancer, and Xcel for emotional and physical support. For patients with severe night sweat, KS and Formula C are also recommended. Brown improves the liver's structure and function, alleviating the liver's fatigue and congestion, and help buffer the hormone changes to adjust to the new metabolic condition. With improved liver detoxification capability, it helps relieve menopause-related physical and emotions symptoms. Herbal ingredients in Brown have been shown to have endless benefits on liver health. They contain antioxidant, hepatoprotective, anti-inflammatory, antifibrotic, and hypolipidemic effects.¹ They also have been shown to directly alleviate symptoms of menopause such as hot flashes, impairment of memory function, and depression.³ LC Balancer and Xcel improve kidney structure and function to promptly filter out the metabolic waste and relieve fatigue and hot flashes. Herbal ingredients in Xcel have been shown to enrich and nourish the kidneys as well as invigorate the circulation of blood.² Patients with severe night sweats indicate that there may be

an infection or inflammation in the kidneys. KS with Formula C will resolve kidney infection and inflammation as well repair connective tissues that may be damaged.

Patients can experience symptom improvements in two weeks and 6 weeks of the protocol is recommended for significant results. A low maintenance dose at 1/3 to 1/2 dose of Brown, LC Balancer, and Xcel is recommended when patients are symptom free to support the liver and kidneys to help patients go through a graceful aging process.

Selected Case Study

Resolution of Menopause Symptoms

Jane Rohan, LAc, MA (August 2021)

A female patient in her early 50's was suffering from insomnia, hot flashes, and many of the other symptoms associated with menopause. She had tried raw herbs and other homeopathic remedies which didn't help to alleviate all of her symptoms.

The practitioner recommended Wei Labs protocol for menopause. This included Brown, LC Balancer and Xcel. Brown improves the liver's structure and function, alleviating the liver's fatigue and congestion, and help buffer the hormone changes to adjust to the new metabolic condition. With improved liver detoxification capability, it helps relieve menopause-related physical and emotions symptoms. LC Balancer and Xcel improve kidney structure and function to promptly filter out the metabolic waste and relieve fatigue and hot flashes. KS and Formula C were also added in to help with severe hot flashes.

Not only was the patient relieved of all her symptoms, but she also had the added benefit of a blood sugar reading of below 100! The patient has more energy, more clarity and more stamina working out.

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