

Charting Your Use for Success with **RESTORE – Menopause Relief Formula**

The key to healthy, energetic, feel-young vitality is optimizing cell signaling.

Regularly taking **RESTORE Menopause Relief Formula** is essential to enhance & optimize balanced cell signaling.

If a decrease in waist-centered fat mass is desired, before starting measure your waist circumference and then periodically after.

Simply check each time you take **RESTORE Menopause**, (**AM**) upon rising, (**PM**) late afternoon, and (**EV**) nearing bedtime boxes.

If you are medication sensitive, start by taking once a day for the first week and gradually increase if needed to 3 times a day.

On the back journal changes you might see in appetite, improved energy & sleep, and reduced anxiety or stress.

Month 1

Month 2

Day	AM	PM	EV	Waist	Observations	Day	AM	PM	EV	Waist	Observations
1						1					
2						2					
3						3					
4						4					
5						5					
6						6					
7						7					
8						8					
9						9					
10						10					
11						11					
12						12					
13						13					
14						14					
15						15					
16						16					
17						17					
18						18					
19						19					
20						20					
21						21					
22						22					
23						23					
24						24					
25						25					
26						26					
27						27					
28						28					
29						29					
30						30					
31						31					

Hormones including growth hormone, progesterone and leptin are expressed in diverse areas of the brain and thus are able to concurrently influence energy, sense of well-being, sleep, moods, anxiety, metabolism, cravings, memory and focus. Growth hormone promotes lean mass, and leptin is considered bone morphogenic (building). Therefore it is not unusual to lose inches but not weight as desired lean mass increases which is important as we age. It is helpful to make notes of desired changes and then journal observations to help increase awareness of improved body function and composition. Please remember that continuity is crucial for re-establishing and enhancing correct cell signaling and that positive changes may be gradual and subtle.