



## *Protection against breast and prostate cancer Hormonal balance even before menopause*



Our native red clover (also: meadow clover) is an old medicinal herb. It is mainly found on meadows and clover fields, where it blooms from May to September. Its active ingredients, isoflavones, tannins and phenolic substances are mainly found in the red flower heads, in smaller quantities also in the leaves.

With the economic miracle, the old home remedy almost fell into oblivion. However, after it became public a few years ago that red clover has particularly effective phytoestrogens, the meadow plant experienced a veritable boom.

These phytoestrogens, the isoflavones, have a very similar structure to the fe-

male sexual hormone (estrogens).

Red clover is mainly offered as a tea or concentrated in capsules. The isoflavones support the **hormonal balance during menopause** and thus counteract the typical symptoms such as hot flashes, sweating, reduced performance, palpitations or dizziness and also have a beneficial effect on osteoporosis.

Risk patients are therefore recommended to take isoflavones preventively for harmonization even before the onset of menopause.

The regular intake of isoflavones even reduces the risk of breast cancer, as a study conducted with the German Cancer Research Center has shown. The protective effect is all the stronger the earlier the intake is started, obviously already with the onset of puberty.

According to Japanese studies, the greatest protective effect of isoflavones is achieved for female babies when isoflavones are taken during pregnancy.

By stabilizing the venous walls, the development of convulsive veins, broom tears and hemorrhoids is prevented.

And: what applies to the breast in women applies to men for the prostate.

Because of its blood-purifying properties, red clover is also considered a natural remedy for acne. In folk medicine red clover is also used for mucous skin inflammation, diarrhoea or liver complaints.

Particularly noteworthy: the beneficial effects on **LDL** cholesterol levels.

According to a study by the Vienna Women's Clinic, the use of red clover is without side effects.

We are always available for advice in our practice rooms and have red clover alone, vitamin and trace elements with good bioavailability in stock at a reasonable price. We will also be happy to send you products.

according to  
<http://www.gesundheitstrends.de/kompak/lexikon/rotklee.ph>