

Tina's Story

Menopause Support Saves My Sanity!



Can we talk? A few years ago I noticed that I was crabbi-er than usual and even despaired over my dwindling sex drive. I thought to myself, I'm too young for this! Since I work in a service environment, I felt I was losing my cool too often, irritated by the very people I was trying to serve. And my good looking hubby wasn't happy lately either. I reached out to Margy and David at To Your Health. What was I to do?

Although I wasn't going through the change, they suggested Menopause Support for several reasons. It contains a complex of ingredients, some to help me relax, some to balance hormonal shifts and others to support female health in general. Sounded like a plan to me! I started taking the recommended dose of three a day and within 10 days, I felt different in a good way. I was smiling more and yes, the other "issue" was resolved as well, making my hubby smile more too! And readers should know that I checked with my doctor, too, as you should share what you're taking with your health care professional.

Well, it worked so well, of course, I started recommending it to my customers and friends, too, who had similar complaints. I was already sending people to To Your Health for the Fibro-Care™ as it was another product I take from them for energy. As a mother of two young children, I need all the energy I can get! One thing I like about that product is that it contains Albion organic magnesium which is easy to digest because I have digestive issues (what the doctors call slow motility – meaning food transit time is slower in my system). For that I take the Digesta-Care ES™ faithfully. It contains a number of enzymes to digest different foods (fats, sugars, dairy, protein) which helps my GI tract move food through more efficiently. As you can see, I already had a good track record with To Your Health so when they suggested Menopause Support, I went for it.

One more thing I want to mention. To Your Health also has a refer a friend program where you earn \$5 on account when people you refer purchase from them. But I don't do it just for the money – I do it because I trust them and know they are so educated about their products and what the products can do for me. Of course, the referral credits help me buy the products to stay healthy so I'm okay with that, too!

I didn't intend to write my story because it was kind of personal. But after people I sent there came back to me and thanked me, I thought, maybe more people should hear it. I figured getting it printed in Health Points would be the perfect way – I could reach readers across the USA. After all, if my experience can help somebody else, isn't that what stories are for?

Tina lives in Fountain Hills, Arizona, with her happy hubby and two children. When she's not working on the family business and multi-tasking her day, she enjoys getting outside for "me-time" and a scenic walk.

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