

EVA & Menopause



Menopause is not a disease, but a normal part of aging.

However, with the right lifestyle and support, most women can successfully manage this transition in life. Menopause is the stage in a woman's life when her menstruation has been absent for 12 months, and she is no longer fertile. Perimenopause is when menstruation becomes irregular. Menopause usually occurs between the ages of 45 and 55, with the average age around 51.

What happens during menopause?

The ovaries produce less oestrogen and progesterone hormones, and these hormonal changes cause various uncomfortable symptoms such as the following:

- Hot flushes and night sweats – sudden waves of heat, especially in the upper part of the body.
- Sleep disturbances, e.g. trouble falling asleep.
- Hormonal fluctuations – can contribute to moodiness, irritability, or anxiety.
- Fatigue, joint and muscle aches.
- Vaginal dryness – can lead to discomfort.
- Irregular periods, an early sign and indicate fluctuating hormone levels.
- Memory and concentration problems – some women experience brain fog.
- Hunger pangs and cravings – can lead to weight gain, especially around the waist.



What is a Distributor?

A distributor is much more than someone who markets and sells products. A distributor is a trusted advisor, a problem-solver, someone who builds strong relationships, and often the reason a customer discovers a product that changes their life.

Thank you for all that you do – you are the face of Aloe Ferox in your community!



Perimenopause? Menopause?

Eva is the one product that supports women in a natural way during the transition from perimenopause to menopause, and also ensuring a more balanced, comfortable menopausal journey. A healthy hormone balance is essential and helps to relieve the physical and especially emotional symptoms of menopause.

Eva contains all the essential and natural ingredients to replenish low levels of oestrogen, and can help you act cool, calm, and balanced, despite disruptive menopausal symptoms. Eva is a safer and more natural alternative to synthetic hormone treatments.



Some of the unpleasant symptoms improve after menopause, but the lower oestrogen levels can increase the risk of osteoporosis and heart disease.



However, the following precautionary measures can contribute to a healthy postmenopausal period:

- Regular exercise.
- A balanced diet rich in calcium and vitamin D.
- Enough sleep.
- Stress management.

Eva contains the following:

- Red Clover is a natural source of phytoestrogen.
- Black Cohosh can help with mood swings, hot flashes, and night sweats.
- Wild Yam offers natural support for hormonal health.
- Dong Quai root promotes hormonal harmony.
- Chasteberry supports mood regulation and hormonal stability.

Which 2 hormones are affected during menopause?

Send your answer to freegift@af.co.za and receive free marketing material.

EVA & Menopouse



Menopouse is nie 'n siekte nie, maar 'n normale deel van veroudering.

Met die regte leefstyl en ondersteuning kan meeste vroue hierdie oorgang egter suksesvol bestuur. Menopouse is dié stadium in 'n vrou se lewe wanneer haar menstruasie vir 12 maande afwesig is, en sy nie meer vrugbaar is nie. Perimenopouse is wanneer menstruasie onreëlmatig begin raak. Menopouse vind gewoonlik tussen die ouderdom van 45 en 55 jaar plaas, met die gemiddelde ouderdom rondom 51 jaar.

Wat gebeur tydens menopouse?

Die eierstokke vervaardig minder estrogeen- en progesteronhormone, en hierdie hormonale veranderinge veroorsaak verskeie ongemaklike simptome soos die volgende:

- Warm gloede en nagsweet – skielike hittegolwe, veral in die boonste deel van die liggaam.
- Slaapstoornisse, soos moeite om aan die slaap te raak.
- Hormonale skommeling – kan bydra tot buierigheid, prikkelbaarheid of angstigtheid.
- Moegheid, gewrigs- en spierpyne.
- Vaginale droogheid – kan tot ongemak lei.
- Onreëlmatige periodes, wat 'n vroeë teken is en dui op wisselende hormoonvlakke.
- Geheue- en konsentrasieprobleme – sommige vroue ervaar breinmistigheid.
- Hongerpyne en eetdrange – kan lei tot gewigstoename, veral om die middel.

Wat is 'n Verspreider?

'n Verspreider is baie meer as iemand wat produkte bemark en verkoop. 'n Verspreider is 'n betroubare raadgever, 'n probleemoplosser, iemand wat sterk verhoudings bou, en dikwels die rede waarom 'n kliënt 'n produk ontdek wat hul lewe verander.

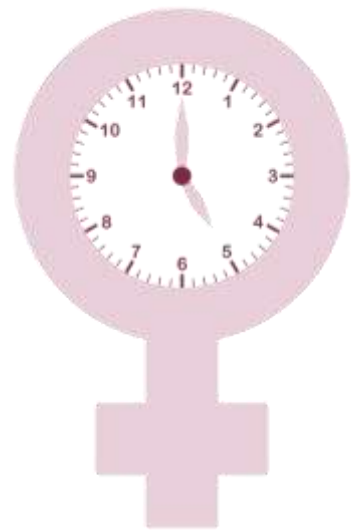
Dankie vir jou – jy is die gesig van Aloe Ferox in jou gemeenskap!



Perimenopouse? Menopouse?

Eva is die één produk wat vroue op 'n natuurlike manier ondersteun tydens die oorgang van perimenopouse na menopouse, en wat ook sorg vir 'n meer gebalanseerde, gemaklike menopousale reis. 'n Gesonde hormoonbalans is noodsaaklik en help om die fisieke en veral emosionele simptome van menopouse te verlig.

Eva bevat al die noodsaaklike en natuurlike bestanddele om lae vlakke van estrogeen aan te vul, en kan jou help om koel, kalm en gebalanseerd op te tree ten spyte van ontwrigtende menopousale simptome. Eva is 'n veiliger en meer natuurlike alternatief as sintetiese hormoon-behandelings.



Sommige van die onplesierige simptome verbeter na menopouse, maar die laer estrogeenvlakke kan die risiko van osteoporose en hartsiektes verhoog.



Die volgende voorsorgmaatreëls kan egter bydra tot 'n gesonde postmenopousale tydperk:

- Gereelde oefening.
- 'n Gebalanseerde dieet ryk aan kalsium en vitamine D.
- Genoeg slaap.
- Stresbestuur.

Eva bevat die volgende:

- Rooiklawer is 'n natuurlike bron van fito-estrogeen.
- Swart kohosh help met gemoedskommeling, warm gloede en nagsweet.
- Wildejam bied natuurlike ondersteuning vir hormonale gesondheid.
 - Dong Quai-wortel bevorder hormoon-harmonie.
 - Kuisboombessie ondersteun gemoedsregulering en hormonale stabiliteit.

Watter 2 hormone word tydens menopouse geaffekteer?

Stuur jou antwoord na freegift@af.co.za en ontvang gratis bemarkingsmateriaal.

Specials

September 2026

August, 2026



EVA
60 caps

R129
SAVE R35

- Maintains reproductive health.
- Supports a regular menstrual cycle.
- Alleviates menopause symptoms, such as night sweats, hot flushes and mood swings.
- Supports hormonal harmony and emotional balance.



Flawless
50 ml

R349
SAVE R51

- Reduces age-related dark spots, discolouration, freckles and other skin pigmentation complaints.
- Visibly diminishes hyperchromatic spots.
- Unifies skin tone.
- Provides anti-inflammatory support.
- Stimulates collagen synthesis.
- Creates brighter, younger, more radiant complexion, and brightens skin tone.
- Suitable for all skin types.
- Contains internationally acclaimed actives: Darkout™, Melavoid™ and TEGO® Pep 4-Even.



HEEL BALM
75 ml

R69
SAVE R31

- Nourishes and soothes skin.
- Repairs and rejuvenates dry, chapped skin.
- Protects skin against dehydration.
- Softens callused heels.
- Eases inflammation of the skin.
- Moisturises and cools tired feet.
- Relieves skin irritation and itchiness.

““ Testimony

#115 / 2026-08

August, 2026



English:

Leavelle writes:

"I have trusted Aloe Ferox for years, and recently the products proved themselves once again!

My Staffie developed a severe, itchy skin irritation. I gave him **BITTER CRYSTALS** for a week and treated his skin with **BITTER ALOE GEL** and **Bitter Balm** 2-3 times a day. Within 10 days, the irritation had completely disappeared, his skin healed beautifully, and he was soon back to being his happy, healthy self.

These are wonderful products to have on hand!"

Afrikaans:

Leavelle skryf:

"Ek vertrou al jare op Aloe Ferox, en die produkte het hulself onlangs weer bewys!

My Staffie het 'n ernstige, jeukerige velirritasie ontwikkel. Ek het hom vir 'n week lank **BITTER CRYSTALS** gegee en sy vel 2-3 keer per dag met **Bitter Aloe Gel** en **BITTER BALM** behandel. Binne 10 dae het die irritasie heeltemal verdwyn, sy vel het pragtig genees en was hy weer sy gelukkige, gesonde self.

Dis wonderlike produkte om byderhand te hê!"