

# PMS? Menopause?

## Weight Gain

Water retention  
Fat weight gain  
(especially around hips, abdomen)  
Feeling bloated  
Poor digestion

## Menstrual Problems

Heavy or irregular periods  
Menstrual cramps  
Uterine fibroids  
Uterine/endometrial cancer

## Breast Problems

Breast swelling  
Breast cysts  
Breast cancer

## Sleep Problems

Insomnia  
Poor sleep quality  
Night sweats

## Osteoporosis

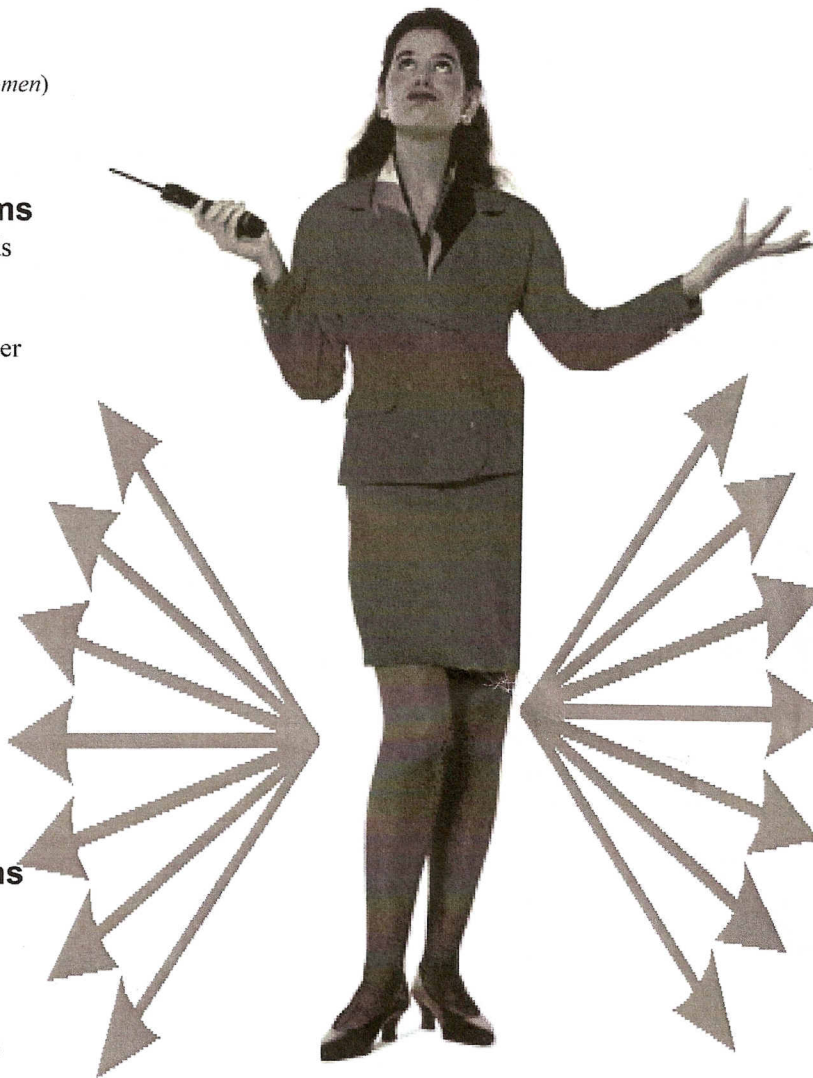
Bone mineral loss  
Teeth problems

## Frequent Infections

Frequent colds & flu  
Bladder infections  
Vaginal infections

## Memory Problems

Poor memory & recall  
Poor concentration



## Fatigue

Feeling exhausted  
Waking up tired

## Food Cravings

Craving sweets, etc.  
Overeating  
Hypoglycemia

## Emotional Problems

Depression  
Frequent anger, irritable  
Mood swings, nervousness  
Fighting with spouse  
(separation, divorce)

## Low Thyroid Function

Cold hands and feet  
Weight gain

## Hair Problems

Hair loss  
Dry, thinning hair

## Skin Problems

Thinning of skin  
Dry, wrinkly skin

## Other Symptoms

Hot flashes  
Headaches (*migranes*)  
Joint pain (*arthritis*)  
Back pain  
High blood pressure  
Asthma  
Vaginal dryness/atrophy  
Poor libido

## The Estrogen Dominance Syndrome

When a woman's progesterone levels fall too low, her estrogen level becomes dominant.  
This imbalance can help create all of the above symptoms!

## The Solution

### *U.S.P Grade Bio-Identical Natural Progesterone*

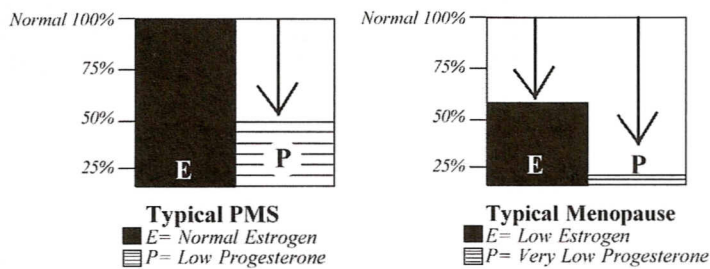
\*Laboratory processed from wild yam to bio-identical natural progesterone

- **The Yam Scam:** wild yam cream will NOT work unless it has been laboratory-processed to natural progesterone
- **Use creams with 100% nontoxic ingredients** (avoid parabens, propyls, polysorbates, peg 8 stearate, etc.)

# PMS and Menopause

The foundation of every woman's good health is based on balanced hormone levels. If a woman experiences PMS (Pre-menstrual Syndrome) or a difficult menopause, then her hormones are most likely out of balance. Two key players, estrogen and progesterone, each have a balancing effect on the other. If estrogen becomes dominant in relation to progesterone, then the roller coaster of many difficult symptoms may begin.

# Estrogen Dominance Low Progesterone



## Estrogen may become dominant due to:

1) **Exposure To Xenoestrogens** (toxic, foreign estrogens replace normal estrogen at receptor sites from exposure to plastics, petrochemicals, dental composites, cleaning agents, environmental chemicals, etc.) 2) **Birth Control Pills** 3) **Hysterectomy** (which commonly induces ovary dysfunction

and atrophy; then ovaries can't produce progesterone) 4) **Use of Synthetic or Conjugated Estrogen** (such as Premarin) 5) **Perimenopause** (early follicle depletion resulting in failure to ovulate and thus, lowered progesterone levels long before menopause) 6) **Postmenopause** (especially in overweight women, their body fat produces excess estrogen).

## Progesterone: Master Precursor Hormone

Hormones are the messengers of control in a vast network of organ-system commands in the body. Progesterone, in addition to its own special hormonal effects, is a main player in the biosynthesis of many important hormones.

Progesterone is a "precursor" hormone. This means that if the body has enough progesterone, it can be converted, as needed, into other steroid hormones, such as adrenal corticosteroids, estrogen, and testosterone. For example, if your estrogen levels were too low, the body could convert some of the progesterone derived from a natural progesterone cream into the type of estrogen it needed.

## Benefits Of Natural Progesterone

Natural (not synthetic) progesterone has many wonderful protective benefits, including that it:

- 1) Helps in the use of body fat for energy
- 2) Acts as a natural diuretic, decreasing salt and fluid retention
- 3) Acts as a natural anti-depressant, decreasing depression and headaches
- 4) Restores libido
- 5) Normalizes blood sugar levels
- 6) Normalizes zinc and copper levels
- 7) Helps prevent endometrial and breast cancer
- 8) Helps reverse osteoporosis by stimulating osteoblast bone building activity
- 9) Helps restore proper cell oxygen levels

## Synthetic Progestins: Beware!

Synthetic progestins (e.g. Provera) are not only *not* protective, but may have many dangerous and undesirable side effects, including an increase in fluid retention and an increased risk of birth defects, epilepsy, migraines, asthma, heart and kidney dysfunction, menstrual irregularities, depression, acute allergic reactions, pulmonary embolism, weight increase, jaundice, and hair loss. Natural progesterone, by contrast, has no known side effects. Many women become so symptomatic using synthetic progestins that they discontinue use on their own.

Dr. John Lee, M.D., Dr. Ray Peat, Dr. Lita Lee, and other researchers believe that the majority of women can fare perfectly well with natural progesterone alone, without the potentially dangerous side effects of estrogen and synthetic progestins.

## How To Use Natural Progesterone Cream

The cream can be massaged into any of the soft tissues of the body, such as the abdomen, inner arms, inner thighs, breasts, under the arms, low back, and face. For immediate uptake, apply the cream on the outer vaginal lips. Typically 1/4 to 1 tsp. is applied topically, one or two times daily for one to three weeks of each month. Do not use the cream during menstrual period days. Once menstruation occurs, stop usage. You may resume use after the period is over. As you first begin to use the cream, start with a smaller amount of the cream, gradually increasing the amount until you find a level that supports your body's needs the best.

## Vaginal Application

If you are overweight, apply the cream to the thin skin areas of the body (i.e. ankles, wrists, low back or vaginally) for best absorption. One doctor reported that the body fat on his larger female patients kept the progesterone from being absorbed adequately into their blood. Applying the cream vaginally solved the problem. Many women, thin or overweight, find applying the cream vaginally often works the best.

## After Menopause

If menopause has occurred, you may use the cream every day indefinitely. Some women discontinue the cream for a few days each month. The cream may also be used during pregnancy.

## Osteoporosis

Dr. Lee's innovative research shows how natural progesterone cream can help to reverse osteoporosis. In addition to the body areas listed above, the cream may be used along the entire spinal area once or twice daily.

## If You Are Currently Taking Estrogen

Since progesterone enhances receptor sensitivity to estrogen, Dr. Lee recommends that postmenopausal women on estrogen (who want to get off it) can slowly reduce their estrogen over a period of time (1 to 3 months) while slowly increasing their use of natural progesterone. He finds most women will be able to eventually eliminate the use of estrogen. Please refer to Dr. Lee's book (listed below) for details.

## If You Are Currently On Synthetic Progestins

(such as Provera): For those wanting to get off progestins, Dr. Lee recommends tapering off the progestin gradually over several months. Please refer to his book for details.

## Understanding Natural Progesterone

Dr. Lee discusses the use of natural progesterone cream and how to use it depending on different hormonal imbalances. He also discusses how various hormonal imbalances can result in osteoporosis, PMS, menopause, endometriosis, ovarian cysts, uterine fibroids, cervical dysplasia, etc. Dr. Lee's book is a must for understanding how natural hormones can help women with these conditions regain their health and vigor.

## For Men, Too!

Natural progesterone cream can also be a tremendous natural aid for men who have hormonal imbalances. The natural progesterone can be converted into other steroid hormones, such as adrenal corticosteroids or testosterone. A Hormone Profile can help determine if hormone imbalances are present.

For men, 1/2 to 1 tsp. of the cream can be applied topically daily. The cream can be massaged into the soft tissues of the body, such as the abdomen, inner arms, inner thighs, etc.

Brown, E. and Walker, L., *Menopause and Estrogen: Natural Alternatives To Hormone Replacement Therapy*, Frog, Ltd., Berkeley, CA, 1996.  
Laux, M. and Conrad, C. *Natural Woman, Natural Menopause*, HarperCollins Pub: New York, NY, 1998.  
Lee, John, *What Your Doctor May Not Tell You About Menopause: The Breakthrough Book on Natural Progesterone*, Warner Books: New York, 1996.  
Martin, R., *The Estrogen Alternative*, Healing Arts Press: Rochester, VT, 1998.