

How To

\$2.00 U.S.
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Balance Your

Hormones

And Be A Healthy Happy Woman !



With

Answers

To Your Most Frequently Asked

Questions

by Dr. Robert Preston N.D
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HOW TO BALANCE YOUR HORMONES



Dr. Robert Preston...

A NATUROPATHIC PHYSICIAN.

The modern doctor of Naturopathic medicine is trained in the same basic sciences of medicine as any other medical doctor. They study from the same text books, the same courses, the same number of hours and must pass the same basic examinations. However, where the ordinary medical doctor studies drugs to treat disease, ***the naturopathic doctor studies natural methods to overcome health problems by building good health.***

The Naturopath specializes in using remedies, as well as diet, vitamins, minerals, amino acids, enzymes and manipulation as a means of normalizing body chemistry.

Dr. Robert Preston attended Arizona State University at Tempe, Los Angeles College of Chiropractic, American College of Natural Healing Sciences and the Arizona College of Naturopathic Medicine. He is a diplomat of the National Board of Naturopathic Examiners and certified by the Idaho State Board of Naturopathic Examiners.

President and Founder of the International Institute of Nutritional Research in 1985, Dr. Preston has dedicated his entire life to the research and scientific study of the ever changing role that nutrition plays in achieving optimum health. Publishing his research, he has helped literally thousands of people all around the world to improve the quality and health of their lives!

NOTICE AND DISCLAIMER

The material discussed in this book has been carefully researched and is believed to be reliable and accurate. However, it is not presented as medical advice. It is offered only as educational information. The reader is advised to obtain the services of a physician if the need for medical treatment is indicated.

The use of doctor's names in reference to their research, knowledge and experience with natural progesterone is not meant to imply their endorsement of anything in this book.

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AND BE A HEALTHY HAPPY WOMAN!

After years of observing the amazing, often life changing benefits of natural progesterone with my women patients, I am convinced this wonderful and safe natural hormone is something every woman - regardless of her age - should be using if she is experiencing health problems related to her female chemistry !

One of the greatest tragedies I have observed in my naturopathic medical practice is the great number of women who have suffered for years, month in and month out, with agonizing health problems which are caused by an imbalance in their hormones. These range from the physical problems of *migraine headaches, severe uterine cramps, painful breasts, water retention, easy weight gain, hot flashes, osteoporosis, broken hips* and more than a dozen others, to the mental and emotional problems of *hopelessness, frustration, irritability, extreme sensitivity, panic, PMS* and many, many more.

Do you know what the real tragedy is? These women have already been to their well meaning but uninformed doctors to have these problems resolved. However, instead of having the problems relieved, they are almost always made worse! If you are a woman, you probably already know this from your own personal experience.

For many years I have witnessed women who have gone through this personal tragedy, often for years, only to have all these problems disappear almost overnight as soon as they start using natural progesterone. Both they and their husbands are eternally grateful. I have had more than one husband say to me, *“Doc, I don’t care what that stuff costs, don’t ever let my wife run out of it!”*

If such a simple solution to all these female problems exists, you are no doubt wondering why it has been ignored by the medical profession for so long. Well, as Paul Harvey would say, *“Here’s the rest of the story.”*

THE MYSTERY OF FEMALE CHEMISTRY

From the earliest of times women have been given a special place of respect and reverence because of their ability to give birth to a new human life, something no man could do. A woman could bleed for a week every month, and yet remain healthy, something no man could do. This was a great mystery that lasted for tens of thousands of years.

There was also another mystery about the female. The seemingly unpredictable change in mood, emotions and health which occurred throughout the month in many women. But, not all women. Which only made the mystery all the more baffling.

Down through the ages, these feminine mysteries became the source of myths, legends, old wives tales, and even found their way into poems, stories and plays, as well as the pages of the Bible and the writings of Shakespeare! It was not

until very, very recently that science has begun to reveal the truth and strip away the mystery.

DISCOVERING THE HORMONES

It wasn't until 1926 that the first of the female hormones was discovered. It was found in the urine of menstruating women. Since its level was found to fluctuate in rhythm with the monthly fertility cycle, it was named "*estrogen*". Which means "*to generate estrus*", the period of female fertility.

In 1929 the second major female hormone was isolated from the corpus luteum (yellow body), a small temporary gland created from the egg follicle within the ovary once the mature egg is released. Because this hormone was produced in abundant amounts from ovulation to menstruation, or if conception had taken place, in increasingly abundant amounts until the birth of a child, it was called "*progesterone*". Which means "*to promote gestation (pregnancy)*".

Please note, this is NOT the same as promoting ovulation which makes pregnancy possible. This refers to keeping the pregnancy viable once it has occurred. Progesterone is a protective hormone for both mother and fetus.

MEDICAL SCIENCE MISSES THE BOAT



Once the female hormones had been isolated, the mystery should have been over. Instead, it only deepened. Here is how that happened.

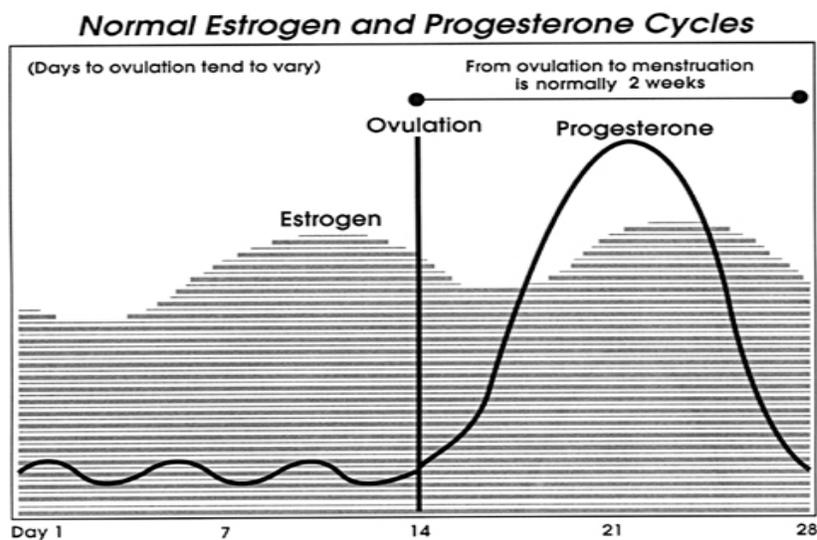
Estrogen was discovered first, and a synthetic and patented version was soon produced from the urine of a horse (Premarin is a trade name which supposedly is a contraction of the phrase - "*previously mares urine*"). Thus with plenty of cheap synthetic estrogen to do research with, estrogen grabbed center stage. On

top of that, it turned out to be an extremely powerful hormone which on the surface seemed to produce all the important aspects of female function.

On the other hand, progesterone faced two major problems. First, in the beginning its only source was from living tissue where it was found only in minute quantities and was therefore very costly. Second, there was little incentive to do progesterone research since the drug companies were making a fortune with estrogen. So the drug companies convinced the medical schools and medical journals, and through them, the practicing physicians in the field, that what women really needed was estrogen. As a result, every year millions of women have been receiving prescriptions for estrogen.

What no one paid any attention to, was the fact that most female problems were due to an imbalance between the female hormones. Giving more estrogen only made matters worse. Much, much worse.

The reason this fact was ignored is twofold. First, the drug companies were making a lot of money selling synthetic estrogen and they were very happy. Second, in the beginning progesterone was too difficult and expensive to obtain for research studies. As a result, it lost a lot of research and commercial ground to estrogen, which soon emerged as the dominant player in the medical field dealing with female problems.



It is important to note that just a very small amount of estrogen can be very powerful in action. Progesterone is measured in nanograms (ng) while estrogen is measured in picograms (pg) which is 1/ 1,000 of a nanogram. Therefore if this chart was drawn to actual scale the estrogen production line would hardly be noticeable while the progesterone line would fill at least 2 more pages of this size.

This was a tragedy of immense proportions because progesterone is the master female hormone. In the body it creates a balance against the extreme effects of estrogen. Estrogen stimulates and progesterone calms.

In addition, progesterone is also the raw material from which the body can produce more estrogen, but only if the body actually needs it. Since all of this was not known at the time estrogen was first being promoted to the medical profession by the drug industry, women were given estrogen when in most cases what they really needed was progesterone. Once that became the mind set of the drug and medical profession, they refused to look any further.

CANCER AND ESTROGEN

When nothing else gets people's attention, nature often succeeds where others have failed. In this case, the excessive use of estrogen resulted in an ever rising rate of cancer in women. Eventually scientists began to look at this connection, and they were shocked to discover that estrogen was so stimulating that it actually caused cancer when it accumulated in the body in large amounts.

The major drug companies soon noticed and they quickly turned their attention to the research which had been done on progesterone. Lo and behold, they found that progesterone was the real answer. With this discovery they saw a tremendous new opportunity to make even more money. Unfortunately it was also a way that was eventually going to make the plight of women even worse. The following paragraphs tell how this happened.

A PLANT SOURCE OF PROGESTERONE

Shortly after progesterone was obtained from the corpus luteum of the ovary, its molecular structure was identified. Next it was learned that many plants contained chemicals in very small amounts whose molecules were similar to those of progesterone.

Such plants as the *sarsaparilla* and *wild yam* contained chemicals with molecules very similar to that of progesterone. These chemicals were called *sarsapogenin* and *diosgenin*. However, eating these plants, or even extracts from them, would not provide the human body with a source of progesterone because the body *lacked the necessary enzymes to convert them to the hormone*.

Then in 1939 Russell E. Marker developed a process to extract these plant chemicals and convert them into pure natural progesterone identical to that which the human body produced.

NATURAL PROGESTERONE DIFFICULT TO DELIVER

When Russell Marker gave the world an abundant and inexpensive source of natural progesterone, he allowed the doctors and scientists to find out what progesterone did. Scientists soon found that since it was a fat soluble substance, orally administered progesterone was fairly useless because once absorbed from the gut, the progesterone had to first pass through the liver where it was broken down and then eliminated via the urine- never getting into the bloodstream where it would reach the target tissues to provide its many healthful benefits.

Scientists next found they could dissolve progesterone in vegetable oil and inject it into the bloodstream where it had an excellent chance of reaching the target tissues instead of just going to the liver and being destroyed. However there was a major problem with this, a woman in need of progesterone would need many frequent injections because the vegetable oil allowed only a small amount to be given at a time without creating a lot of irritation. While progesterone by injection worked, it turned out to be impractical.

During the late 1940s it was found that suppositories of progesterone and vegetable oil would allow the progesterone to be delivered through the absorptive lining of the vagina and rectum. Many women found this method dissatisfactory because of the mess it created. However in England and Europe this method did become available to doctors for the treatment of women desperate enough to put up with the mess.



A FEMALE MIRACLE IS DISCOVERED

In fact it was through the use of rectal suppositories of natural progesterone that Katherina Dalton, M.D. did her landmark research on natural progesterone in England from the late 1940s on.

What she discovered is that most “female problems” were actually the result of a deficiency of progesterone. When she gave these women natural progesterone, it was like a miracle had occurred. Years of pain and anguish disappeared almost overnight.

In 1953 she and Dr. Raymond Greene published a paper in the *British Medical Journal* (1; 1007:1953) outlining their results. It was entitled, “*The Premenstrual Syndrome*”. It introduced the world and the medical profession to the awareness that almost all the problems associated with the female cycle are brought about by a hormone imbalance due to insufficient natural progesterone. Since then she has authored over 40 professional articles and 3 books on the subject. But the drug companies ignored doctor Dalton’s insistence on natural progesterone. They had what they thought was a better idea.

HOW DRUG COMPANIES RUINED A GOOD THING

Seeing that natural progesterone was a true miracle worker, and one that had difficulties associated with delivery by injection, suppository or by mouth, the drug companies saw a “golden” opportunity. All they had to do was alter the natural progesterone molecule enough to be easy to administer to the patient,

and still be able to do at least some of its miracles, obtain a patent and sell the medical profession on the idea of prescribing it.

Their chemists went to work on the natural progesterone and by altering the molecule here and there they were able to create a brand *new synthetic version never before seen in nature*. This meant it could be patented, and no one could make it, or sell it, without paying them a rich royalty. Thus was born a new class of synthetic drugs known as “*progestins*”, “*progestogens*” and “*gestagens*”.

In spite of the fact that these synthetic drugs have a list of negative side effects in the PDR as long as your arm, they have been a tremendous commercial success. Largely because the drug companies have been so clever in their propaganda to the medical profession.

They have succeeded in confusing medical schools, medical journals and practicing physicians to the point that they use the word “*progesterone*” (*meaning the whole natural hormone*) when they are actually referring to the synthetic drugs.

Side Effects For the Synthetic Drug - Progestin®

- 
- ~ **Severe Nausea**
 - ~ **Migraine Headaches**
 - ~ **Constipation**
 - ~ **Irritability**
 - ~ **Mood Swings**
 - ~ **Fatigue**
 - ~ **Nose Bleeds**
 - ~ **Severe Cramping**
 - ~ **Bloating**
 - ~ **Painful Breasts**
 - ~ **Depression**
 - ~ **Rashes and Dry Skin**
 - ~ **Dry Itchy Eyes**
 - ~ **Weight Gain**
 - ~ **Diarrhea**
 - ~ **Anxiety**

Source: Physicians Desk Reference 1999

This has fooled many practicing physicians into believing the highly altered synthetic drugs are one and the same as natural progesterone.

Thus, millions of prescriptions are written for them each year.

Because these synthetic drugs could be taken orally as a small pill, and they did *some* of the things the original natural progesterone did, it was easy to sell, both to the doctor and the patient. Especially since taking these synthetic progestins was supposed to offset the carcinogenic nature of the synthetic estrogens the women were also being given. It was a great deal for the drug companies. Now women could take two synthetic hormone drugs instead of just one. As a result, women by the millions must endure the side effects of these drugs while at the same time being deprived of the full range of benefits natural progesterone provides without any side effects!

A BREAKTHROUGH FOR NATURAL PROGESTERONE

Most of us have a hero or two that we really admire and look to for guidance. One of mine is physiologist Raymond Peat, PhD of Eugene, Oregon. He is a man of rare insight, with the ability to assemble facts and data from widely diverse but highly credible places, and come to a conclusion totally different than that of the conventional wisdom.

During the 1970s Dr. Peat began to observe that the factual research information being published in the medical and scientific journals of the world did not justify the current use of synthetic hormones in the treatment of female problems. He was particularly upset about the excessive use of estrogen and the synthetic progestins. He also found that in the great majority of cases, what women really needed was just natural progesterone.

In 1978 he published his findings on the important benefits of natural progesterone and nutrition in his books, "*Nutrition for Women*" and "*Progesterone In Orthomolecular Medicine*".

It was shortly after his books were published that I attended a seminar for physicians at which Dr. Peat spoke about the role of natural progesterone. It was from him that I learned of the tremendous value of natural progesterone therapy. After the seminar, I spent some time with Dr. Peat, bought his books and subscribed to his newsletter (*which continues to inspire me and challenge my thinking*).

He also told me about a new delivery system which he had developed that allowed natural progesterone to pass through the skin directly into the blood stream (*known as transdermal delivery*).

After reading his books and some of the references he gave, I became convinced Dr. Peat knew what he was talking about. What women needed was not synthetic estrogen and synthetic progestins, but whole natural progesterone.

I then began to offer this natural progesterone containing cream to my women patients who were experiencing health problems related to their female chemistry. The results were often astonishing and overwhelming.

A DOCTOR OF COURAGE AND WISDOM

At about the same time I heard Dr. Peat's message, John R. Lee, M.D. a practicing physician from Sebastopol, California was a speaker at a medical seminar at which he was followed by Dr. Peat. Dr. Lee became intrigued with Dr. Peat's information on natural progesterone and sought him out after the seminar, just as I had done. Dr. Lee also followed up on the references which Dr. Peat had given and came to the same conclusion I did. The answer for most female problems in most cases was natural progesterone.

Dr. Lee began using the natural progesterone transdermal cream with his women patients who had health problems associated with their female cycle of life. He too was astonished by the incredible improvements his patients made.

While I had primarily used the natural progesterone to eliminate the problems of PMS and the transition through menopause, Dr. Lee went much further. He researched its benefits throughout the entire menopause experience documenting its benefits through lab tests and careful record keeping. He became both a clinical authority on its use, and a vocal proponent for its use by the medical profession. He wrote article after article in the medical journals, and in 1993 he wrote a book for medical doctors, "*Natural Progesterone: The Multiple Roles of a Remarkable Hormone.*" To give women the opportunity to share in his vast knowledge on the subject, he joined with science writer Virginia Hopkins to rewrite this book in an expanded, updated version in layman's language.

I highly recommend this book to all women and all doctors everywhere. It is entitled "*What Your Doctor May Not Tell You About Menopause - The Breakthrough Book On Natural Progesterone*", it is a Warner Book and available in most book stores.

Dr. Lee said he wrote the book with the hope that women will help educate their doctors that what they need is a balancing of their hormones, not an unbalancing of them, and that the best way to do this is with the use of natural progesterone.



THE HIGH COST FOR WOMEN IN THE WORK FORCE

Women have always worked and worked hard, in all eras of time, and in all nations. But, there is something very different about the situation today. In the past most women generally worked for or with men, most of the time it was their husband. Today it is a competitive environment where women are frequently pitted against men and other women for recognition, power and higher pay. To their credit, most women are doing quite well under very difficult situations.

A great many of these women are married and have children to look after, a house to keep up, and a husband to care for. Although most husbands in these circumstances probably don't carry their full share, it is at least easier for wives than it is the divorced woman with a job and children to look after. Most of these divorced mothers are doing an admirable job in very trying circumstances.

Unfortunately, in order to deal with their high stress situations, most women have to call upon their adrenal glands to create stress responsive hormones which stimulate their body in order to cope. What this is doing to them has been demonstrated by research studies with women in extended high stress environments.

One such study examined women athletes in highly competitive and stressful situations. The study revealed that women's stress hormones severely reduced their production of estrogen, which in turn blocked their ability to ovulate. Without ovulation, they failed to produce progesterone.

At Harvard University Dr. Peter Ellison examined the hormone levels of 18 healthy young women, average age 29. These were not athletes, they were women living the ordinary modern women's working life-style. Although all of them were menstruating regularly, it was found that 7 of the 18 were not ovulating. *Why?*

Simply because their stress hormones sufficiently lowered the production of estrogen to block ovulation, though not low enough to prevent menstruation. As much as possible Nature does not want highly stressed women to ovulate. She does not want children conceived and born under stressful circumstances. Without ovulation, women do not produce progesterone. They may continue to produce just enough estrogen to menstruate, but they do not ovulate, and without ovulation there is no progesterone.



Without the production of progesterone they go into hormonal imbalance with an estrogen dominance.

This is what is happening to the over stressed working woman. As if all this were not enough, many of these women are on synthetic hormone birth control pills. This further distorts the imbalance of their hormones. These are major factors why so many working women at the age of 36 and beyond, are finding themselves with all kinds of "*female problems*". Everything from fibroid breasts and uterus, to hypothyroidism, weight gain and fatigue.

Somewhere around her fiftieth birthday (*if she is fortunate enough to still have her uterus and ovaries*) the hormonally imbalanced and estrogen dominant woman often finds herself going abruptly into menopause. It is not a smooth and uneventful transition. It begins early and drags along sporadically for a year or two. It is accompanied by a nightmare of hot flashes, heart palpitations and a whole host of other unpleasant symptoms. Later it will be found that there is osteoporosis and bone loss.

One of the reasons the menopause is such a problem for these women is that in the process of producing all the stress hormones needed over the years, the adrenal glands become fatigued. Once the menopause arrives and the ovaries

shut down, it is the adrenal glands which must now produce the small but steady amount of needed estrogen to keep her youthful and feminine. When these glands are fatigued from years of stress, they are unable to produce the required estrogen.

Without adequate estrogen from the adrenal glands the bones begin to lose calcium and these women fall victim to the dreaded osteoporosis. Broken hips are in their future!

Since many studies have now shown that a postmenopausal woman who has taken estrogen supplements for 5 years or more is at a much higher risk of developing cancer, doctors of today are more reluctant to give estrogen therapy to these women. They prefer to wait and see if bone loss develops (*indicating the adrenal glands are not doing their job*). Then they give estrogen and synthetic progestins. This does slow down the loss of bone, but, does not adequately promote a rebuilding of the bone already lost. Though more gradual than without this therapy, the loss of bone density creeps insidiously forward. Although it is now later rather than sooner, these women still face the risk of bone fractures, as well as a now increased risk of cancer.

Yet, research by Dr John R. Lee has established that natural progesterone given to these women will not only prevent the bone loss, but, will also promote repair of any loss in bone density which has already occurred. With appropriate natural progesterone therapy and a reasonably nutritious diet, a post menopause woman can feel confident she is not going to develop osteoporosis and she will not have an increased risk of cancer.

No one can change the nature of our modern world or the need for wives and mothers to work and try to get all the financial reward they can for their efforts. However, as can be seen, this high stressed life comes at a terrible price. A visit to the doctor's office by these women will either end up with them on synthetic progestins, estrogen, or both. With this, they will become even more hormonally unbalanced. What they really need is to find ways to change their attitudes and life-styles (*just as high stress executives must do to avoid heart attacks*), and to supply their bodies with natural progesterone to restore their hormone balance.

AN EPIDEMIC OF FEMALE HORMONE PROBLEMS

If you are a woman, you are well aware that the rate of cancer associated with the female organs is increasing. As is the number of nonmalignant female organ problems. Everything from *severe PMS* to *endometriosis*, *cervical dysplasia*, and *fibrocystic breast disease* is increasing. You no doubt wonder, "This can't all be due to a high stress life-style, isn't this really just because we have better detection methods today than in the past?" To a small degree, the answer is yes. But the greater part of the answer is due to something entirely different.

Women of today live in an entirely different world than the women lived in 100 years ago and beyond. Today's women live in a world that is a chemical soup. There are chemicals in the air we breathe, the water and beverages we drink, the food we eat, the clothes we wear, our work places, the household furnishings, cleansers, and even the medicines our doctors prescribe for us. An enormous number of these chemicals have been created from coal or oil and consist of what is chemically known as a benzene ring with a chlorine side chain. **These compounds are known as organochlorines and are very dangerous, especially to the female hormone cycle.**

Many times one chemical in the environment, such as an herbicide will supply the benzene ring and another, such as a pesticide will supply the chlorine, and with a little help from water and sunshine they combine to create this dangerous compound. They are everywhere!

For decades it has been known that *these compounds have powerful estrogenic activity*. This means they have an effect upon the body similar to the hormone estrogen. Because they are not true estrogen, each of these compounds only produces a limited number of the different effects which estrogen does. Unfortunately, these are often some of the most dangerous effects which estrogen produces. In addition, in producing these effects they are often much more powerful than a woman's own estrogen. Thus they severely upset the body chemistry. A disturbance made worse when there is an inadequate amount of natural progesterone available to oppose it.

Studies of birds, animals and fish in the wild show just how powerful and widespread the danger is. Everywhere the scientists look they find wild creatures developing cancer and becoming deformed because of these estrogenic compounds. As Dr. Lee points out in his book, these estrogenic compounds are so powerful that as tiny an amount as a single grain of sand in an Olympic size swimming pool is sufficient to exert a harmful estrogenic effect upon fish.

These compounds are known as *xenobiotic* and *xenoestrogenic*, meaning "*strange or unusual biological agent*" and "*strange or unusual estrogenic agent*". Today there are literally thousands of these strange and unusual estrogenically active compounds in our world. As these compounds enter a woman's body they activate estrogen receptors on the various cells in the organs and tissues of the body. These receptors are intended to be acted upon only by the estrogen generated by the woman's own body. These xenoestrogens are also stored in the fat tissue. Because estrogen stimulates the creation of fat, these xenoestrogens cause women to create even more fat. Which in turn allows them to store even more of these dangerous compounds. It is a vicious circle.

Next you take a woman's own estrogen production, which is often unopposed by the protective effects of progesterone, and add that estrogen to that of the xenoestrogens in her diet, environment and that which is stored in her fat tissue, and *the effect can be disastrous!*

The various estrogen sensitive tissues of the body become excessively stimulated. This leads to enormous disturbances of not only their function, but also to a disturbance of their very structure. Altered tissue structure is manifest as *fibrocystic breast disease, endometriosis, tumors, cancer* and an enormous number of other health problems women now experience.

Given these circumstances, you can see the disaster which may occur when the modern woman is also given a prescription for an estrogen drug. Her body may be thrown completely out of hormone balance. Her chance of experiencing a major increase in health problems associated with her female chemistry is greatly increased. ***This is the recipe for today's epidemic of female health problems, it is the biggest reason behind the tremendous increase in cancer of the breast, uterus and ovaries.***

IT'S GOING TO GET WORSE

The worst part of this problem is that it is going to get worse before it gets better.

Women will continue to face ever increasing pressure as more is expected of them, before it is realized that women need relief, just as it is now recognized the over stressed male executive needs relief if he is not going to die from a premature heart attack.

The number and use of the xenoestrogenic compounds is going to get worse, long before it gets better. Also the use of estrogen and the synthetic progestin drugs are going to increase before the medical profession wakes up to the disaster they are creating. All of this will take years, and if history is any example, it will take decades.

Meanwhile the epidemic of female health problems will continue to get worse. Our mothers, aunts, sisters, wives, sweethearts, neighbor ladies, and women coworkers will continue to suffer and die needlessly. If you are a woman, you may be among them.



THERE IS A SOLUTION

The solution is to become informed and protect yourself. Develop a more relaxed attitude toward life, adopt a healthier life-style. Avoid exposure to the xenoestrogens in the diet and environment, and avoid the use of estrogen and progestin type drugs whenever possible. Finally, you just might find that a natural progesterone cream will create a whole new world for you, just as it has for thousands of other women.

NATURAL PROGESTERONE THE GREAT PROTECTOR

In the human body progesterone is produced at the time the female body is being prepared to become pregnant (*from ovulation to menstruation*) or throughout the entire pregnancy. The further along the pregnancy progresses the greater is the amount of progesterone being produced. With the billions of cell divisions taking place as the fetus grows and develops, progesterone provides a protective factor that allows this cell growth and division to progress normally.

When a woman is not pregnant, her ovaries produce on average, about 250 milligrams of progesterone per month. When she is in the last trimester of her pregnancy, the ovaries are joined by the placenta and together they will produce between 300 and 400 milligrams per day. In other words, much more in a single day than she does in an entire month when she is not pregnant.

Dr. Katherina Dalton did a study of 90 women who were taking natural progesterone therapy during their entire pregnancy. She found that the infants born to these mothers were superior both mentally and emotionally than were those of women who were not taking natural progesterone therapy. Furthermore, she followed these children until they were 9 and 10 years of age, and reported that this superiority had remained.

What about the mothers? Several studies have shown that women who have given birth to a child have a reduced rate of cancer of all types, and a reduced instance of other female problems. What is even more interesting is that the more children a woman has had, the greater is her lifetime protection. It is the abundant exposure to high levels of progesterone during pregnancy that is thought to be what gives this protective advantage.

I've already discussed the important protection normal levels of progesterone gives a woman during the days prior to menstruation, virtually eliminating all the symptoms of PMS. I've also shared with you the fact that almost all problems of female organs or chemistry are the result of inadequate levels of progesterone. I've also explained that most of the problems associated with menopause, including loss of bone density and broken bones are due to too little progesterone.

Now let's take a look at natural progesterone's role in what must be modern woman's greatest health fear, breast and pelvic cancers. In 1981 the famous John Hopkins Medical School published the results of a 20 year study which demonstrated that progesterone provided women an enormous protection against not only breast cancer, but all types of cancer.

They gathered together a significant number of women who had their progesterone levels measured over a 20 year span. They divided these women into two groups, those with a low level of progesterone, and those which had what was considered a normal level. Then they examined the amount of cancer which occurred in each group.

The women in the low progesterone group had 5.4 times MORE breast cancer than those in the normal progesterone group. Furthermore, when they looked at all types of cancer, the women in the low progesterone group had 10 times MORE cancer than the women in the normal progesterone group.

In view of today's epidemic of cancer in women, it seems incredible that this study was published in 1981 and nothing has been done to make this information available to the public until the work of Dr. John R. Lee. Perhaps it has been ignored because there was no fortune to be made by anyone as a result of making this knowledge public.

HOW TO USE NATURAL PROGESTERONE

Since natural progesterone is so safe and nontoxic that the placenta manufactures it and bathes the fetus in it, and since it has no known side effects, and provides enormous benefits and protection to women when maintained at a normal level, it seems to be a wise course of action for women to protect themselves with a natural progesterone transdermal cream.

I formulated such a cream and it is of professional grade, containing 480 mg. of progesterone per ounce. I suggest menstruating women apply 1/4 to 1/2 teaspoon to the skin, rotating among throat, inner arms or thighs, lower abdomen etc., once or twice daily, 12 to 14 days prior to the menstrual flow, stopping just before menstruation. *Postmenopausal* women apply as above for the first 23 days of the month, then rest for a week.

PREMENSTRUAL SYNDROME SYMPTOMS BENEFITED BY NATURAL PROGESTERONE

The following was researched and reported by Dr. Raymond F. Peat in his books, "*Progesterone in Orthomolecular Medicine*" and "*Nutrition for Women*".

This list has also been confirmed by many physicians.

| | |
|---------------------|---------------------------------|
| Accident Tendency | Aggression and Violent Behavior |
| Arthritis Flare Up | Asthma |
| Attempted Suicides | Backache |
| Bloating | Blurring Vision |
| Bronchitis | Bruising Easily |
| Capillary Fragility | Child Abuse: Physical & Verbal |
| Cold Extremities | Constipation & Gas |
| Crying Spells | Dark Circles Under Eyes |
| Depression | Drug Abuse |

How To Balance Your Hormones And Be A Healthy Happy Woman!

| | |
|------------------------------|--------------------------------|
| Dry Hair | Epilepsy Attacks |
| Excess Alcohol Use | Exhaustion: Physical or Mental |
| Eye Irritation & Puffiness | Facial Pallor |
| Fainting Spells | Falling Hair |
| Feelings of Being Crazy | Feelings of Panic |
| Fibroids of Breast or Uterus | Flu & Colds Frequently |
| Frequent Urination | Frustration |
| Gall Bladder Problems | Greasy Hair |
| Headache | Herpes Simplex Type I |
| Hoarseness | Hypoglycemic Episodes |
| Hysteria | Infertility |
| Inflammatory Conditions | Insomnia |
| Irritability | Joint Pain / Joint Swelling |
| Lack of Concentration | Lack of Libido |
| Lethargy | Loss of Appetite |
| Migraines | Motor Coordination Reduced |
| Mood Swings | Muscle Pain |
| Nervousness | Poor Dream Recall |
| Runny Eyes | Runny Nose |
| Self-Inflicted Injuries | Sinusitis |
| Skin Dryness | Slow Digestion |
| Spontaneous Abortion | Sore Throat |
| Sudden Bursts of Anger | Toxemia of Pregnancy |
| Water Retention | White Spots In Fingernails |

PREMENOPAUSE SYNDROME SYMPTOMS RELIEVED BY NATURAL PROGESTERONE

The following list was researched and reported by Dr. John R. Lee in his book "What Your Doctor May Not Tell You About Menopause".

- ◆ Craving for caffeine, sweets, carbohydrates
- ◆ Depression
- ◆ Endometriosis
- ◆ Fatigue

- ◆ Fibrocystic Breasts
- ◆ Headaches
- ◆ Inability To Handle Stress
- ◆ Irritability
- ◆ Loss Of Sex Drive
- ◆ Low Metabolism
- ◆ Mood Swings
- ◆ Sluggishness In The Morning
- ◆ Symptoms Of Hypothyroidism
(with normal T3 and T4 levels)
- ◆ Uterine Fibroids
- ◆ Water Retention
- ◆ Weight Gain

MENOPAUSE SYNDROME SYMPTOMS RELIEVED BY NATURAL PROGESTERONE

The following list was researched and compiled by the author. It is a list of those symptoms seen in women who are not in hormonal balance prior to, or at the time of menopause.

- ◆ Hair Loss Of The Scalp (male pattern baldness)
- ◆ Growth Of Coarse Facial & Arm Hair
- ◆ Hot Flashes
- ◆ Loss Of Bone Density
- ◆ Vaginal Dryness**

**If extreme, this may also require some estriol therapy for a few months. Estriol is the weakest and least cancer producing of the 3 estrogen hormones. With the use of natural progesterone its use should cause no problems.

ANSWERS TO THE MOST FREQUENTLY ASKED QUESTIONS

Why do I need to take the Mag- 6 capsules?

For three reasons! First, they contain vitamin B-6 and magnesium which are essential in order for your body to manufacture progesterone. A woman low in her own production of progesterone is revealing that she is low in these two nutrients. Second, progesterone can only be put to work by a large family of enzymes. All of these enzymes require magnesium and vitamin B-6 as cofactors in order to activate the progesterone. Third, in order to maintain calcium in the bones and keep them strong, both vitamin B-6 and magnesium are required. The Mag-6 contains just the right amount and ratio of vitamin B-6 and magnesium, and in the right forms to produce maximum benefits from progesterone.

When should I begin using the Balance Cream?

If you are menstruating, you should determine the middle of your cycle (*when you are ovulating*) and begin using the natural progesterone right after that point for the 12 to 14 days until your next menstrual flow starts. Stop using the natural progesterone the day before your menstrual flow should begin. Failure to do this will likely result in your menstrual flow being delayed or missed.

If you are already in menopause, you may begin at any time. It is suggested that for simplicity you normally begin on the first day of the month and stop on the 23rd of each month. Then give your body a rest for a week so that the cell hormone receptors can be revitalized. Begin again on the first day of the next month.

My cycle is so inconsistent that I really don't know when I should be ovulating and when to start using the progesterone cream. When should I start using the cream?

Ovulation can occur as early as 3 or 4 days after you start menstruating. Such women will experience very short cycles from one menstrual period to the next. This is because the next menstrual period always follows 14 days after ovulation.

However, the great majority of women will ovulate from the 12th to the 16th day from the day they began their last menstrual period. When you have a very wide variation from one cycle to the next, the best approach is to begin using the progesterone cream on the 14th day after you began your last menstrual

period and continue until you begin to menstruate again. By following this approach, it tends to help create a greater degree of consistency in the length of your cycles and helps to return your system back to a normal 30 day cycle.

I have always had severe cramps with my menstrual periods. Will the Balance Cream help?

As you will recall from the answer to the first question, low levels of magnesium and vitamin B-6 lead to lower production of progesterone. They also lead to menstrual cramps. The more severe the cramps, the more deficient the body is in magnesium, vitamin B-6 and progesterone. Therefore, the combination of Mag-6 and natural progesterone will substantially reduce the tendency to experience menstrual cramps. Those with a history of severe cramps may find it beneficial to double up on the Mag-6 in the week prior to the menstrual period, and to increase the use of the natural progesterone to three times a day. In a month or two, menstrual cramps will most likely become a thing of the past.

I've had a history of missed and irregular periods. Will the use of Mag-6 and Balance Cream help?

When a woman has a history of missed and irregular periods it demonstrates she has been hormonally unbalanced for a long time. The consistent use of Mag-6 throughout the entire month, and the consistent use of natural progesterone for the two weeks prior to the normal time of the menstrual period, then stopping at that point, will help to establish a regularity to the production, flow and balance of hormones within the body. In severe cases it may take three or four months, but by being consistent, the menstrual cycle will generally normalize.

What are the side effects I can expect from using the Balance Cream ?

According to all the leading authorities on natural progesterone, Dr. Dalton, Dr. Peat, Dr. Lauersen and Dr. Lee, it is nontoxic in any quantity and there are no known side effects from the use of natural progesterone. Remember, natural progesterone is produced by the placenta in order to protect the fetus. This is about as safe as it gets.

I'm on prescription drugs. Does Balance Cream have any drug interactions?

All the authorities on natural progesterone state that it is not only safe and nontoxic, it also is not known to have any interactions with any drugs, prescription or over the counter.

I noticed that the suggested use for the Balance Cream is to apply it to the soft skin areas such as the neck, inner thighs, inner arms etc. I applied the Balance Cream to my face and I really like the way my skin feels. Am I lessening the benefits of the progesterone by doing this?

The reason that those specific skin areas were mentioned is that the skin tends to be thinner there, and thus the progesterone is more efficiently absorbed in those areas.

For best results, the area chosen should be rotated on a day to day basis in order to prevent local tissues from getting so saturated that it retards absorption.

As for the face, yes, it is actually a very effective area for the absorption of progesterone since the skin is not very thick there. Of course, the wonderful antioxidant properties of progesterone are highly beneficial to facial skin which is exposed to more oxidation than virtually any other area on the body.

Can I use Balance Cream during pregnancy?

If you have read this entire booklet, you know there are synthetic versions of progesterone known as “progestins”. These have many different side effects and should **NEVER** be used during pregnancy. However, natural progesterone which is identical to that which is made in the body is safe to use. In fact, Dr. Neils H. Lauersen of the Mount Sinai Medical School in New York states that natural progesterone should be used throughout the entire pregnancy.

Dr. Katherina Dalton also gave natural progesterone to pregnant women throughout their pregnancies and found it produced babies that were mentally and emotionally superior and that this superiority was still in evidence 9 and 10 years later. None of the women using natural progesterone experienced toxemia compared to over one third who had toxemia in the control group not using progesterone. Keep in mind that during pregnancy the placenta joins the ovaries in producing progesterone, kicking the rate of production up from 150 milligrams per month to 300 to 400 milligrams per day! Remember, the purpose of progesterone is to protect the fetus and the mother.

During the first two trimesters (6 months) it is suggested that one half teaspoon of the cream be rubbed into the skin of the breasts, abdomen, hips, and thighs two or three times daily. This may also help prevent the development of stretch marks. During the last trimester apply three fourths to a full teaspoonful of the cream to the skin of these areas two or three times per day. It is not wise to let the body get used to the benefits of the cream and then cease using it before delivery of the child has occurred. This policy generally produces healthier babies and easier deliveries.

Since it is known that high levels of natural progesterone create a feeling of euphoria and well being, it is believed this is what causes the wonderful “high” feeling women describe during that last trimester, even though they are in great physical discomfort. The sudden drop from this progesterone “high” that follows after delivery, often produces what is known as the “post partum blues”. The use of natural progesterone at that time will help to quickly chase those blues away in a safe and nontoxic way. Otherwise, most women wait for one month after the delivery before resuming the use of a natural progesterone cream.

I have a daughter who is just beginning to menstruate and she is having a difficult time. Can Balance Cream help her?

As I’ve mentioned before, magnesium and vitamin B-6 are very critical for the functioning of the enzyme systems which produce the female hormones and also the enzymes of menstruation. Yet numerous studies have shown that many of our young ladies are deficient in these very nutrients. Because of this, the onset of the menstrual flow is often delayed, or hit and miss, or outright difficult. For some girls, this deficiency may create months of emotional stress leading up to the onset of menstruation. The use of Mag-6 by young girls getting ready to, or just starting to menstruate, will do wonders to make this a smooth and easy transition.

In addition the use of natural progesterone beginning 14 days after the beginning of the last menstrual period, used daily as directed for the next 14 days and then stopping, will seem like a miracle in creating a normal menstrual period. It will also help to establish a regular estrogen - progesterone cycle and balance, which in turn will create a lifetime of trouble free menstrual cycles.

I have suffered tremendous pain every month due to a condition called “endometriosis.” Will using the natural progesterone cream and the magnesium and vitamin B-6 supplement help me?

Endometriosis is primarily due to an excess of estrogen relative to the amount of progesterone that is being produced in the body. Another way of

saying this is that there is a deficiency of progesterone relative to the amount of estrogen produced in the body.

Obviously using a progesterone transdermal cream is vitally important in order to help the body maintain the proper balance between these hormones. It is very important that supplemental magnesium and vitamin B-6 be taken along with the progesterone cream in order to maximize the body's ability to utilize it. As a further note, I always tell women with this condition they should also take Folic Acid at the rate of no less than 800 micrograms 2 times daily. If they are vegetarians they must also take a vitamin B-12 supplement along with it.

Should I use the Balance Cream if I'm taking birth control pills?

Birth control pills generally contain the synthetic progestins which can create many side effects. Among these are a major depletion of magnesium and vitamin B6 so the Mag-6 will be especially important for you. In addition, these synthetic progestins leave the body deprived of the production of natural progesterone, thus the use of natural progesterone is very beneficial. In this case you will use the cream only in the last 7 days just prior to the onset of the menstrual flow.

I've had a hysterectomy. Would the Balance Cream be beneficial for me?

If the ovaries were left, they are still producing hormones just as before. Only now there is a greater likelihood of a hormonal imbalance occurring due to a lack of feedback from the uterus to the ovaries. The need for progesterone may therefore be greater than before. The problem for many such women is they have no idea where they would be in their menstrual cycle so they do not know when to use the cream. Since most women menstruate during the time of the full moon, it is easy to use this as a marker, using the progesterone cream during the two weeks prior to this time, just as a menstruating woman would.

If you have also had your ovaries removed (known as an oophorectomy) along with removing the uterus, you have now been thrown into a premature and artificial menopause. You would therefore have a great need for natural progesterone and would follow the instructions given for the postmenopausal woman.

I've just started into menopause and the hot flashes are driving me crazy. Will the Balance Cream help me?

A “hot flash” is the sign a surge of estrogen has taken place and it is not adequately opposed by sufficient progesterone to prevent it from creating a flush of the capillaries of the skin. Many doctors working with natural progesterone have found their women patients have a rapid decrease in the number and severity of hot flashes when it is used correctly. The most successful method is to place one half to three quarters of a teaspoon of the cream on the skin every 15 minutes after a hot flash occurs, for a total of 4 times. In a fairly short amount of time this technique will allow a proper balance to develop between estrogen and progesterone and the estrogen surges and their hot flashes will stop.

I am a 65 year old woman who went into menopause a few years ago. The doctor told me I'm now starting to develop osteoporosis. Will the Balance Cream help me?

The research of John R. Lee, M.D. with a number of women in menopause who had begun experiencing bone loss due to osteoporosis, demonstrated that as they faithfully used natural progesterone cream, they not only stopped the bone loss, but reversed it, actually building new bone. One of the other benefits many menopausal women have reported is the loss of brown spots as a result of rubbing the cream into their hands, arms, face and neck. They also report that the skin is more moist, soft and supple, with less wrinkles.

I have reoccurring vaginal yeast infection called Candida. Can I use the Balance Cream ?

The yeast known as *Candida Albicans*, is found just about everywhere. Normally the pH (*acid balance*) of the body and the immune system keep it from infecting us. However when the pH rises to a more alkaline level and the immune system becomes weakened, the yeast find the body a very nice place to live.

The use of excess sweets in the diet, along with excess use of antibiotics, cortisone drugs, and birth control pills containing progestins alters the pH and weakens the immune system in favor of the yeast and thereafter yeast infections develop.

One other major factor added to this situation makes repeated infections almost inevitable. This is when estrogen dominance occurs due to a lack of sufficient natural progesterone. The estrogen dominance changes the chemistry of the vaginal mucous in favor of the yeast, while the progesterone alters the chemistry of vaginal secretions against the yeast. This change in vaginal chemistry

can actually be seen simply by coating a glass slide with vaginal mucous and letting it air dry. When progesterone is dominant as it should be for the two weeks prior to the period, the slide will dry with a fern like pattern on it, that pattern is absent when estrogen is dominant.

Avoiding the use of antibiotics, cutting down on eating sweets, taking supplements of acidophilus and eating fresh yogurt (*not frozen yogurt dessert*), and restoring the normal estrogen-progesterone balance will virtually eliminate the reoccurrence of vaginal yeast infection.

I have a problem with dark facial hair growing above my lip, and more hair on my arms than I would like. I've been told this is due to a hormone problem. Should I use the Balance Cream?

Excess facial hair on women is called "*hirsutism*" and is a result of hormonal imbalance. This imbalance is often created in women on birth control pills, and those who are under a great deal of stress. In both situations there is a reduction of the amount of estrogen being produced and there is not enough progesterone being produced to create a proper balance. When this happens, there is often a relative excess of the male hormone *testosterone* and this causes the development of excess facial and body hair, as well as male pattern baldness in extreme cases.

Often an easy solution to this problem is the use of natural progesterone cream. Regular use over a course of three or four months will generally restore the proper balance and the excess facial and body hair will disappear.

Female problems run in my family. I have fibro-cystic breasts, my older sister has a fibroid uterus and my younger sister has endometriosis. Are we all out of balance hormonally?

The answer is yes. The solution is to reduce the stress level, reduce the use of caffeine stimulants, increase your nutrition with good food and supplements, especially Mag-6, and balance the hormones with a good natural progesterone cream.

I've heard that using hormones can be dangerous. Will using a natural progesterone cream be harmful to me?

Fortunately, progesterone is a protective hormone intended for mothers and their fetuses in huge amounts. That is as safe as it gets. It has no known side effects and is nontoxic. The doses I suggest are intended to keep the supplemental amount in harmony with the normal physiological levels. In addition, I always

How To Balance Your Hormones And Be A Healthy Happy Woman!

say “*Don’t guess when you can test!*” A simple saliva test to determine your progesterone levels is available to you from:

Aeron Labs, 1933 Davis Street, Suite 310, San Leandro, CA 94577
Phone (800) 631-7900

ZRT Laboratory, 12505 NW Cornell Rd, Portland, OR. 97213
Phone (503) 469-0741

If you decide that you would like to experience the benefits that natural progesterone can provide, I highly recommend that you do not abruptly stop taking any prescription hormone. Talk to your doctor and discuss the correct procedure for reducing or eliminating prescription hormones.

It is rare that any medical doctor has any objections to their patients using natural progesterone and quite often women who use natural progesterone are able to gradually reduce their prescription hormones and in many cases eliminate them altogether. You can use natural progesterone and the Mag-Six supplement along with your prescription hormones if necessary. Work with your doctor to keep him or her informed of your decisions and desires.

To purchase the Complete Balance Program which includes (2) bottles of the Mag-Six nutritional supplement and (1) 2 oz. jar of the natural progesterone Balance cream I refer to in this book, contact:

Vitality-Lifechoice
P.O. Box 21133
Carson City, NV. 89721
toll free- 1-800-423-8365
<http://www.vitality-corp.com>

#200 Complete Balance Program contains everything you need for a 1 month supply. The Mag-Six supplement is a convenient capsule form utilizing the best forms of magnesium and vitamin B-6 for maximum absorption and the Balance cream is formulated and guaranteed to contain a minimum of 480 milligrams per ounce of pure natural progesterone.

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