

Lee writes in great detail about why women should NOT use HRT and why they should use progesterone. He educates the reader about hormone imbalances and the dangers associated with certain HRT drugs – especially *Premarin* – which, believe it or not, some doctors are still prescribing to female patients!

I am going to include a little of the fascinating information about why you should use Progesterone and why YOU SHOULD NOT USE ESTROGEN.

Understand that the fall of progesterone levels at menopause is proportionately much greater than the fall of estrogen levels. Although estrogen falls only 40-60% from baseline on average, progesterone can decline to nearly zero.

When estrogen becomes the dominant hormone and progesterone is deficient, the estrogen becomes toxic to the body; thus progesterone has a balancing or mitigating effect on estrogen.

There are very, very few western women truly deficient in estrogen; most become deficient in progesterone.

PROGESTERONE BENEFITS: *one of progesterone's most important and powerful roles in the body is to balance and oppose estrogen. When our progesterone levels are in balance, excess estrogen is better handled.*

- Maintains secretory endometrium
- Protects against fibrocystic breasts
- Helps use fat for energy
- Acts as a natural diuretic
- Acts as a natural antidepressant
- Facilitates thyroid hormone action
- Normalizes blood clotting
- Restores Sex Drive
- Normalizes blood sugar levels (CANCER LOVES SUGAR)
- Normalizes zinc and copper levels
- Restores proper cell oxygen levels
- **Prevents endometrial cancer**
- **Helps prevent breast cancer**
- **Stimulates osteoblast bone building**
- Restores normal vascular tone

- Functions as precursors of corticosteroids
- Increases sensitivity of estrogen receptors
- **Helps prevent prostate cancer**

EFFECTS OF ESTROGEN:

- Creates proliferative endometrium
- Causes breast stimulation
- Increases body fat
- Increases salt and fluid retention
- Causes depression and headaches
- Interferes with thyroid hormone
- Increases blood clotting
- Decreases sex drive,
- Impairs blood sugar control
- Causes loss of zinc and retention of copper
- Reduces oxygen levels in all cells
- Increases the risk of endometrial cancer
- Slightly restrains osteoclast function
- Reduces vascular tone
- Increases risk of autoimmune disorders
- Creates progesterone receptors
- **Increases prostate cancer**

MYTH OF ESTROGEN IN HORMONE REPLACEMENT THERAPY:

Many physicians are pushing hormone replacement featuring synthetic estrogens and progestins onto ALL menopausal women – even peri menopausal women.

DR. Lee writes, “Western women tend to have a 10-15 year period prior to menopause when they are estrogen dominant and suffering from estrogen dominance symptoms, and some doctors are giving them more estrogen. Something is terribly wrong here!”

He goes on to say, “while it is common experience that estrogen supplementation relieves many women of certain postmenopausal symptoms, it

is not clearly established that estrogen deficiency per se was the cause.”

A major concern is that after menopause, as previously stated, estrogen production decreases 40-60% and progesterone remains at very low levels. Thus in anovulatory and menopausal conditions, **estrogen dominance persists.**

ALL WOMEN ARE DIFFERENT – dietary intake, stresses, activity levels, **different levels of all hormones**, ovarian function, blood sugar levels, level of fitness, weight, age, whether they have had pregnancies or not. One thing is for sure, once the anovulatory cycle begins, the insidious process of osteoporosis follows. Progesterone, the bone building hormone, is missing. Poor diet and lack of exercise are pulling calcium off the bone faster than it can be put on. **Many women arrive at menopause with osteoporosis well under way, already having lost 25-30% of their bone mass.**

PROGESTERONE SUPPLEMENTS:

There are no known side effects of progesterone when taken in small physiological doses, that is 20-40 mgs per day. Very large doses can cause sleepiness – or a great sense of calm. Enormous doses can cause an aesthetic or drunken effect.

Some women report estrogen dominance symptoms for a week or two after starting progesterone, but this is caused by sensitization of estrogen receptors and generally disappear within a few weeks.

The best way to supplement with progesterone is transdermally – that is by using a progesterone cream. It is absorbed through the skin into the underlying fat layer, from which it diffuses into the capillaries permeating the fat, where it can be taken up by the blood as needed. It is best absorbed where the skin is thinner (under the arm, inner thigh) and areas should be rotated so skin doesn't become sensitive.

The disadvantage of capsules (by mouth) is that they need to be given in very large doses – 100-200 mgs per day to compensate for the 85-90% that will be excreted almost immediately by the liver. There is no reason to put the liver to all of this work.

You should meet with or speak to a natural health practitioner to determine how to use progesterone if you are perimenopausal and/or menopausal. Depending on the product you use, there are varying amounts of progesterone in the creams, and every woman's biochemistry is different and ability to absorb and use the cream is different.

TESTING YOUR HORMONE LEVELS:

The usual way to test hormone levels has been with a blood test that measures the blood serum or blood plasma content of the blood hormones. These tests are not always reliable because they do not give your biologically active hormone levels.

Saliva testing is quicker, less expensive and less painful than blood tests. Saliva tests kits can be gotten from: ZRT Laboratory, 1815 NW 169th Place, Suite 3090, Beaverton, OR 97006 or call (503) 466-2445.

NATURE'S SUNSHINE PRO-G-YAM 500 CREAM:

Naturally, I am going to recommend this product over others for the following reasons. **NOT ALL PRODUCTS ARE EQUAL** – not all product labels claiming “wild yam extract” actually contain any progesterone. This is a superior product.

Nature's Sunshine progesterone cream contains progesterone, herbs and soothing oils designed to help relieve menopausal symptoms and deficient progesterone levels. Contents include:

- 500 mg of progesterone per ounce
- Wild Yam Extract – the diosgenin in wild yam (approximately 40%) mimics progesterone's effect upon the body.

