Natural Progesterone For You

Your Guide to Hormone Balance

PMS
MENOPAUSE
PERI-MENOPAUSE
MEN’S HORMONE HEALTH

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35 Symptoms of Hormone Imbalance

Is this you?
Symptoms may range from mild to severe

1. Hot flashes / night sweats
2. Clammy feelings
3. Irritability
4. Mood swings/sudden tears
5. Insomnia; trouble sleeping thru the night
6. Irregular periods; lighter or heavier; shorter or longer
7. Loss of libido
8. Chronic fatigue / no energy
9. Anxiety, feeling ill at ease
10. Feelings of dread
11. Mental confusion, inability to concentrate, a feeling of a foggy or “fuzzy” brain
12. Memory lapses
13. Itchy, crawly skin/dry skin
14. Aching sore joints, muscles
15. Breast tenderness
16. Headaches / migraines
17. Bloating
18. Depression
19. Vaginal dryness
20. Weight gain, especially around middle & thighs
21. Thinning or loss of hair on head
22. Facial hair
23. Dizziness
24. Change in body odor
25. Bleeding gums
26. Bad taste in mouth
27. Osteoporosis
28. Fingernail change (softer, break easier)
29. Tinnitus; ringing in ears
30. Increase in allergies
31. Incontinence upon sneezing, laughing
32. Muscle tension
33. Indigestion, feelings of nausea
34. Tingling extremities
35. Heart palpitations
**FAQ’S**

**What is natural progesterone?**

Natural progesterone is derived from plant sterols; the most common source being the Mexican Wild Yam plant. It exactly matches the composition of our body’s own progesterone. In other words, it is "bio-identical". The progesterone is micronized and therefore is capable of passing through the skin into the blood stream. Products that contain only Wild Yam extract will not help hormone balance.

Synthetic progesterone is called progestin and is manufactured by pharmaceutical companies. It has many negative side effects.

**Bio-Identical progesterone can help:**

1. PMS symptoms
2. Estrogen Dominance symptoms in women & men
3. Peri-menopausal & Menopausal symptoms
4. Osteoporosis

**How does natural progesterone help hormone balance?**

During peri-menopause and sometimes starting as early as the late 30’s, many women do not ovulate regularly. After menopause women do not ovulate at all. This means the ovaries do not produce progesterone. Progesterone levels get lower, while estrogen levels may stay the same or increase thru environmental toxins. Symptoms of this imbalance are hot flashes, night sweats, insomnia, fatigue, depression and more (see page 12). Adding progesterone can restore the hormone balance and alleviate symptoms. It is known as the “Feel Good” hormone & most women agree!

**What do I look for in a natural progesterone?**

You want a crème that contains 1000 mg of progesterone per 2 oz jar. This supplies 20 mg of bio-identical progesterone per each 1/4 tsp.

One-half teaspoon per day supplies 40 mg, the physiologic dose.
How do I use natural progesterone?

You will massage 1/8-1/4 tsp. into your skin twice daily. Apply to inner arms, wrist, palms of hands, thighs, face, or neck. These areas are highly absorbable and the progesterone absorbs through the skin in one to two minutes. Some women use more crème if symptoms are severe.

Menstruating Women

The first day of bleeding or menses is Day 1. Start the crème on Day 12 and continue through Day 26.

Irregular Cycles

If you have just had a cycle, use the crème from day 12-26 of your cycle. Then stop. If your period does not come within a week, consider the last day you took the progesterone as day one of a new cycle. Then begin on day 12 again.

If periods stop for 3 consecutive months, begin to use the crème for 25 days of each month.

Non-Menstruating Women

Use the crème for 25 days per month. Take 3-5 days off to allow receptor sites to remain active.

Weaning Instructions if choosing to go off synthetic hormones

1st Month: Use crème as directed. Take synthetic estrogen pill every other day or cut estrogen patch in half.

2nd Month: Use crème as directed. Take synthetic estrogen pill every third day or cut estrogen patch in quarters

3rd Month: Use crème as directed. Take synthetic estrogen pill every fourth day. If using the patch, go totally off it.

4th Month: Use crème as directed. Off all synthetic hormones.

While weaning, do not take breaks in using the crème.
How soon can I see results?

This depends on you individually. Some notice immediate results, while for others it takes longer for the progesterone to work with their symptoms. In some people it can take up to 3 months to notice maximum benefits. Don’t give up! Powerful synthetics work fast, but also can cause breast cancer, stroke and blood clots. Also, the inner benefits of progesterone are at work, including bone-building, calming the brain, decreasing cortisol levels (stress) and stabilizing blood sugar. Hot flashes, insomnia, etc. may take a little longer.

How are bio-identical hormones different from synthetic hormones?

Synthetic hormones are made from substances that are not natural to the human body. For example, Premarin is made from pregnant mare’s urine. It is important to note that a study on synthetics by Women’s Health Initiative of the National Institute of Health was prematurely halted due to deleterious long-term effects on women’s health, specifically breast cancer, blood clots, and stroke. Natural hormones are bio-identical to the body’s own hormone molecules & do not have the same negative side effects.

I have had breast cancer. Can I use natural progesterone?

According to Dr. John Lee, author of What Your Doctor May Not Tell You About Breast Cancer, it is a good choice, because excess estrogen is thought to be a major contributing cause to the increasing numbers of breast cancers in the U.S. Several studies have revealed important mechanisms by which natural progesterone may play a role in preventing breast cancer or its reoccurrence.

Why can’t I sleep through the night? I have so much insomnia!

Insomnia in women over 40 is usually associated with hormonal changes. Often there is too much estrogen relative to progesterone in the body. Most women see excellent results when they rub 1/4-1/2 tsp. on their neck as their nightly dose.
Can estrogen be taken alone without progesterone if I do not have a uterus?

It is recommended that natural progesterone be used with any form of estrogen. Estrogen alone can cause endometrial cancer which does not affect someone with no uterus, but it can also cause breast cancer. Using estrogen alone can block thyroid function, cause water retention, fibrocystic breast disease and all the nasty symptoms of estrogen dominance. In other words, women suffer unnecessarily when adding progesterone to your regimen is so easy.

I have new facial hair, especially in the upper lip area. Why?

Excessive growth of facial hair can be indicative of an imbalance between estrogen, testosterone and progesterone. Progesterone may help this condition. Many women report facial hair decreases or disappears after 4 to 6 months of progesterone use. You can rub some directly on the facial hair.

Can natural progesterone help with my memory?

Complaints of “fuzzy thinking” or a feeling of “brain fog” and short term memory loss are very often due to hormone imbalance. Brain cells have a high concentration of progesterone receptors so a deficiency can definitely affect memory. Many women report clearer thinking within 3-4 weeks. The supplement Phosphatidyl Serine is another excellent choice for memory decline due to aging.

Can progesterone help Polycystic Ovarian Syndrome (PCOS)?

Dr. John Lee used progesterone to treat PCOS which is a condition of non-ovulation with high levels of estrogen and androgens (testosterone and DHEA). It is strongly linked to insulin resistance. Bio-identical progesterone can jumpstart regular monthly periods. Dr. Lee states that it also suppresses the luteinizing hormone and therefore ovarian cysts are not stimulated. The body can be brought back into hormonal balance which positively affects PCOS.
Can progesterone help with fibrocystic breasts?

One common factor in women with fibrocystic breasts is estrogen dominance. The breast tissue often responds well to progesterone therapy in about 3-4 months as the estrogen dominance is alleviated.

Call for our Fibrocystic Breast Disease handout: 877-880-0170.

Will progesterone help uterine fibroids?

Estrogen dominance can result in uterine fibroids. Fibroids are non cancerous lumps that grow in the uterus. Estrogen stimulates their growth & the lack of estrogen causes them to atrophy. Studies have shown that when sufficient natural progesterone is used, fibroid tumors may no longer grow in size and often decrease. The expert’s protocol for using progesterone is from day 8 through day 26 of the menstrual cycle, usually at an increased dose.

What is PMS (besides loved ones saying, Please Make it Stop!)

PMS is a disorder characterized by a set of hormonal changes that trigger disruptive symptoms for up to 2 weeks before a woman’s menstrual cycle begins. Symptoms can be both physical and emotional and may vary from month to month. Symptoms include: headaches, migraine, weight gain, anxiety, terrible mood swings, depression, tension, and low libido. Women have noticed significant improvement when they use progesterone day 12-26 of their cycle.

What can be done about hormonal migraines?

Hormone imbalance is a major cause of migraine headaches. Many sufferers have reported relief from migraines with progesterone use. It can restore normal vascular tone & eliminate estrogen dominance. The crème can be rubbed directly on the temples during an episode.

How long should I stay on natural, bio-identical hormones?

You can stay on them for as long as you want to experience the benefits. And, as studies show, the benefits are numerous!
I’m burning up! Can progesterone help with hot flashes?
Yes. One of the many studies showed that 83% of women had a decrease in frequency and/or severity of their hot flashes. Studies have also indicated that progesterone can totally eliminate 75% of all hot flashes in many women. Increasing your dose can help during severe episodes. You may still have some straggler hot flashes, but at least you are safe from the dangerous side effects of synthetic hormones.

How else can I fight hot flashes?
Go easy on spicy foods, hot drinks, alcohol, sugar & caffeine which can trigger hot flashes.
Exercise (even walking as little as 3.5 hours per week) is very helpful. Vitamin E has a long history of reported benefit for hot flashes. When actually having a hot flash, applying 1/8 to 1/4 tsp of creme every 15 minutes for 1 hour during and following the episode is very helpful.
For more tips call 877-880-0170 for our Hot Flash Handout.
Call 877-880-0170 for our Hot Flash Handout for more tips.

Will progesterone help endometriosis?
In What Your Doctor May Not Tell You About Pre-Menopause, Dr. John Lee states that he treated many endometriosis patients with progesterone with great success. Excess estrogen can cause proliferation of the endometrial cells that grow outside the uterus, which is an extremely painful condition. His recommendation: apply progesterone day 6 thru day 26 each month, using one ounce of the cream per week for 3 weeks. Dr. Lee reported that over 4 to 6 months the pain can gradually subside as healing of the inflammatory sites occurs.

How will I know if I’m using too much natural progesterone?
It is very difficult to use too much...pregnant women are making 300 mg per day in the 2nd trimester! If you somehow did use too much, you might feel drowsy as progesterone causes a calming effect. Simply cut back on your dose. Progesterone usually increases energy; you should feel energetic, not lethargic.
What is a Phyto-Estrogen?

“Phyto” means plant. Plant estrogens act upon the body’s estrogen receptor sites as a weak form of estrogen. Red Clover is a good source of Phyto-Estrogen. Red Clover can help elevate and balance moods, improve sleeping patterns, reduce menopausal symptoms & hot flashes, and promote maintenance of bone mass. Red clover contains four main isoflavones: Genistein, diadzein, biochanin and formononetin. Soy is also a phyto-estrogen, although some are allergic to soy and processed soy may negatively affect thyroid.

How much progesterone is in a 1/4 teaspoon?

In a 2 oz jar containing 1000 mg of USP progesterone, 1/4 tsp. will contain 20 mg. Using a 1/4 tsp. twice daily results in a total dosage of 40 mg. per day which is more than adequate for most women. For stronger symptoms, many women will increase their dose as needed.

I have had a hysterectomy, but still have my ovaries. Should I use progesterone?

Following hysterectomy, the blood supply to the ovaries is significantly reduced and the ovaries seem to lose much of their ability to produce hormones. Within 2-3 years of the hysterectomy, production usually falls to postmenopausal levels. Adding progesterone to your body can alleviate the menopausal symptoms that will then occur.

Is Progestin the same thing as progesterone?

No. Progesterone refers to the hormone produced in the body or from a plant source. It is bio-identical. Progestin is a synthetic drug that differs in structure to the body’s own progesterone and therefore has many negative side effects.

Birth control pills contain progestin.

How safe is natural progesterone?

The safety of natural progesterone is well established. You make it every month when you are ovulating. A pregnant woman makes up to 300 mg of progesterone per day, so obviously it is not harmful to the mother or the developing baby.
Why is transdermal absorption recommended? Can't I take pills?

Natural hormones are small, fat soluble molecules which are easily absorbed through the skin. They pass into the subcutaneous fat layers, then into the blood stream in one to two minutes. Progesterone in a pill goes through the liver and, depending on absorption, you may not get the dose you ingested. Also, the liver has to metabolize the pill and dispose of the metabolites. In addition, the pills seem to make some women feel drowsy or bloated.

If I do not have the symptoms of PMS or menopause, do I need natural progesterone?

Even if you do not have symptoms, you will still get benefits from using progesterone. Benefits include: hormone balance, prettier skin, better sleep and new bone growth. A recent study showed progesterone benefits fasting glucose levels, reduces anxiety can lower triglycerides, help with depression, decrease blood pressure and lower cortisol levels. Also, it is the “Feel Good” Hormone!

What exactly is menopause? If I am still having periods, can I be in menopause?

No. Menopause is the point at which you are have gone twelve (12) consecutive months without a menstrual period. The average age of menopause is 50-51 years of age. Prior to that is peri-menopause.

What is peri-menopause?

Peri-menopause usually begins sometime in your 40s. You will still have menstrual periods, but you may notice changes. These changes can be in the amount of bleeding during your cycle; heavier cycles or lighter cycles. Cycles may become shorter or longer. You may also skip periods. Without ovulation or with sporadic ovulation, other symptoms begin such as anxiety, insomnia, hot flashes, night sweats, mood swings, depression and hair loss. Progesterone can
I have been told that I have very low estrogen levels, yet I fit into the symptoms of estrogen dominance. How can this be?

Estrogen dominance describes a condition in a woman’s body where she has low, normal or excessive estrogen, but has little or no progesterone to balance its effects in the body. Therefore, even a woman with low estrogen levels can be estrogen dominant. It is NOT a desirable state for the body.

Can I use natural progesterone if I plan to become pregnant or if I am pregnant?

Early miscarriages are becoming more frequent. An adequate supply of progesterone to the uterine lining can help prevent miscarriages. If you are already using natural progesterone, experts recommend continuing use for the first three months of pregnancy. After 3 months, the placenta makes high amounts of progesterone, therefore discontinuing after the third month avoids any abrupt drop in progesterone levels. Some women choose to stay on throughout the entire pregnancy.
ESTROGEN DOMINANCE

The main causes of Estrogen Dominance are:

1. Effects of stress on the body
2. Use of birth control pills
3. Environmental toxins & synthetic chemicals such as pesticides and plastics
4. Not ovulating regularly; not producing progesterone
5. Having a hysterectomy where your ovaries are removed (oophorectomy) or your remaining ovaries are no longer functioning properly due to removal of the uterus
6. Having a tubal ligation that affects ovarian function
7. During & after menopause when a woman is making little or no progesterone
8. When women are taking synthetic estrogens
9. Nutritional imbalances
10. Men can have estrogen dominance due to Xenoestrogens

How do I correct Estrogen Dominance?

1. The use of natural progesterone crème can restore hormonal balance and help a woman “feel like myself again”. Used just 25 days per month for menopausal women and 12 days a month for women with menses, it can work wonders!
2. Avoid external sources of estrogen (Xenoestrogens)
3. Eliminate conventional dairy foods containing hormones
4. Eat cruciferous veggies & high fiber (modulates estrogen)
5. Avoid processed soy: tempeh, tofu, miso are fine
6. Buy organic if it is a food that you eat often

These environmental toxins & chemicals affect the hormone balance of all living creatures including humans. They are called Xenohormones. Most of them have an estrogenic effect which can cause hormonal imbalance. An excess or deficiency of estrogen has a strong effect on a woman’s body. Too much causes bloating, mood swings & insomnia. Too little causes lethargy, fatigue, depression and low libido.
Characteristics of Estrogen

- Weight gain
- Insomnia
- Fatigue, Lethargy
- Memory loss
- Irritability / Moodiness
- Acne problems
- Cramping
- Headaches / Migraines
- Irregular menstrual flow
- Depression
- Anxiety / Panic attacks
- Osteoporosis
- Cold hands and feet
- Breast tenderness / fibrocystic breasts
- Hair loss
- Thyroid imbalance
- Increased breast cancer risk
- Fluid retention (bloating)
- Endometriosis / uterine fibroids
- Infertility
- Weeping / crying for no real reason
- Lowered libido
- Aggression / anger
Benefits of Progesterone Use:

- More energy & stamina
- Better memory; less confusion & “foggy” mind
- PMS symptoms reduced or eliminated
- Menopause symptoms reduced or eliminated
- Balanced mood / fewer mood swings
- Normalization of weight—you burn fat, not store it
- Better sleep, restorative phase sleep
- Less depression; acts as a natural anti-depressant
- Less anxiety; calms brain & central nervous system
- Balances estrogen dominance
- Supports the thyroid & its hormone activity
- Increased libido
- Relieve cramping / normalize periods
- Younger, prettier skin
- Builds new bone / stimulates bone mineral density
- Lowers cortisol levels (the stress hormone)
- Can normalize blood sugar levels
- Protect against fibrocystic breasts / Breast cancer
- Relieves bloating: a natural diuretic
- Nourishes the brain (many receptor sites in brain)
- Can lower triglycerides / protect the heart
- Can decrease blood pressure
- Can protect against stroke
Xenoestrogens (foreign to the body)

Xenoestrogens are found in:
- Paints
- Textiles
- Paper products
- Pesticides
- Plastics, Plastic wraps (leach into food)
- Herbicides
- Meat/chicken which have been

Xenoestrogens disrupt hormone balance. Effects include:

Decreased sperm count * Prostate Cancer * Breast Cancer
* PMS * Fibrocystic Breasts * Estrogen Dominance

Scientists studying a high rate of Breast Cancer in Long Island found that women with breast cancer had higher levels of pesticides such as DDT in their breast tissue.

How To Protect Yourself From Xenoestrogens

- Purchase foods not packaged in plastic wrap whenever possible
- Remove plastic wrap as soon as you get home. The longer it is in contact with food the more the xenoestrogens may leach into the food. Store food in butcher paper, cellophane, or glass
- Do not microwave food in plastic containers. Use a glass dish Cover with a paper towel instead of plastic
- Use organic pesticides. Avoid herbicides. Use 1 cup of salt in 1 gallon of vinegar instead
- Avoid these ingredients: Dioxins, PCB’s, Bisphenol A
- Be careful with baby bottles, plastic toys for babies. Avoid polycarbonate bottles. Do not heat or microwave them
- Invest in a water filter. In some areas, xenoestrogens are prevalent in drinking water due to massive amounts of detergents used by industry which then...
Estrogen Dominance Can Increase Your Waist Line!

Excess estrogen can:

- Convert food calories into stored fat instead of energy
- Alter thyroid function, lowering metabolism
- Interfere with insulin’s function to convert calories into energy
- Estrogen dominance will cause your body to increasingly resemble a pear as fat is stored in the abdominal area. Abdominal fat is a sign that the hormone balance between progesterone & estrogen is disturbed. Those abdominal fat cells, in turn, tell your body to make even more estrogen. It becomes a vicious cycle and the weight becomes almost impossible to lose no matter how little you eat. It’s not your fault!

What Progesterone Can Do For You:

* It is thermogenic. It tells your body to burn calories for energy, and not store them as fat. Weight loss can naturally occur
* It acts as a natural diuretic, reducing bloating
* Insulin release is regulated, normalizing blood sugar which can reduce food cravings
* Optimizes thyroid function which positively affects metabolism

The weight gain caused by both water retention and fat deposits on hips and thighs can be reduced in women by using bio-identical progesterone. Many women have reported successfully “losing their spare tire” with consistent progesterone use.

Note: If more weight help is needed, you very well may have low serotonin levels.
HOW IS PROGESTERONE MADE IN THE BODY?

When your menstrual cycles are regular and functioning at optimum levels, your ovaries release an egg into your fallopian tube every 18-28 days. This is called ovulation. The egg has responded to hormonal signals from the brain. Next, the tissue surrounding the egg enlarges and matures into a follicle. As the follicle enlarges, it begins to make estrogen. Estrogen is the dominant hormone for the first week or so after menstruation. Upon ovulation, the follicle bursts, releasing the egg into the fallopian tube. The now empty follicle becomes the “corpus luteum”, a small yellow body on the surface of the ovary.

The corpus luteum is now the site of abundant progesterone production which dominates the second half of the menstrual cycle. (The increase of progesterone at the time of ovulation causes a rise of body temperature of about one degree Fahrenheit, which is why taking your temperature is often used to predict ovulation.) If pregnancy does not occur within 10-12 days following ovulation, estrogen and progesterone levels fall abruptly which triggers menstruation. If pregnancy occurs, progesterone production increases and the shedding of the lining of your uterus is prevented.

In anovulatory cycles (no ovulation) no progesterone is made and estrogen dominance can prevail. Due to stress, environmental influences, diet, and past use of birth control pills, great numbers of women are not ovulating and therefore not producing progesterone. Estrogen dominance occurs!
Osteoporosis
The Disease of Bone Loss

Osteoporosis occurs when bone resorption exceeds bone deposition. This means you are losing more bone than you are making. The result is weakened bones that are easily fractured. This bone loss can begin even prior to menopause, so it is wise to work to keep bones strong even at a younger age. Progesterone promotes bone building in the body through the activity of osteoblasts.

For more info, call for our Osteoporosis Handout 877-880-0170

According to the Health & Science Research Institute, Women using transdermal progesterone creme can experience an average 7-8% bone mass density increase the first year, 4-5% the second year and 3-4% the third year. *This is great news!*
1. **Premarin & Provera increase Breast Cancer Risk**

   In the 1995 Nurses' Health Study, women taking synthetic estrogen alone had a 36% increased risk of breast cancer; those on synthetic estrogen plus progestin had a 50% increase; those on progestins alone had 240% increased risk of breast cancer. Women who, at the time of the study had been taking synthetic estrogen and synthetic progestin for 5-10 years, had a 45% increase in their risk of breast cancer.

2. **Estriol is the protective estrogen, but most doctors use estradiol**

   The estrogen, “estriol” is completely missing from some forms of conventional hormone replacement therapy (HRT). In the female human body, estriol is the estrogen that is found in the greatest amount compared to estrone and estradiol. Studies have shown that estriol is especially protective against breast cancer.
3. **Breast Cancer spreads rapidly, but can be slowed & stopped**

Compare Prostate versus Breast cancer. Prostate cancer doubles in five years. Breast cancer can double in three months. **Slowing the proliferation rate slows the cancer!** A 1995 study showed unopposed estrogen increased cell proliferation by 230% where as **natural progesterone decreased it by more than 400%**.

4. **Estrogen Dominance from environmental xenoestrogens can increase risk of Breast Cancer.**

Asians have a lower incidence of breast cancer, not because of soy, but because of fewer xenoestrogens in the environment. The low incidence rate of breast cancer is primarily in countries that are non-industrialized or less industrialized because the women are not estrogen dominant.

5. **Natural progesterone may shut down cancer replication.**

Breast cancer researcher Dr. David Zava studied the estrogen and progesterone levels in breast tissue specimens taken from women who had undergone surgery for breast cancer. He found that almost universally they revealed estrogen dominance and a deficiency in progesterone. In sample tumors Dr. Zava and Dr. K. J. Chang concluded that **the majority of the cells in the tumor were WELL DIFFERENTIATED & QUIESCENT (not replicating) in the women taking progesterone.** They also found that estrogen alone promoted cancer growth, but **when progesterone was added, tumor suppressor genes were stimulated and the cancer growth was stopped.**

6. **Think about treating any breast injury with progesterone.**

Injury to the breast can cause cellular damage. Dr. John Lee suggested that following any injury to the breast, a woman put progesterone creme directly on that breast for 3 months.
7. **Natural progesterone is breast protective**
   A John Hopkins study showed the incidence of breast cancer was 5.4 times greater in women with low progesterone than in women who had good progesterone levels.

8. **The estradiol “patch” contains a potent form of estrogen.**
   The “patch” contains 100% estradiol, which is the most potent of all estrogens in the female body. It contains no estrone & no estriol. An important study by Dr. William Hrushesky revealed that estrogen promotes delayed apoptosis. Apoptosis is the system our body uses to destroy old cells. Normal cells are programmed to live for only a specified time and then die as new cells replace them. If old cells are not destroyed, it increases their risk of becoming cancerous. Natural progesterone was found to decrease delayed apoptosis. If you use the estradiol patch, consider adding progesterone to your regimen.

9. **Birth Control Pills greatly increase breast cancer risk.**
   According to Dr. John R. Lee, teens taking birth control pills markedly increase their breast cancer risk. Birth control pills stop breast tissue maturation. These immature cells are more vulnerable to cancer-causing chemicals later in life.

10. **Natural progesterone, in the correct strength to protect the breasts, can be purchased without a doctor’s prescription!**
    According to Dr. John Lee (What Your Doctor May Not Tell You About Breast Cancer), look for a creme containing 1000 mg of micronized progesterone in a 2 oz jar. You need progesterone, not just “wild yam”. Wild yam is not a bio-identical molecule. Although it may support hormone balance in some fashion, it will not raise your levels. If you have a history of breast cancer, choose a product containing progesterone only without added plant estrogens.
HOW TO CHOOSE THE CORRECT PRODUCT

Menstruating Women

Symptoms of:
Irritability, breast tenderness, mood swings, menstrual cramps, anxiety, night sweats, insomnia, irregular menses, headaches, low sex drive, facial hair, weight gain, fatigue, heavy bleeding

ProHELP
(Natural Progesterone only)

Non-Menstruating
Women / Women who have had a hysterectomy

Symptoms of:
Irritability, mood swings, anxiety, night sweats, hot flashes, insomnia, dry skin, low sex drive, memory lapses, aching sore joints and muscles, incontinence, weight gain, fatigue, vaginal dryness

Menopause Creme
(Natural Progesterone & Phyto-Estrogen)
Why Would A Man Need Supplemental Progesterone?

As a male ages, his progesterone level decreases just as it does in women. In men this decrease occurs around age 45. When his progesterone levels decrease and estrogen levels increase, the 5 alpha reductase enzyme converts his “good” testosterone to di-hydro testosterone (DHT), a form of testosterone which stimulates the enlargement of the prostate. The prostate gland will swell and enlarge. Prostate cancer can occur. Progesterone is a potent inhibitor of 5-alpha-reductase, similar in action to the drug Proscar. Progesterone also opposes the negative effect of high estrogen on the man’s body.

Do Xenoestrogens (from the environment) Affect Men?

Yes. Men naturally make estrogen but in much lower amounts than women. Xenoestrogens cause a man’s estrogen level to rise. Testosterone is a direct antagonist to estradiol. When testosterone levels fall, and the shift to DHT is occurring, the estrogen effect increases even more. Symptoms: Breast development, lack of energy, decreased stamina, poor concentration, insomnia, abdominal fat, sluggishness, and a “burned out” feeling. Progesterone balances the negative effects of excess estrogen.
**Can Testosterone Cause Prostate Cancer?**

Testosterone does NOT cause prostate cancer. If this were true, then 19 and 20 year old males would be developing prostate cancer as these are the individuals with the highest levels. This is obviously not the case. It is the excess estrogens and “bad” form of testosterone (DHT) that are the culprit.

**How Does Progesterone Protect Against Prostate Cancer?**

Research shows that the prostate is embryologically similar to the female uterus. Hence, it is subject to the negative influences of estrogen dominance, just as the woman’s breast and uterus are. As we know, progesterone balances or opposes excess estrogen. The progesterone prevents the body from converting testosterone to di-hydro testosterone. It does this by inhibiting 5-alpha reductase.

**Will Progesterone Raise a Man’s Testosterone Levels?**

Not really. According to Thierry Hertoghe, M.D. a leading expert in hormone therapy, progesterone will block 5-alpha reductase. This keeps a man’s testosterone in the “good” form which, in turn, will contribute to his virility, energy, libido, mood, and weight control.

**Dosage For Men**

The dose of natural progesterone for men is 10 to 12 mg per day.

This is approximately 1/8 tsp daily of a 1000 mg crème or 1/4 tsp of a 500 mg crème.

**Where Do The Men Apply the Progesterone?**

Areas of application should be where capillaries are abundant: the palm of the hand, wrist, inner arms or chest. It may also be applied to the perineum.
Prostate Health: In Summary

Dr. Lee & Dr. Contreras have both stated that nearly all men should seriously consider natural progesterone replacement sometime in their 40s, or even earlier if they have a family history of prostate cancer. Many bio-identical hormone experts agree, including Dr. Hertoghe.

ANOTHER NOTE: It has also been reported that the use of natural progesterone has a reasonable likelihood of decreasing male balding. Some have rubbed it directly on the scalp, using brisk massage.

Research Studies for Men

At the University of Maryland in Baltimore, human prostate cells were shown to have progesterone receptor sites.

At Central Hospital University in Paris, progesterone was shown to inhibit the formation of DHT as well as the binding of it to the prostate. DHT content in the prostate is the single most causative factor in prostate disease.

At the Institute of Clinical Chemistry in Bochum, Germany, progesterone in human BPH tissue strongly reduced the activity of 5-alpha reductase.

At the University of Laval in Quebec, it was clearly shown that progesterone inhibited estrogen from binding to the prostate.
Dr. Lee had a large number of anecdotal cases of complete reversals of prostate cancers. There is strong biochemical evidence to support Dr. Lee’s recommendation of natural progesterone. The January 28, 1998 Journal of the American Medical Association had an article, ”To Die or Not to Die?” showing that most cells in the body die through a non-inflammatory, energy-dependent form of cell death called apoptosis. All cells, with the exception of brain and muscle cells, multiply continuously. The genes which regulate this cell growth are p53 and bcl2. If the gene bcl2 dominates it will push cells to cancer. If gene p53 dominates, cell growth is controlled and the cancer either does not occur or does not spread.

The JAMA article shows that traditional chemotherapy using poisons to stop cell hyperplasia will kill normal cells as well as cancer cells. The new idea promoted by the review is to find agents that activate p53 and deactivate bcl2.

Well, the good news is that research shows that Estradiol (estrogen) turns on the cancer gene bcl2 and progesterone turns on the anti-cancer gene p53. Studies have shown that breast cancer cells do not always multiply when women are on progesterone. In the research, the progesterone also worked for cancer of the ovary and uterus as well as small cell lung cancer which is normally a very difficult cancer to treat. This is wonderful news!
Medical References


This paper reviews the effects of progesterone on the brain, with special focus on its role in the formation of the myelin sheath surround nerve fibers. Other roles of progesterone in the brain include evaluating activating GABA receptors, which induces a calming effect.


Braverman, Eric  Natural estrogen and progesterone research indicates health benefits of natural vs synthetic hormones.

Total Health 13, No 5 (October)


TESTIMONIALS

“I’m 48 and peri-menopausal. Progesterone has helped my sex drive, has helped my hair stop falling out and regulated my cycles. I’m sleeping again, I’m happier & I feel BALANCED”

“Prior to the use of the crème, I was very edgy, irritable, almost “razor sharp”. Now people want to talk to me again! Also, I had a lot of aches & pains and they are 90% gone!”

“I saw quick changes with the Menopause Creme. Calmness, peace, able to sleep to sleep through the night and my mind lost its fuzziness. AND blessed relief from hot flashes!”

“I haven’t had one migraine headache since I started using progesterone crème. I can’t believe it; I had them for ten years.”

“I lost 12 pounds in the past 6 months and have not changed my eating habits. I know it is the progesterone. I’m not feeling so bloated and swollen and my clothes look so good on me”

“I got pregnant and saw the pregnancy all the way through! I have had 3 previous miscarriages.”

“I have been using natural progesterone for one year and have had a 15% increase in bone density in the year’s time.”

“I have seen a decrease in my facial hair. Best of all, my menstrual cramps & heavy bleeding have almost disappeared.”

“I’m 88 years old and I have had excellent results from progesterone creme. I feel joyful & energetic all the time now.”

“I started the crème last month. I am losing weight so easily!”

MORE ON www.bhnformulas.com
About Barbara A. Hoffman

Barbara Hoffman is a women’s health advocate, medical journalist and natural hormone consultant. Her field of expertise is bio-identical hormones and anti-aging skin care.

Barbara has been researching alternatives to synthetic hormones since 1992.

She has written *Hope For Your Hormones, Eat Yourself Slender* and *Younger You, Younger Me*.

Barbara founded the Progesterone Research Network; an on-line educational center for those seeking to learn more about hormone balance.

Barbara’s YouTube Channel (Hope For Your Hormones) features educational videos on menopause, perimenopause, skin care & men’s prostate health.

This is also the name of her blog and her radio show on Blog Talk Radio.

“The symptoms of hormone imbalance are very real and very treatable. You were not designed to suffer! Natural progesterone offers a host of benefits. *It can be your answer!*”

Barbara A. Hoffman

“*Balance Your Hormones, Balance Your Life*”
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www.blogtalkradio.com/hopeforyourhormones  
www.youtube.com/hopeforyourhormones  
Facebook: Better Health Naturally  

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Rev. 01/23/2017
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