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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Hormone Replacement Therapy vs. Natural Progesterone**

**By John Russell**

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If your doctor has recently prescribed hormone replacement therapy (HRT) supplements, you probably have a lot of questions. You're not alone. Throughout our many years in the industry, our most commonly asked question is, "Why don't doctors prescribe natural progesterone if it's better than synthetic?" That's an excellent question and there's a simple answer: pharmaceutical companies are not allowed to market and/or sell natural products for profit.

But just because you can't buy natural progesterone products from your pharmacist, does not mean you're stuck with one option. IH Distribution.com offers all-natural progesterone supplements—the healthy choice your doctor may not have told you about.

All natural progesterone products have recently been highlighted in the press as the number-one choice for menopausal ailments. Dr. John Lee, M.D., has written the landmark book on the subject titled "Natural Progesterone, The multiple Roles Of A Remarkable Hormone." His thesis is that progesterone is a major hormone that is produced regularly in a woman's cycle in more abundance than estrogen, which is a significant factor. He validates that progesterone is the principle hormone of women. As the newspapers have recently documented, the existing system of medical education for day-to-day practice is not in sync with progesterone as a health aid for women.

Recent studies indicate millions of women could be supported with only the replacement of a natural hormone. Unfortunately, they're being denied this option due to the continuing pressures of pharmaceutical companies and physicians who have been educated in earlier times.

Dr. Susan Hendricks conducted a study that found long-term use of estrogen and progestin significantly increased the likelihood of cancer, stroke and heart attack. Estrogen and progestins (synthetic versions of natural progesterone) have been used to replace hormones that are no longer produced during menopause. The lack of these hormones causes symptoms such as hot flashes, mood swings, and bouts of insomnia, to name a few.

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The study included 16,608 women, ages 50–79, at 40 hospitals nationwide. Dr. Hendricks' findings: the risk of stroke rose 41%, heart attack risk rose 29%, and cancer cases increased 26% above average.

In addition to the facts above, IHDistribution.com suggests the following books as excellent resources on natural progesterone supplements:

*The Estrogen Alternative*, written by Ms. Racquel Martin

This 274–page third edition paperback includes up–to–date research on how to battle fibroids, infertility, depression, heart disease, osteoporosis and endometriosis, premenstrual syndrome, and ovarian, breast and uterine cancers. Ms. Martin also includes mail–order resources for botanical progesterone supplements.

*What Your Doctor May Not Tell You About Pre–Menopause*, written by Dr. John Lee

Dr. John Lee is a reputable advocate of natural progesterone benefits. This 416–page book speaks to women between 35 and 50 years of age who may be experiencing symptoms of pre–menopause. Co–authored by Jesse Hanley and Virginia Hopkins, the book offers a wealth of information about the dangers of xenohormones—synthetic hormonal substances—frequently found in pesticides, solvents, plastics and hormone–treated meat. This team of experts suggests natural treatments to common symptoms of pre–menopause, and also includes case studies to help readers put the information into perspective.

*Hormone Balance; A Matter of Life and Health*, written by Kristine Klitzke

This is one of the most outstanding books about hormone replacement therapy vs. natural progesterone. Author Kristine Klitzke graduated in 1990 from the University of Wisconsin in Oshkosh with a Bachelor of Science in Nursing. She has had practical nursing experience in cardiac, med–surgical operating room, and pre–op educational services. The book, which we deem to be the authority on the subject, is a comprehensive guide to natural hormone balance for women and health care professionals.

The book can be purchased from IH Distribution at our low cost of \$10.95, A SAVINGS OF \$5.00. Send a check to IH Distribution LLC, 2899 E. Big Beaver Road – #259, Troy, MI 48083 (plus \$2.50 shipping & handling).

Natural Progesterone Experts

The individuals listed below are industry–leading experts on the subject of estrogen vs. natural hormone therapy:

Dr. Phil Alberts, M.D.

Dr. Lindsey Berkson

## Hormone Replacement Therapy vs. Natural Progesterone

Ms. Linda Chae

Dr. Jerome Check, M.D.

Dr. Jay Ron Eker, M.D.

Dr. Judy Ellefson, D.O.

Ms. Virginia Hopkins

Ms. Kristine B. Klitzke, R.N., B.S.N.

Dr. Neils H. Lauerson, M.D.

Dr. John Lee M.D.

Dr. Helene Leonetti

Ms. Racquel Martin

Dr. Dean Roffelock, D.C.

Ms. Sherill Sellman

Mr. Wallace Simons, R.P.H.

Dr. David Zava, PH.D.

For even more pertinent information about natural progesterone vs. synthetic HRT, we suggest that you browse these websites:

<http://www.natural-progesterone.com/stand.htm>

<http://www.naturalprogesterone.com/benefits/benefitshtml>

<http://www.ultrapms.com/progesterone/index.shtml#a6>

<http://www.johnleemd.com/hormonesinnews.html#progesterone>

<http://www.johnleemd.com/rutabos.html>

<http://www.power-surge.com>

<http://www.alternativemedicine.com>

<http://www.herbs.org>

<http://www.nlm.nih.gov>

The staff of IHDistribution.com is not compensated for any of the aforementioned recommendations. Rather, they come solely from their own experiences and industry expertise. To learn more about natural progesterone supplements, visit [www.IHDistribution.com](http://www.IHDistribution.com) or email: [sales@ihdistribution.com](mailto:sales@ihdistribution.com).

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Pure. Natural. Beautiful from IH Distribution. IH Distribution specializes in health areas such as acne skin care, anti-aging cream, anti-wrinkle cream, hormones and natural hormone replacement therapy, natural progesterone cream and skin care cream. We offer beauty care products such as natural cosmetics, facial products, skin care products, eye make up and dermatologist approved cleansing products.

### **Natural Progesterone and Estrogen as an Alternative to HRT**

**By Jeannine Virtue**

A Dec. 30, 2003 Associated Press article stated that about one quarter of women who stopped taking hormone replacement therapy because of its risks wind up resuming HRT because of menopause misery.

This article verifies what we have been saying all along; "No treatment is NOT an option." Women need an alternative treatment to hormone replacement therapy. Otherwise, their lives can be quite miserable.

Almost daily we receive an email, phone call or forum post from a cranky, depressed, sleep-deprived and/or over-heated woman in a desperate search for something – anything – that will put the brakes on menopause symptoms without the use of synthetic hormone replacement therapy.

We not only advocate staying away from synthetic hormone replacement therapy, we advocate finding healthy, effective alternative treatment options to hormone replacement therapy. We advocate bringing your hormones in balance by using estrogen-building nutritional support and progesterone cream treatment as an alternative for hormone replacement therapy. In this newsletter we provide a step-by-step guide to getting off hormone replacement therapy without making your life miserable. This plan as outlined is near foolproof. Of course, you should discuss medication alternatives with your regular health care provider.

In the first month you will begin to slowly wean yourself off synthetic hormones while introducing the hormone replacement therapy replacements. The purpose behind slowly tapering off hormone replacement therapy is two-fold. First, you can avoid drug withdraw by taking the slow approach. Second, slowly weaning yourself off hormone replacement therapy provides the necessary time for the alternatives to take hold. It typically takes a month or two for the natural alternative elements to solidly work through your body.

## Hormone Replacement Therapy vs. Natural Progesterone

Below the following schedule is a description of each product listed:

Month 1: Decrease your dose of hormone replacement therapy by half. You can do this by requesting a new prescription from your physician or by physically cutting the pills in half. Begin using an organic, natural, USP progesterone cream like Return to Eden progesterone cream. Begin using a nutritional menopause support product like Preserve.

Month 2: Decrease your dose of hormone replacement therapy by half again. Again, you can either request a new prescription or cut the pills in half yourself. Continue your new regime of menopause nutritional support products and progesterone cream.

Month 3: Decrease your dose of hormone replacement therapy by half again or stop altogether. Continue taking menopause nutritional support products and natural progesterone cream.

Month 4: If you still experience menopause symptoms, begin taking the Return to Eden estrogen cream. Although most women find that their menopause symptoms are adequately addressed with progesterone cream and nutritional support, this option usually knocks out any remaining menopause symptoms in women who do need supplemental estrogen. Using a natural estrogen cream like Return to Eden's Triest cream is safe and effective because the estrogen is bioidentical to what a woman's body naturally makes. You will use the estrogen alongside the progesterone for balance and to avoid estrogen dominance.

For an in-depth view of the benefits of natural progesterone, read "What Your Doctor May Not Tell You About Menopause: The Breakthrough Book on Natural Progesterone" by the late John R. Lee, M.D., an international authority and pioneer in the use of natural progesterone cream and natural hormone balance.

Diet and exercise also play an incredible crucial role in how well your body fares through the changes of menopause.

Bio: Jeannine Virtue is a freelance journalist. To learn more about natural and effective alternatives to Premarin, Prempro and synthetic hormone replacement therapy, visit

Natural Progesterone and Estrogen as an Alternative to HRT  
USP Natural Progesterone – Exactly What Is It And What Does It Do?  
Hormone Replacement Therapy To Alleviate Menopausal Symptoms  
Some Facts About Wild Yam Cream And Progesterone  
Top Ten Reasons Natural Hormone Replacement Therapy Works

Natural Pain Management  
KEKOE'S MULTI-REPLACE  
Understanding Acne: Causes, Cures and Myths  
How To Overcome Dandruff  
Stress The Silent Killer



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