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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!

Natural Hormone Balance Part II

By John Russell

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In Part I of Natural Hormone Balance, we explored the ongoing debate about synthetic hormone replacement therapy (HRT) vs. all-natural progesterone products. International Health Distribution understands the importance of HRT and how it affects women of all ages. We continually strive to not only provide top-of-the-line natural progesterone products, but also to educate and keep you informed of the latest medical studies on the subject. As promised in Part I of Natural Hormone Balance, International Health Distribution offers up some clarifying definitions of common buzz words among women's health.

Progesterone

Progesterone identifies one specific chemical. More specifically, progesterone identifies one single molecule (sometimes confused with a class of hormones). It is just this one single hormone that impacts the woman's body—and it's manufactured in the body by various organs.

Progesterone is a "building block," if you will, for other hormones such as adrenal hormones (adrenaline), which are used in response to stress and danger. The adrenal hormones increase blood pressure to prepare the body for self-defense.

Progestins

Available from pharmaceutical companies with a prescription from a licensed physician, progestins are synthetic, wherein progesterone is actually altered at the molecular level. As you can imagine, altering the molecular structure of progesterone to progestin can cause significant changes, particularly as it affects the human body.

It has been documented that progestins are not utilized as an aid to supplement hormones, and they are actually difficult for the body to break down and excrete. Most progestins can also be derived from organic compounds, such as found in plants, through a process called hydrolyzation.

Natural Progesterone

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Natural Progesterone can be derived from wild yams and soybeans, and developed into progesterone. This is exactly the same in molecular structure and action to human progesterone, which is made for this method and graded by the U.S. Pharmacopoeia (USP). It is commonly transformed into a cream for transdermal (rubbed into the skin) absorption.

It is said to be an "identical likeness" to human progesterone. Dr. Ron Eaker claims there is evidence that natural progesterone creams are helpful for many menopausal side effects. He, along with other medical professionals, now shows significant data that this is valid.

Recently, there were two papers presented at the World Congress of Fertility that documented improvement in hot flashes for women using progesterone creams. These papers also acknowledge many testimonies of natural progesterone effectiveness for pre-menstrual syndrome (PMS) as well as various other menopausal symptoms. More investigations are forthcoming almost daily.

Another study recently published in a medical journal found significant improvement in hot flash symptoms when transdermal natural progesterone was used. All-natural progesterone has also proved to inhibit abnormal growth of cells in key body organs, which may actually transfer to additional diseases potentially impeding the growth of cancer developed cells, which has obvious major implications.

In summary, natural progesterone that is applied in the form of a cream has been documented to be a viable option for women wishing to effectively and safely treat basic hormonal imbalance, including symptoms and conditions that occur throughout a woman's life span. Researchers have also linked these findings to acne improvement, particularly for teenage girls.

International Health Distribution invites women of all walks of life to peruse our extensive line of all-natural progesterone products, provided by our #1 supplier Arbonne International.

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.

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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 withdrawal 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.

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.

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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

Symptoms Of Hormone Imbalance In Women

What Really Is The Anti–Aging Supplement Truth?

USP Natural Progesterone – Exactly What Is It And What Does It Do?

Natural Hormone Balance Part 1

Natural Pain Management

David Blaine's Mega Magic Tricks eBook

How To Improve Blood Circulation

How to Gain and Retain More Customers

Understanding Acne: Causes, Cures and Myths



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