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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 Progesterone And Osteoporosis Treatment Success

By David Buster

Using natural progesterone and osteoporosis was successfully treated? Is it possible? After all,

natural progesterone is safe with virtually no side effects when used correctly. It is one of the two primary hormones produced in a healthy woman during the menstrual cycle, the other hormone being estrogen. In perhaps the only study of natural progesterone and osteoporosis treatment of its kind, the success obtained by a leading Harvard-trained physician for reversing osteoporosis in women is explained.

What is osteoporosis? Osteoporosis is a progressive disease where the bones become more porous and weaker over time. Untreated, osteoporosis will weaken, disable and kill both women and men. Almost half of the women in the United States will fracture a hip, forearm or spine sometime in their lifetime. 20% of women who fracture their hip will die within one year. And it is not just a disease of the elderly. Osteoporosis regularly begins its destructive process for women in their thirties. Becoming slightly shorter in height is the most noticeable of the osteoporosis symptoms. Osteoporosis causes postural changes, and it makes one more likely to have a bone fracture as one ages.

There are two kinds of bone cells that one should understand. Osteoclasts are the cells that travel through bone tissue, finding bone tissue that needs replacing, removing old bone by dissolving it and leaving small cavities or pores where there once was bone. Osteoblasts are the cells that form new bone cells in the cavities left by the dissolving tissue. This continuous process of bone resorption and new bone formation is how bones are kept strong in the healthy body. Bone strength is the result of the balance of these two processes. Osteoporosis happens when more bone tissue is being dissolved than is being rebuilt.

When are the bones the strongest in women? Bone strength is greatest at around age 30 for women. Bone loss typically begins in women 5–20 years before menopause. Osteoporosis occurs regularly in both women and men. Even though a man begins to lose bone mass considerably later in life than a woman, bone loss happens in men. Women often begin losing bone mass as early as in their thirties, whereas bone loss begins in the fifties for a man. By the time men reach their seventies, their bone weakness equals that of women.

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Harvard-trained Dr. John R. Lee is the author of the best-selling women's health book *What Your Doctor May NOT Tell You About Menopause*. Dr. Lee studied 100 of his women patients that were in various stages of osteoporosis. The women in his study ranged in ages from 38 to 83 with 62.5 being the average age. By adding supplementation with natural progesterone to an existing natural osteoporosis treatment program, Dr. Lee found that bone density was increased every year by 3–5% until it stabilized at the bone density levels expected for a 35-year old woman! All 100 women using the natural progesterone and osteoporosis treatment reversed their bone loss and grew new bone cells. These results are astounding!

Dr. Lee also observed that the women who had experienced the most bone loss were the ones that increased bone density the fastest when using this natural progesterone and osteoporosis reversal treatment! Dr. Lee makes it very clear that natural progesterone and osteoporosis treatment must include the osteoporosis treatment elements of proper diet, nutrients and exercise. And for women approaching the age of menopause (late forties to early fifties) and older, he felt that natural

progesterone supplementation would greatly benefit women that had already experienced considerable bone loss, and that natural progesterone would rebuild new bone cells.

Anyone can easily make healthy lifestyle changes that will include weight-bearing exercise, proper diet, nutritional supplements and natural progesterone and osteoporosis treatment. Stopping bone loss, rebuilding and strengthening your bones is entirely possible, according to Dr. Lee. If you or someone you know is at risk for osteoporosis, learn more and benefit from the successes of Dr. Lee and other physicians in safely and effectively treating osteoporosis, a debilitating disease.

David Buster is VP of InfoSearch Publishing and is one of the webmasters of

<http://www.safemenopausesolutions.com>

– a website of physician-recommended natural treatments for

health problems. Visit the website and learn more about natural ways for improving your health.

Menopause and Progesterone

By Cathy Taylor

Menopause and Progesterone by Cathy Taylor

Do women going through menopause have lowered levels of progesterone?

Recent research tells us that women do suffer from decreased levels of progesterone and also experience other symptoms such as unexplained weight gain (particularly in the stomach area), depression, fatigue, hair loss, memory loss, mood swings, migraines and loss of libido. A natural cream can balance estrogens without side effects.

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Progesterone and estrogen are the two main hormones made by women's ovaries when they are menstruating. Smaller amounts of these hormones are also secreted by the adrenal glands. It's necessary for the survival of the fertilized ovum, its embryo as well as the fetus during gestation.

Progesterone's primary functions include: acting as a precursor to estrogen and testosterone; it maintains uterine lining and aids in gestation; protects against fibrocystic breasts, endometrial and breast cancer; acts as a natural diuretic, helps use fat for energy; can be a natural antidepressant; aids thyroid hormone action; normalizes blood clotting; restores sex drive; normalizes blood sugar, zinc and copper levels; restores proper cell oxygen levels, has a thermogenic effect; builds bone and helps to protect against osteoporosis.

Some doctors feel that menopausal symptoms, osteoporosis and heart disease may not be due to a deficiency of estrogen, but to a relative estrogen excess due to progesterone deficiency.

Synthetic progestins, such as an HRT drug called Provera (a synthetic chemical), do not have the same biological effects as natural progesterone and have been known to cause side effects including: fluid retention, depression, breast tenderness, stroke, jaundice, blood clotting and cervical erosions.

On the other hand, natural progesterone has no known side effects and has been found to be helpful in alleviating symptoms such as PMS and hot flashes. It has also been credited with helping to prevent osteoporosis.

Many doctors now prescribe for women in menopause the use of a low-dose, natural progesterone cream during the last two weeks of the menstrual cycle. The cream is easily absorbed into thin-skin areas such as the breasts, inner arms, neck or belly by the subcutaneous fat and then released into the bloodstream. You should be careful of the dosage level in these products. Some may have none to very little and others provide 20-30 mg in an average application. It's always best to first check with a doctor.

Cathy Taylor is a marketing consultant with over 25 years experience. She specializes in internet marketing, strategy and plan development, as well as management of communications and public relations programs for small business sectors. She can be reached at Creative Communications: creative--com@cox.net or by visiting www.menopauseinfo.org or

www.internet-marketing-small-business.com



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