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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 Estrogen as an Alternative to HRT**

**By Jeannine Virtue**

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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.

## Natural Progesterone and Estrogen as an Alternative to HRT

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 Hormone Balance Part 1**

**By John Russell**

#### **Natural Hormone Balance Part 1 by John Russell**

Women's health issues nowadays include some popular buzz words—PMS, estrogen, cancer, hot flashes, natural progesterone, acne, headaches, menopause, and so on. The words are causing great debate amongst the medical industry.

International Health Distribution, founders of IHDistribution.com, strongly advocates that the number

## Natural Progesterone and Estrogen as an Alternative to HRT

one key to achieving and maintaining your health—no matter what your age—is Natural Hormone Balance.

All-natural progesterones have recently been highlighted in the press as the solution of choice for menopausal afflictions. Dr. John Lee wrote the landmark book on the subject titled "Natural Progesterone, The multiple Roles Of A Remarkable Hormone." He found progesterone to be a major hormone that is regularly produced throughout a woman's menstrual cycle in more abundance than estrogen. His findings confirmed that progesterone is the principle hormone in women. Conversely, the existing medical education system for day-to-day practice is not in sync with progesterone as a health aid for women.

Dr. Lee was an industry leader dedicated to crusading the medical establishment's dangerous and longtime use of hormone replacement therapy (HRT) years before the true risks of HRT became evident in the Women's Health Initiative. Sadly, 74-year-old Dr. Lee suffered a fatal heart attack on October 17, 2003.

The therapeutic modality in practice today is the use of prescribed synthetic hormones. The great debate continues between the use of synthetic estrogen vs. natural progesterone for the relief of symptomatic menopausal ailments and general well being. Transdermal (rubbed into skin) progesterone creams can be purchased over the counter, while synthetic hormones can only be obtained with a prescription from a licensed physician.

Pharmaceutical lobbyists, the AMA (American Medical Association), and the entire medical/pharmaceutical complex stand firmly behind the use of typical HRT. Several recent studies (published in the Detroit News) indicate that millions of women could be supported with only the replacement of a natural hormone—but they're being denied due to the continuing pressures of

old-school pharmaceutical companies and physicians.

Consider the study conducted by Dr. Susan Hendricks, who found that long-term use of estrogen and progestin significantly increased the chances of cancer, stroke and heart attack. Estrogen and progestins have been used to replace hormones that are no longer produced during menopause. The lack of these natural hormones triggers the common menopausal side effects such as hot flashes, mood swings, and insomnia. Dr. Hendricks' study included 16,608 women between the ages of 50 and 79, at 40 hospitals nationwide.

Hendricks' case study results of long-term use of estrogen and progestin: stroke risk rose 41%, heart attack risk rose 29%, and cancer cases increased 26% above average.

Premarin, which is the most common HRT being prescribed today for menopausal women, is a unique blend of horse hormones, which include only minute amounts of progesterone. While prevalent thinking was the "horse juice" prevented osteoporosis, recent studies indicate that it is likely the small amount of progesterone that is actually beneficial. Despite recent studies, there is still no endorsement of transdermal progesterone by the medical community at large. However, there is an increasing use of progesterone creams by women outside the medical establishment due to heightened publicity.

## Natural Progesterone and Estrogen as an Alternative to HRT

Since Dr. Lee's book hit the shelves more medical professionals have been conducting rigorous studies and are now claiming that it is impossible to deny the viability of natural progesterone creams .

Much debate exists over the words progesterone, progestins, and natural progesterone. International Health Distribution defines these terms in an effort to clarify any misconceptions ... but you'll have to stay tuned for Part II of Natural Hormone Balance.

In the meantime, we invite you to peruse IHDistribution for more information on all-natural products from our number one distributor, Arbonne International. Purchase all-natural progesterone cream (PhytoProlief) at IH Distribution.com today!

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.

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