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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!

Some Facts About Wild Yam Cream And Progesterone

By Darcy O'Neil

Wild Yam Cream has been advertised as a treatment for menopause, hot flashes, night sweats, PMS,

migraine headaches, mood swings, fertility, larger breasts, heart disease, and osteoporosis. The people who sell these products claim they contain "natural hormones" and "hormone like compounds." To many people, suffering from these conditions, this seems like the perfect "medicine" to help them. In most cases these creams are not effective because the product advertised does not contain the hormone claimed. The fact is, there is no progesterone in the wild yams, nor can your body make progesterone from the hormone like compound, diosgenin, in the wild yam. So, why is there such confusion about this?

The reason this misinformation exists is because a few decades ago, wild yams were harvested and purified to produce the intermediate chemical, diosgenin, for progesterone and other hormone production in the lab. An intermediate means that this component of wild yams was reacted with other chemicals, in a laboratory, to make progesterone. People not familiar with this process thought that these wild yams actually contained progesterone. This belief is still persistent today and many unscrupulous business people sell products made from "wild yams" and claim that they can cure or relieve the symptoms of many diseases and medical conditions.

As for natural sources of progesterone, that is a misnomer. Today 99.9% of progesterone is made in a laboratory. However, the synthesised version of natural progesterone is identical to naturally occurring progesterone and is referred to as bio-identical progesterone. The term "synthetic progesterone" is often used to refer to products such as Provera®, Cycrin® which are not identical to progesterone. These synthetic versions have additional chemical groups added to the progesterone molecule, for a number of reasons. These reasons include improved absorption (oral dosage forms) and making the molecule patentable. Today, most bio-identical progesterone is made from soya intermediates.

There is plenty of literature discussing the benefits of hormone replacement therapy, however, many people often confuse "natural and synthetic" as "good and bad." The fact is that bio-identical hormones are available from your doctor, if you specify and state you would prefer to use natural hormones. Just because the progesterone is synthesised in a laboratory does not mean it is synthetic or "bad." The fact is, the natural form of progesterone, unlike the component diosgenin, which is not found in the

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human body, is better for you, even though it is made in a lab. It could be more dangerous to use a hormone like substance, like diosgenin, that could be harmful to your health.

It is often claimed that natural progesterone has no side effects, however, it is a hormone, and does have a number of side effects that you should be aware of, these include:

a feeling of euphoria (based on the amounts used) breast tenderness possible acne upon initial use as body adjusts possible acne upon initial use as body adjusts possible suspension of ovulation if used prior to ovulation possible spotting in women just starting menopause alteration of cycle time may prevent sperm maturation in men when used in excess hives, skin rash, itching increased sensitivity to sunlight nausea and headaches

It is always a persons choice as to whether they want hormone replacement therapy or not, but to make that decision on unfounded product information is dangerous and could adversely affect your

health. Your doctor can prescribe natural (bio-identical) progesterone if you are not comfortable with the synthetic versions like Provera® and Cycrin®. There are many options for hormone replacement therapy, but make sure you know the facts and avoid wasting your money on products that don't work, or could be harmful.

Additional Information about Progesterone:

<http://progesterone.monograph.ca>

Darcy S. O'Neil is a chemist with over ten years experience in the chemical and pharmaceutical industry. During this time he became a pharmaceutical whistleblower (

<http://www.snakeoil.ca>)and

now

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

By Olinda Rola

USP natural progesterone refers to the progesterone substance that is exactly the same hormone that is made by the human body. USP natural progesterone is not the same as the 'progestins' that are synthetic versions of progesterone sold by the pharmaceutical companies.

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For example, progestins are associated with birth defects while progesterone is necessary for a healthy pregnancy. Since progesterone is a natural hormone, the body is able to produce it, use it and get rid of it as needed. Progestins, on the other hand, are not processed very well by the body and often create undesirable side effects.

The term 'USP' refers to the grade or purity of the product and is the shortened form of the term 'United States Pharmacopoeia'. There are three different grades of raw materials used in products – 'USP pharmaceutical grade', 'food grade' for human consumption and 'feed grade' that is for animal consumption.

The difference between grades is one of quality and purity, and a substance that is labeled USP pharmaceutical grade will be of the highest quality and purity. The USP natural progesterone used for hormone replacement comes from plant fats and oils, most often a substance called 'diosgenin', which is extracted from a very specific type of wild yam that grows in Mexico.

Harvard-trained physician Dr. John R. Lee has written extensively about the vital role progesterone plays in human health in his book *What Your Doctor May NOT Tell You About Menopause*. According to Dr. Lee, the most convenient and effective form of USP natural progesterone to use is natural progesterone cream that can be absorbed through the skin. Natural progesterone cream should contain 2–3% USP natural progesterone by volume or 450–500mg per ounce of cream.

Natural progesterone replacement therapy should be done in the manner that re-creates what your body would produce were it ovulating, both in the timing and amount of natural progesterone used. You want to 'time' the usage to be the same as it would be in your regular monthly menstrual cycle.

How much USP natural progesterone should you use? Most natural progesterone supplement packaging gives specific usage instructions, but using 1/4 teaspoon once or twice a day for 2–3 weeks a month will simulate normal progesterone presence in the body. This means that about 1/4 teaspoon daily would provide about 20 mg/day. However, Dr. Lee recommends that women not use higher than the recommended dosage to avoid hormone imbalances. More is not better when it comes to hormone balance.

When do you use it? For premenopausal women, Dr. Lee recommends about 15–24 mg per day for 14 days before expected menses, stopping the day or so before your period begins. For postmenopausal women, Dr. Lee suggests the dose that often works well is 15 mg per day for 25 days of each calendar month.

Where do you apply USP natural progesterone cream? Natural progesterone cream is easily absorbed through the skin. From the fat layer just under the skin, progesterone is absorbed into capillary blood. Absorption is best at the skin sites where humans blush such as the face, neck, chest, breasts, inner

arms and palms of the hands.

Learn as much as you can about the crucial role that natural progesterone plays in health and the problems related to progesterone deficiency. Understand the reasons for considering natural hormone

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replacement therapy instead of using synthetic hormones. With concerns about the unpleasant and dangerous side effects associated with synthetic hormones, more and more women are looking to natural progesterone and estrogen supplementation and physician–recommended natural treatments for dealing with hormone imbalance.

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Find reliable sources of natural USP progesterone cream at

<http://www.safemenopausesolutions.com/natural-usp-progesterone-cream.html>

and read more about

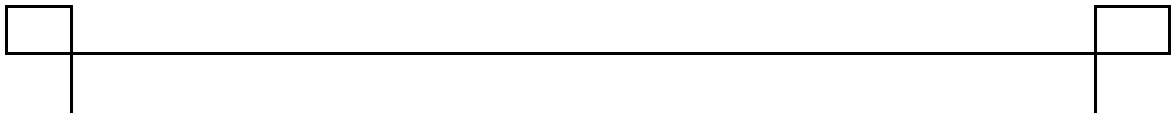
USP natural progesterone. Olinda Rola is President of InfoSearch Publishing and webmaster of

<http://www.safemenopausesolutions.com>

– a website of natural health articles and information.



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