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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!**

**Top Ten Reasons Natural Hormone Replacement Therapy Works**

**By Dr. Loretta Lanphier, ND, CN, HHP**

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by: **Dr. Loretta Lanphier, ND, CN, HHP**

Studies and research show natural HRT really works. By using natural progesterone you can reap the benefits in the following ways:

1. No side effects: It's a natural hormone to the body with no undesirable side effects, when used as directed. Don't mistake this with synthetic progestins, which are unnatural. Tests show they can cause harmful side effects including, partial loss of vision, birth defects, and breast cancer.
2. Alleviates symptoms: Natural progesterone alleviates symptoms typically associated with menopause and andropause.
3. Menopause comes naturally: Natural NRT allows you to experience menopause naturally—at your own pace—instead of artificial delays or interference with drugs like birth control pills.
4. Easy to test: Determining the need for HRT is easy with a simple saliva test that can be taken in the privacy of your own home.
5. Inexpensive: Natural progesterone can be bought over the counter in the United States, eliminating dependency upon a physician for prescriptions and keeping the costs down. Be aware that not all progesterone is created equal. Many of the recognized brands are full of fillers/chemicals that can build up in the body.
6. Safe: It's safe for women ages 9 to 99 years old. It's safe for men too and can be used as long as it is needed. The name progesterone stands for pro-gestational hormone. It's so safe it's given to pregnant women to prevent premature birth.
7. Relieves PMS: Natural progesterone can be used to relieve premenstrual syndrome (PMS) symptoms. You don't have to suffer.

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8. Produces well-being: It's has been dubbed the "happy hormone." Most women notice a leveling off of their emotions when they get their progesterone levels up to where they should be, especially if they have been a victim of estrogen dominance. Some women actually report a feeling of well-being or euphoria.

9. Reduces stress: In experiments, progesterone was found to be the basic hormone of adaptation and of resistance to stress. The adrenal glands use it to produce their anti-stress hormones, and when there is enough progesterone, they don't have to produce the potentially harmful cortisone. With progesterone deficiency, we produce too much cortisone, and excessive cortisone causes osteoporosis, aging of the skin, damage to brain cells, and the accumulation of fat, especially on the back and abdomen.

10. You have more freedom: Because natural progesterone is safe, hormone levels can be tested at home, and is available over the counter, you have the freedom to be proactive in your menopause care.

For more information go to:

For the most natural progesterone (bio-identical) go to:

You can find out more about progesterone in my eBook, *Balancing Your Hormones Without Drugs...You Can Feel Good Again*. For a free subscription to the worldwide e-newsletter, *Advanced Health & Wellness* visit us at

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Dr. Loretta Lanphier, ND, CN, HHP is a Doctor of Naturopath, Clinical Nutritionist and Holistic Health Practitioner in the Houston, TX area and Founder / CEO of Oasis Advanced Wellness. A teacher, educator and seminar speaker, she counsels Oasis Advanced Wellness clients on the aspects of getting the body healthy and keeping the body healthy. As a cancer survivor, she is able to relate extensively, both as a patient and a practitioner, to clients suffering from disease. She is also involved in researching new alternative disease treatments and products. Dr. Lanphier is Editor and contributor to the worldwide E-newsletter *Advanced Health & Wellness*. To receive a free subscription go to:

. Be sure and visit our hormonal balancing site at

and

## **Hormone Replacement Therapy To Alleviate Menopausal Symptoms**

**By David Sanders**

## Top Ten Reasons Natural Hormone Replacement Therapy Works

If you have not yet experienced menopause then the terms hormone replacement therapy may sound foreign to you. As the terms suggest, HRT or hormone replacement therapy is a treatment aimed at easing the symptoms of menopause by hormonal replacement.

Menopause is that period in a woman's life when the body is in the process of changing and these changes are manifested through various symptoms like hot flushes, mood changes, depression, insomnia and night sweating.

A woman in menopausal stage can opt for hormonal replacement therapy if she wants to alleviate the many symptoms of menopause. Hormonal replacement therapy has been found effective in treating menopausal women who became depressed.

There are sectors who believe that hormonal replacement therapy can be used to treat other complications arising from female menopause like diabetes, osteoporosis and heart ailments.

However, some women experiencing menopause do not go for hormone replacement therapy because of the possible side effects of the said treatment. There are those who believe that women taking hormonal replacement therapy have high risks of developing breast cancer. Hormonal replacement therapy has also been blamed for blood clot formations resulting to heart disease.

There are experts, including Dr. John Lee, who believe that hormone replacement therapy expose menopausal women to greater health risks than if they were not taking the therapy. The risk of getting cancer is one of the reasons why most women experiencing menopause opt for natural and alternative treatments for the many symptoms of menopause.

During menopause, the production of a woman's estrogen and progesterone levels become erratic. These hormones play important roles in maintaining the proper functioning of a woman's body like bone strengthening and blood cholesterol level maintenance.

During menopause, the production of these hormones decline and this causes bone problems and other ailments. Hormone replacement therapy can bring back the proper levels of these hormones in women and can prevent the risk of getting various menopause-related diseases.

While estrogen replacement has been found effective as a treatment for many years, medical research has shown that it increase a woman's chances of getting breast and uterine cancer. This led the way to the addition of progestin to hormone treatments.

Women who eat the proper food and lead healthy lifestyles are the ones who are most probably able to experience menopause normally, even without hormone replacement therapy. For those who are thinking of availing of this therapy, it is important to talk this over with their doctors as the latter can give them the pros and cons of getting HRT.

The author is a regular contributor to the Hormone Info Center

where more hormone replacement information is freely available.

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