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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!

Using Natural Progesterone Cream Wisely

By Dr. Loretta Lanphier, ND, CN, HHP

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

Since the total truth came out about HRT, the medical community has been in turmoil and somewhat divided as to what should be recommended to women who are experiencing symptoms of hormonal imbalance. In the meantime millions of women are confused about what to do to relieve their symptoms and at the same time not cause health problems down the road.

Natural progesterone cream, when used correctly, seems to help many women through the symptoms of hormonal imbalance with many added benefits. Natural progesterone, has the same molecular structure as the progesterone produced by the body. It is absorbed through the skin and into the bloodstream. It can help your body keep estrogen and progesterone levels in balance, resulting in maintained sense of equilibrium.

As beneficial as natural progesterone cream is, we must be aware that we are dealing with a very delicate system – the endocrine system. According to Dr. Joseph Mercola: "The problem relates to the fact that progesterone is highly fat soluble and once applied to the skin will store itself in a woman's fat tissue. When one first uses the cream, there is no problem here as the fat stores are very low. But as time goes on, the cream accumulates and contributes to disruptions in the adrenal hormones such as DHEA, cortisol, and testosterone. I have learned that although progesterone cream is an enormously useful tool, it needs to be used very cautiously."

It is advised that women test their progesterone levels yearly. Although progesterone over-dose is not something that causes great harm, initially-sleepiness is a clue-the solution that we are after is balance of all hormones. Anytime there is an over-balance of a hormone, even progesterone, the system will suffer and symptoms will appear.

Along with progesterone, balancing the adrenals is very important, but something that is often over-looked in hormonal balancing. There are many useful herbs that can help accomplish this along with the following: Diet, Stress and Sleep.

Using Natural Progesterone Cream Wisely

A totally balanced diet like the one offered in my E-Book, *Balancing Your Hormones Without Drugs...You Can Feel Good Again*, is imperative. I am convinced that about 85% of all hormonal symptoms can be relieved with a healthy, balanced diet. Along with diet, drinking half your body weight in clean, pure water is also essential.

Hidden stress can be the underlying cause of why some women do not experience symptom relief of hormonal imbalance. Stress is often a "silent symptom" in that we have usually learned to consider it as being a normal part of life. Some suggestions in dealing with stress include: meditation, prayer, yoga, EFT, exercise (especially walking), deep breathing and learning how to remove yourself from difficult situations. In order to alleviate stress these must be practiced very daily.

It is said that over $\frac{3}{4}$ of the population is sleep deprived. The importance of being in bed before 10:00 p.m. so that the body's biorhythms are not disturbed has been taught by natural medicine doctors for

many years. The body does most of its repair and healing between the hours of 10:00 p.m. and 2:00 a.m. If you are awake during these hours your body definitely loses. There is no such thing as "catching up on your sleep". Once it is lost, it cannot be regained. Weekend "sleep warriors" are actually doing more harm to their Circadian rhythms than they may realize.

Like most things in life, we must always proceed with caution. There is no magic bullet when it comes to getting the body balanced and healthy. Natural progesterone is the most natural and safest way to assist women with the symptoms of hormonal imbalance, but we must remember that our goal is "balance" in every area.

The following table shows the benefits of natural progesterone compared to estrogen. As you can see, the effects of progesterone are many—we would do well to use it wisely.

Estrogen Effects: Stimulates breast cysts; Increases body fat storage; Salt and fluid retention; Depression and headaches; Interferes with thyroid hormone; Increases blood clotting and risk of stroke; Decreases libido (sex drive);

Impairs blood sugar control; Loss of zinc and retention of copper; Reduced oxygen level in all cells; Increased risk of endometrial cancer; Increased risk of breast cancer;

Helps decrease bone loss slightly.

Progesterone Effects: Protects against breast cysts; Helps use fat for energy and keep it off hips; Natural diuretic (water pill); Natural anti-depressant; Facilitates thyroid hormone action; Normalizes blood clotting; Increases libido;

Normalizes blood sugar levels; Normalizes zinc and copper levels; Restores proper cell oxygen levels; Prevents endometrial cancer; Helps prevent breast cancer; Increases bone building.

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Using Natural Progesterone Cream Wisely

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 and also develops customized health programs to help clients get 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 bio identical hormonal balancing site at

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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.

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

Using Natural Progesterone Cream Wisely

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

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