

**NATURAL PROGESTERONE CREAM**  
**A DIFFERENT KIND OF HORMONE REPLACEMENT THERAPY (HRT)**

A few weeks ago yet another ‘whole new world’ opened up to me; one which is *so* exciting that I feel I *must* share it with as many women (and in some cases men) as possible.

By chance, I listened to an audio tape of a lecture given by a Dr John Lee M.D. on the subjects of Oestrogen and natural Progesterone cream. The title of the tape is ‘The Estrogen (sic) Deception’; I was riveted. Dr Lee has had a distinguished career, including graduating from Harvard and the University of Minnesota Medical School. He retired from a 30-year family practice in Northern California a few years ago, and ever since has been writing and travelling around the world speaking to doctors, scientists and lay people about Oestrogen and Progesterone. He is also the author of several books on the subject.

I have since read Dr Lee’s main book ‘What Your Doctor May *Not* Tell You About Menopause’, plus another by AnnA Rushton and Dr Shirley A. Bond entitled ‘Natural Progesterone’. Dr Bond is a British doctor who has specialised in women’s hormonal problems for many years; since learning of Dr Lee’s pioneering work with natural Progesterone cream some years ago, she has used it extensively - and very successfully - in her practice. I have also ‘logged on’ to Dr Lee’s extensive web site, heard him speak on Woman’s Hour (where he was ‘pitted against’ a woman gynaecologist who had obviously not read his books and knew very little about the subject – (e.g. she was obviously not aware that the best way to test such hormone levels is via the saliva rather than the blood), and read a couple of excellent booklets upon the subject.

I have a tremendous amount of information about ‘normal’ HRT, and had made the decision never to have it. I now find that I was absolutely right in my decision; the books make for very angry reading, as HRT is exposed as having little to do with real science, and having far more to do with danger, ‘hype’ and profit-making on the part of the pharmaceutical industry. Many doctors and nurses are being duped, and women are being exploited. The truth must be exposed!

On the other hand, natural Progesterone cream is totally safe and very effective. The Progesterone in the cream is synthesized in a laboratory from plant (mainly the Mexican Wild Yam) saponins to produce Progesterone which is identical to that which the body produces itself (hence the word ‘natural’ is used advisedly).

Very briefly, the situation is this, Oestrogen and Progesterone should be in balance in the body. However, due to many different factors related to our ‘developed’ world - especially ‘adrenal exhaustion’, the use of hormonal treatments, such as the pill and HRT, exposure to a variety of toxins (particularly those chemicals used in non-organic food production and normal personal care/household products). We all too easily end up with too much Oestrogen, a situation referred to as ‘Oestrogen dominance’ by Dr Lee, with insufficient Progesterone to balance it up. Women over 35 are generally most at risk as the body then produces progressively less progesterone.

This situation can then all too easily lead to all manner of diseases, including problems such as PMS, painful/heavy/irregular periods, Endometriosis, PID, Vaginitis, Fibroids, Ovarian cysts, Breast problems, Loss of libido, Infertility and of course menopausal problems, which no woman in health should experience - and which they tend not to, in the ‘developing world’. It can also lead to hormone related cancers such as Breast, Ovary and Uterus.

In terms of men, it can lead to Prostate cancer, and benign prostate problems, Fatigue, anxiety and depression, unexplained weight gain, water retention, gall bladder disease, heart disease and strokes, auto-immune diseases and of course, the dreaded Osteoporosis can also result from this situation. There are many other, more unexpected repercussions of an ‘Oestrogen

dominance'/lack of sufficient progesterone state, such as an interference with blood sugar, zinc and magnesium levels; the ramifications of these facts alone are endless and potentially serious. It seems that you could safely say that the whole body and its workings appear to be affected - to some degree at least - by a lack of sufficient progesterone.

This situation can be rectified, and many of these diseases can thus be prevented or even reversed, by the use of the cream (preferably combined with a healthy diet and lifestyle). For instance, apparently none of Dr Lee's patients ever died of Breast cancer and none of those suffering from Endometriosis ever had to resort to surgery indeed, he believes (and has found) that no woman requires a hysterectomy unless she has cancer. Osteoporosis can be - and is - reversed by it; Dr Lee explains very graphically why Oestrogen / 'normal' HRT do *not* do this - and how natural Progesterone *does*. The cream is taken in by the skin (by the trans dermal route) in order to mimic the way the body receives its own Progesterone (seeping through the tissues from the ovaries, testicles and adrenal glands, rather than by mouth and through the liver and digestive tract, which would inevitably change it). Although most of the literature relates to women, some of it makes clear that men can be helped too.

As progesterone is the precursor to all the other sex hormones, it helps the body produce all the others including oestrogen and testosterone. Dr Lee believes that very few women require extra Oestrogen or if so then only for a very short period. The so-called Progesterone in 'normal' HRT is not natural Progesterone at all, but synthetic - with similar-sounding names, which are not at all helpful to us. Many doctors are themselves confused about these facts, frequently believing they are giving Progesterone when they are not, also thinking that Progesterone is dangerous when it is not - it is the *synthetic* type which is. Because natural progesterone *is* natural, it cannot be patented = the drug industry is not interested = doctors rarely get to know about it.

The cream is available 'over the counter' in America; following Dr Lee's last lecture tour in this country, the drug industry became so worried they persuaded the government to make the cream 'prescription only' over here. Even if you had a sympathetic doctor who tried to prescribe some cream for you, its quality could not be guaranteed (the percentage of Progesterone could be incorrect or the medium itself could contain ingredients from the petro-chemical industry e.g.:- 'xenoestrogens'). So, unless you have a serious problem, it is far better to purchase a good quality cream yourself. I now have a regular supply of top quality cream for myself without any difficulty.

There is also another, similar book aimed at younger women entitled 'What Your Doctor May *Not* Tell You About Premenopause'. Dr Lee gives full information (indeed, there is a whole chapter on the subject) about how to use the natural Progesterone cream, including its use for specific problems such as hormone related migraines; he also explains how to make the transition from 'normal' HRT for those wishing to do this.

Natural progesterone cream is regarded as being totally safe. It has produced startling results over many years throughout the world in the treatment of many ailments for women and men of all ages - *with no reported side effects*. When you consider that babies - of both sexes - are surrounded with masses of it throughout pregnancy, this comes as no surprise.

Wellsprings Trading Ltd of Guernsey - 01481 233 370, [www.progesterone.co.uk](http://www.progesterone.co.uk) . This company supply an excellent version of the cream – ‘Serenity’ by mail order. They have an excellent free 20 page leaflet about the cream. This excellent booklet is no longer available to be sent out – however, it may be downloaded free from the above website ; in addition to this they now have another excellent free booklet about **osteoporosis** – so do make sure you ask them for one of these if / when you order (details are on the website). Wellsprings have now brought out their ‘20 to 1’ cream which contains some natural Oestrogen; this is intended for those women who have had a hysterectomy, and MAY need some Oestrogen in addition to Progesterone, at least for a while.

Beware! There are those who - either through ignorance or vested interests - would wish to denigrate the information on this ‘nutshell’ sheet..... Find out *THE FACTS* for yourself! Please do not confuse cream containing natural progesterone, with cream containing plant extracts only (they are *not* the same thing!).

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