



“The Great Protector” Natural Progesterone Cream Guarding Against PMS & Menopausal Symptoms, Osteoporosis & Breast Cancer

Do you suffer from premenstrual (PMS) or pre/menopausal symptoms and prefer to avoid synthetic hormone treatments? Are you seeking a natural way to combat osteopenia or osteoporosis, or to prevent breast cancer? While these are serious conditions generally calling for professional guidance, you can empower yourself with an understanding of the hormone progesterone and natural progesterone cream.

The Conventional Approaches

PMS

According to John R. Lee, M.D., the pioneering researcher and proponent of natural progesterone cream, PMS is the single most common complaint of premenopausal women. Its symptoms, the result of hormonal dysfunction, can affect everything from the psyche to the nervous and respiratory systems. PMS treatments aim to balance estrogen and progesterone, but this should be done with minimal interference from any synthetic medications or hormones, especially synthetic progestins (e.g., Provera). Progestins, widely used in contraceptives and traditional hormone replacement therapy (HRT), mimic some of progesterone's actions but are not progesterone and can increase the risk of breast cancer and heart attack.

Pre/Menopause & HRT

Synthetic Estrogens & Progestins

Conventional HRT, often recommended to balance the hormones of women who are premenopausal (those aged 30-50 who may suffer from fibroids, difficulty conceiving, sudden weight gain, and/or menstruation irregularities) or menopausal, uses various high-dose natural and synthetic estrogens and progestin. The 2002 Women's Health Initiative study showed that synthetic PremPro (a combination of Premarin, conjugated estrogen made from pregnant mares' urine, and progestin) increased the risk of breast cancer, strokes, and gallbladder disease. Dr. Lee has also maintained that there are “reams of evidence that synthetic estrogens are highly toxic and carcinogenic,” particularly when unopposed (i.e., taken without any progesterone).

Osteopenia/Osteoporosis

Pharmaceutical companies have patented various drugs to treat low bone density on the premise that estrogen loss is the key hormonal factor in female osteoporosis. (According to Dr. Lee, age-related osteoporosis is actually in large part due to low levels

of progesterone and thus decreased new bone formation.) These commonly prescribed drugs are effective only to a limited degree and have undesirable potential side effects: (1) Phosphonates (e.g., Fosamax, Actonel, Didronel): increase bone fracture rate by slowing bone loss, thus causing old bone retention and preventing critical new bone formation (may permanently damage the esophagus and stomach and harm the kidneys); (2) Evista/Raloxifene: a synthetic selective estrogen receptor modulator (SERM) that greatly increases the risk of lung and brain blood clots.

Breast Cancer

To prevent and treat breast cancer, traditional medicine favors mammograms, Tamoxifen, radiation and chemotherapy. As noted in Dr. Lee's *What Your Doctor May Not Tell You About Breast Cancer: How Hormone Balance Can Help Save Your Life* (“Breast Cancer”), however, “major studies published in prestigious peer-reviewed journals meeting all the conventional medical criteria for . . . evidence-based medicine have shown” that none of these treatments actually save lives. Thus, surgical removal of the cancer (a 50-year-old solution) is left as the primary conventional breast cancer treatment. Alternative, natural approaches may provide a brighter future for those with this devastating disease.

What Is Progesterone?

Progesterone is a sex hormone, produced primarily in the female ovaries and male testes, which is a key factor in the biosynthesis of other hormones and thus has many functions. It is synthesized from the sterol pregnenolone, which is made from cholesterol, derived from the breakdown of sugar and fat. During the menopausal years, women's progesterone levels can plummet to almost zero by age 50 while estrogen levels decrease relatively slowly.

In balancing the otherwise potential negative effects of “estrogen dominance” (the existence of excess estrogen relative to progesterone), progesterone's effects include: (1) helping the body use fat for energy and acting as a natural diuretic; (2) promoting normal sleep patterns; (3) facilitating normal thyroid function; (4) restoring normal libido; (5) acting as a natural antidepressant and anxiolytic; (6) stimulating new bone formation; (7) helping prevent breast and uterine (endometrial) cancer, and (8) protecting against breast fibrocysts. Also, since progesterone restores the sensitivity of estrogen receptors in cell membranes, administering natural progesterone may allow physicians to prescribe lower doses of supplemental estrogen.

The Alternative Approach: Natural Transdermal Progesterone Cream

Just as there are multiple factors that can exacerbate PMS and pre/menopausal symptoms, or increase the risk of osteopenia/osteoporosis and breast cancer, a variety of lifestyle choices and nutritional supplements can help prevent and treat these conditions. Natural progesterone cream, applied alternately to various areas of the body, is but one important means of addressing these conditions.

Not to be confused with synthetic progestins or Mexican wild yam/diosgenin/dioscorea (which the body cannot use to make progesterone), natural progesterone cream is synthesized in a lab to have the identical molecular configuration of the progesterone that your body makes. According to Dr. Lee, "The goal of progesterone supplementation is to restore normal physiologic levels of bioavailable progesterone," ideally based on a saliva, urine, or blood test. A physiologic dose is "an amount approximating what your body would make itself under normal circumstances," which should be monitored on a regular basis. Select a product that contains a total of 900-1,000mg of progesterone in two ounces, or approximately 20 mg in ¼ teaspoon, ideally from one of the companies that Dr. Lee recommends, such as Products of Nature or Emerita.

To begin understanding the benefits of this remedy, note that: (1) PMS usually involves high levels of stress and resulting cortisol production, which impairs progesterone activity and thus sets the stage for estrogen dominance; (2) estrogen dominance, and the need for supplemental natural progesterone, may be the cause of your pre/menopausal symptoms, especially fat deposited at the stomach, hips or thighs; and (3) in women with low bone density, Dr. Lee has maintained that "adding progesterone can actively increase bone mass and density and may reverse osteoporosis." Finally, in Breast Cancer, Dr. Lee notes that "almost all risk factors associated with breast cancer are directly or indirectly related to excess estrogen or estrogen that isn't balanced with progesterone" and that "correcting this imbalance . . . is the essence of preventing and treating breast cancer." Progesterone counteracts estrogen stimulation, thus encouraging the cells to multiply (proliferate) at a normal pace, mature (differentiate into the special type of tissue they were meant to be), and die on time (apoptosis), to be replaced by the new cells that are continually developing. If you have breast cancer, or wish to prevent it, consider reading this book and sharing it with your oncologist.

Also keep in mind that, while some breast cancer risk factors are beyond your control (i.e., race, age, and family history),

there are some things you can do to minimize your risk: (1) eat a healthy diet low in saturated fat and trans-fats, and high in mono/polyunsaturated fats, antioxidants, vegetables and low-sugar fruits; (2) exercise regularly and maintain a healthy body weight; (3) avoid excess estrogen [e.g., from oral contraceptives, pesticides, and hormone replacement therapy (HRT)], milk from cows given recombinant bovine growth hormone (rBGH), excessive alcohol, underwire bras, and antiperspirants; and (5) avoid X-rays, especially of the chest, as much as possible.

Conclusion

When seeking to balance your hormones, especially if you have breast cancer, it is important to work with a professional experienced in alternative modalities that can diagnose and treat you. Although using a bit more than the optimal dose is not harmful, chronically high doses of progesterone over many months can cause a variety of side effects, including its reduced effectiveness (i.e., by causing progesterone receptors to turn off) and candida ("bad" bacteria, produced by the inhibition of anti-candida white blood cells). Also, if natural HRT isn't working, it may be due to adrenal or thyroid dysfunction, chronic stress, or prescription drugs. Whether or not you seek a practitioner's guidance, it may help to keep a daily health journal during at least the first few months of your new hormone regimen to track your diet, supplements, and how you feel each day.

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