



Early menopause ? Am I there yet ?

by Jenny Brown

My first encounter with menopause was about 19 years ago when I exhibited very premature symptoms of hot flushes. I figured I had been in the sun too long as it felt a little like a sunburn afterglow!

I've subsequently learned that having a hysterectomy (which I'd had) can thrust one into a surgical menopause. These hot flushes continued intermittently and when I went for my annual check-up and was asked how my health was, I mentioned this to the Gynie. Without sending me for a blood test, he just told me to come back with that problem in ten years time!

And so a year later when I returned for my annual check-up, a blood test was done and the same Gynie was shocked to give me the news that I had nearly zero oestrogen in my system. He told me to choose my favourite colour and from my choice, he prescribed Premarin.

I had no knowledge at that time of the dangers of synthetic hormones

In fact my only reference was an article that had appeared in the Readers' Digest. I had read the pro's and con's and decided that I would take the risks because by then I was pretty desperate!

So for a few years, life returned to normal – my irritability, dry hair and dry everything else improved and I was happy. Until.... enter an AIM member enthusiastic about Renewed Balance™ – AIM's natural progesterone. She insisted that I watch Dr Lee's video on Natural Progesterone and I am ashamed to say that I was so bored I actually fell asleep. I woke to ask the question „If I'm short of oestrogen, why would I want to use a progesterone cream?“ It was obvious to others watching this video that I had dozed off because

Dr Lee covered this point in great detail – explaining that progesterone is like the “mother hormone” and if the body needs oestrogen or any other hormone for that matter, progesterone can be converted by the adrenal glands, the ovaries or even in hair follicles into the needed hormone!!

And it was through my need of progesterone that in 1998 I began my journey from being a junk food addict - to a health addict

For about four months I could do nothing but sing the praises of Renewed Balance™. Apart from the obvious benefits of feeling well and not having any menopausal symptoms, I lost at least 2kg that I had picked up whilst being on HRT. Because I was so convinced of the merits of Renewed Balance™, I joined AIM and convinced many of my friends to embark on the same discovery. Then all of a sudden the wheels fell off. This must have been when the residue of the HRT left my system. Panic set in because I had told so many people how wonderful it all was!!

For most women, Renewed Balance™ on its own does the trick, but sadly for me I had to go back onto half a pill of Estrofem (I had given up Premarin when I discovered it was made from pregnant mares' urine). I continued with the Renewed Balance™ so that I didn't have unopposed synthetic oestrogen in my system. Once AIM launched Revitafem, I was thrilled, because it meant I could supplement the synthetic oestrogen with a natural plant based source. And it worked fantastically.

I am happy to say that menopause is a thing of the past for me, but to ensure strong bones I still use a little progesterone cream because of the fact that it stimulates the osteoblasts which lay down new bone. Revitafem is also relevant for healthy bones and because I am at risk for osteoporosis, I don't skip taking two a day along with Frame Essentials™, BarleyLife® and CalciAIM – in fact I'm my best AIM customer because the only product I probably don't take is Reassure™!

An interesting answer to a question posed in the Virginia Hopkins Health Watch newsletter might provide some facts for educational purposes:

Hysterectomy and Bioidentical (Natural) Hormones From the Hopkins Health Watch Q&As

Does a woman without a uterus need progesterone ?

Q: My question is why do all the M.D.s that I have seen since my total hysterectomy say "No" to progesterone since I do not have a uterus and if I used it, it is a cause of breast cancer? With or without a uterus and ovaries, medically does a woman need to supplement progesterone and even some testosterone?

A: As so frequently happens, the M.D.s you are seeing are confused about the difference between the synthetic progestins such as Provera, and bioidentical (natural) progesterone. They are not the same thing. You'll find an entire chapter on the subject in [What Your Doctor May Not Tell You about Menopause](#). In short, progestins contribute to breast cancer, strokes, heart attacks, backaches, mood swings, and much more. Progesterone does not. Progesterone is the same as the hormone made by your body, which is why it is called bioidentical.

Progestins are created by scientists in a laboratory. They don't exist in nature. This is confusing to your body and causes unwanted side effects. If your doctors insist that progestins and progesterone are the same, ask them why progesterone levels in a blood test don't increase when you take progestins? Or why progestins aren't used in fertility treatments? Or why progestins cause birth defects yet progesterone is the major hormone of pregnancy?

According to two large European studies (see references

below), women with or without a hysterectomy who use bioidentical hormones (e.g. estradiol and progesterone) have no increased risk of any disease.

Campagnoli C, Abba C, Ambroggio S & Peris C, "Pregnancy, progesterone and progestins in relation to breast cancer risk". J Steroid Biochem Mol Biol, 2005 Dec;97(5):441-50.

de Lignières B, de Vathaire F & Fournier S. "Combined hormone replacement therapy and risk of breast cancer in a French cohort study of 3175 women," Climacteric. 2002 Dec ;5 (4):332-40.

Fournier A & Berrino F "Unequal risks for breast cancer associated with different hormone replacement therapies: results from the E3N cohort study," Breast Cancer Res Treat 2007 Feb 27.

Testimonial

Ek vind Revitafem en Renewed Balance™ Cream baie effektief as voorkoming vir die nuwe-effekte van die Menopause. Wat ek wel ook ervaar, is dat niks op sy eie so effektief werk as al die verskillende aspekte saamwerk nie. So moet jy min of glad nie koffie drink nie, jy moet oefening kry. genoeg slaap, baie water drink en reg eet. Al hierdie faktore werk saam om die Menopause se nuwe-effekte totaal te verminder of uit te skakel. Ek neem ook Barley Life en AIMega® daaglik. Dit stabiliseer die hormone. Dit in kort is my ondervinding en getuigenis van AIM en Menopause.

Aantje Kirsten – Silverlakes (Pretoria)

A natural answer to cellular imbalance

- Contains only natural ingredients
- Contains natural progesterone derived from wild yam
- Decreases symptoms of estrogen imbalance

