



Bad News *Hormone Replacement* **Good News** *Renewed Balance* *Cream*TM

By Janet Pauly R.N

The news that HRT (hormone replacement therapy) is dangerous has made headlines for several years now. The awful truth has finally bubbled to the top of the pool of misinformation that women have been given for years.

The sad thing is that women stopped HRT but had no good replacement, so now many of them are back on this dangerous hormone combination.

Women have been told that they needed HRT not only to prevent hot flashes and other menopausal symptoms but also to shield them from heart disease, osteoporosis and even Alzheimer's. HRT includes estrogen, usually Premarin (which stands for pregnant mares urine), and synthetic progesterone such as Provera. There are deadly little pills that contain both of these dangerous drugs such as Prempro and Premphase, to name two. The sad truth is that these hormones promote heart disease, strokes and breast cancer and do very little to prevent osteoporosis.

The news about the dangers of HRT is the best news that women have received in years. Discontinuing HRT will save thousands of lives. The dangers of ERT (estrogen replacement therapy) have now been proven beyond a doubt.

Many women believe that at menopause they lose all their estrogen

Actually the estrogen levels drop just enough to stop the menstrual cycle and most women still have 40 to 60% of the estrogen they always had. One study of women aged 65 to 80 years showed that two thirds of them had adequate estrogen. Fat cells make estrogen and the heavier a woman is, the more

estrogen she has. This is why obesity is a risk factor for both uterine and breast cancer.

Estrogen and progesterone sensitize each other's receptor sites

However, when a woman stops ovulating she loses her progesterone and her body can no longer use her own estrogen efficiently and it seems like she doesn't have enough estrogen. She may then develop hot flashes, insomnia, irritability, vaginal dryness, decreased thyroid function, weight gain, gallbladder disease, thinning hair and many other symptoms of hormone imbalance. Estrogen is then the dominant hormone and this will probably turn out to be the major cause of breast cancer along with chemicals that act like estrogen and occupy estrogen receptor sites. Many young women don't ovulate regularly and every month of estrogen dominance is an opportunity for breast cancer to start.

The message of estrogen to the cells of the breast and uterus is to proliferate and divide rapidly. This is what cancerous cells do. This message is only sent during the first part of the cycle when the uterine lining is building to prepare for a fertilized egg. When ovulation occurs then progesterone comes on the scene. The message of progesterone to the cells of the breast and uterus is to slow down, stop the rapid dividing, mature and differentiate. Estrogen is like the accelerator and progesterone is like the brakes. When a woman stops ovulating then she



loses her protective progesterone. Incidentally, blood tests to determine hormone levels are inaccurate; active hormone levels are reflected only in saliva. If you suspect that you might be low in estrogen then a saliva hormone test should be taken.

The answer is AIM's Renewed Balance, a real true natural progesterone cream.

So, back to the question of what a woman is to do without her HRT or even her estrogen for that matter. This will allow her body's own estrogen to be used more efficiently. For most women this will take care of the menopausal symptoms. For vaginal dryness just apply the cream to the vagina and it takes care of the dryness instantly—far better than suppositories or other lubricating creams. Since estrogen dominance throws the zinc/copper ratio in the brain out of balance causing minor irritations to become major rages, her mood should become more stable and thyroid function should improve. It should be easier to lose weight since estrogen not only causes cellular fluid retention but also causes fat to be laid down on the hips and thighs. And, best of all, real progesterone cream is absolutely safe.

Progesterone helps build healthy bones and protects the heart against dangerous spasm

Dr. John Lee in his landmark book, What Your Doctor May Not Tell You About Menopause, tells about his patients with osteoporosis experiencing significant gains in bone density using progesterone cream. Progesterone is concentrated in brain cells 20 times higher than in blood serum levels, indicating that it has an important function in the brain. Every tissue in the body is affected by progesterone. Studies have shown that women with low progesterone levels experience a tenfold increase from all types of cancers compared to the normal progesterone group.

Every woman who has stopped using HRT needs to know the good news that real progesterone cream is her answer. She doesn't need to suffer any longer. I wish this good news could be on the front page of the newspapers and discussed on TV and radio programs. It's too bad that doctors don't seem to

know about the benefits of natural progesterone since it's in the medical literature.

Not all progesterone creams contain progesterone and some contain minute amounts. To be sure that you get a cream that contains a known amount of pharmaceutical grade progesterone, use AIM's Renewed Balance. Cream is the best delivery system; oral progesterone is not efficient and stresses the liver. The ovaries produce about 15 to 30 mg of progesterone daily. 1/8th to a scant 1/4th teaspoon of cream daily supplies 24 mg of progesterone which is a good physiologic amount.

Should a woman find that she does need some estrogen, the safest kind is a class called "phytoestrogens." These are estrogens that occur naturally in plants. I have found that women who are depressed and have crying spells, plus hot flashes and other menopausal symptoms, need phytoestrogens in addition to the progesterone cream. I recommend AIM REVITAFEM. The recommended daily serving is two capsules.

I am so thankful to know about these natural ways to balance our body's hormones.

I hope that this information will enable you to find relief from your menopausal symptoms. Even women who do not have these symptoms need to understand that balancing their hormones can help prevent breast cancer, heart disease, thyroid problems, and osteoporosis to name a few.

