

A natural answer to hormone imbalance

Many health practitioners believe that an imbalance between two important hormones, estrogen and progesterone, causes the symptoms of premenstrual syndrome (PMS), menopause, and the accelerated bone loss after menopause. If you are suffering from PMS or any of the symptoms associated with menopause—hot flashes, water retention, weight gain, mood swings, lack of concentration, dry and thin skin, bone mineral loss (osteoporosis), and others—these two hormones may not be in balance.



In the past, many health practitioners dismissed PMS as “psychological” or “inconsequential” and recommended nothing in particular to treat it. Menopause symptoms were recognized, however, and health practitioners generally recommended Estrogen Replacement Therapy (ERT) to manipulate hormone levels and thus relieve the discomforts of menopause. However, in the mid-1970s, studies linked the use of synthetic estrogen to uterine cancer. This spurred the use of Hormone Replacement Therapy (HRT), which often combines synthetic estrogen with synthetic versions of progesterone (progestins, such as Provera). This therapy was also said to reduce the risk for both heart disease and osteoporosis.

HRT also has drawbacks, however. Using synthetic progesterone and estrogen has resulted in many side effects—fluid retention, nausea, insomnia, depression, high blood pressure, and hair loss. Even more worrisome is that studies have indicated that older women who take synthetic hormones are at significantly greater risk for breast cancer and that adding progestins to estrogen does not reduce this risk.

Today, many women are becoming aware of the drawbacks of ERT and HRT and want a natural product that can help them balance their hormones. One solution is natural progesterone, a substance that is safe, effective, and easy to use.

Progesterone and natural progesterone

Progesterone is made in the ovaries. Progesterone production begins just prior to ovulation and increases rapidly until it reaches an average production of about 20 mg per day. If an egg is not fertilized, progesterone production falls, triggering the menses. Progesterone is necessary throughout gestation for the survival of a fertilized egg, the resulting embryo, and the fetus. During pregnancy the placenta produces 300 mg to 400 mg of progesterone per day.

Progesterone has many other functions, among them protecting against breast fibroids, helping the body use fat for energy, and helping to normalize blood clotting and blood sugar levels. Today, many health professionals claim that the symptoms associated with PMS and menopause are due not so much to estrogen, but to a deficiency of progesterone and an overabundance of estrogen. It is believed that progesterone balances estrogen and that an overproduction of estrogen can lead to health problems.

Natural progesterone is derived from wild yams. Natural progesterone has the same molecular structure as the progesterone produced by the body and can be used to balance estrogen and progesterone levels.

Natural progesterone and PMS

Many people believe that progesterone is the culprit in PMS because PMS occurs about 10 days before a woman's period—when progesterone levels are high. However, according to John Lee, M.D., women with PMS tend to have lower progesterone levels than normal at this time in the cycle (when progesterone is supposed to be dominant). This means estrogen is dominant and that the two hormones are not in balance. Using natural progesterone can help restore the balance.

Natural progesterone and menopause

The prevailing belief is that menopausal symptoms are due to an estrogen deficiency. However, estrogen levels drop 40 percent to 60 percent at menopause, while progesterone levels drop to nearly zero. This great drop in progesterone means that the two hor-

mones are unbalanced. Using natural progesterone can help restore the balance.

Natural progesterone, wild yam, and progestins

Many people confuse natural progesterone products, wild yam products, and synthetic progestins. (See chart below.)

In natural progesterone products, such as AIM Renewed Balance®, diosgenin, a phytoestrogen (plant estrogen) is derived from the wild yam. The diosgenin is converted into natural progesterone in a three-step process. This natural progesterone has the same molecular structure as the progesterone created by the body and can be used to supplement and balance the body's progesterone and estrogen levels.

A wild yam extract product also contains diosgenin from the wild yam plant. However, it is not converted to natural progesterone and thus does not have the same molecular structure as the progesterone produced by the body. Although wild yam extract products do have progesterone-like effects, they cannot be considered natural progesterone products. The active ingredient in a wild yam product is diosgenin, not natural progesterone.

AIM Renewed Balance® contains natural progesterone, not just wild yam. This may be confusing. Just remember this: In AIM Renewed Balance® the diosgenin from wild yam is converted to natural progesterone. In wild yam extract products, the diosgenin from wild yam is not converted to natural progesterone.

Finally, many people consider synthetic progesterone (known as progestins) the same thing as natural progesterone. Synthetic progestins are often derived from progesterone or testosterone and converted to natural

progesterone, but they are then further altered by introducing a new atom. This inhibits progesterone metabolism and prolongs its activity. It is no longer natural progesterone. There is a long list of contraindications and side effects that accompany these synthetic progestins. As noted, these symptoms include fluid retention, nausea, insomnia, and depression.

Estrogen dominance

Estrogen dominance is the term used by many health practitioners when estrogen and progesterone are out of balance; generally there is more estrogen relative to the progesterone. It is important to remember that this does not mean that there is too much estrogen; simply that estrogen levels are relatively higher than progesterone levels. According to Raymond F. Peat in *Nutrition for Women*, among the side effects of estrogen dominance are face puffiness, feet swelling at night, excessive uterine bleeding, PMS symptoms, increased fat storage, low blood sugar, and memory loss.

Estrogen dominance, and its side effects manifested in PMS and menopausal symptoms, may be more prevalent today because of the synthetic estrogen found in foods and the many chemicals prevalent in our environment that have estrogen-like effects.

Natural progesterone and osteoporosis

Estrogen and progesterone also contribute to osteoporosis. Estrogen is often used to fight osteoporosis after menopause because a lack of estrogen speeds up bone loss. However, Dr. Lee theorizes that progesterone is more important than estrogen in treating osteoporosis.

Dr. Lee points out that bone loss in women starts in

Type of product	Source	Results
Wild Yam Cream	Diosgenin is extracted from wild yam plants	Has weak progesterone-like effects but is not converted to progesterone in the body; it does not have the same molecular structure
Natural Progesterone Cream (AIM Renewed Balance®)	Diosgenin is extracted from wild yam and converted to have the same structure as the progesterone in the body	Is the same as the progesterone produced by the body; it has no known side effects
Progestin (synthetic progesterone)	Starts with natural progesterone; but an atom is added, changing the structure; it is no longer the same as the progesterone produced by the body	Has some progesterone-like effects, but also many negative side effects

their 30s, before estrogen production has greatly decreased. At this time, however, progesterone levels are falling, due to periods without ovulation (unovulatory periods). Thus, the bone loss may be due more to a lack of progesterone than to a lack of estrogen. Dr. Lee also points to studies that indicate that there are receptors for progesterone in the osteoblasts, the cells involved in new bone formation.

In a summary of his own report on osteoporosis reversal (original report published in the June 1990 issue of the *International Clinical Nutrition Review*), Dr. Lee states that, in a program including small amounts of estrogen and a 3 percent progesterone cream, “a 5-10 percent increase in bone mineral density was found to be routine during the first year.” In *Natural Progesterone, The Multiple Roles of a Remarkable Hormone*, Dr. Lee states that “Postmenopausal osteoporosis is a disease of inadequate osteoblast-mediated new bone formation secondary to progesterone deficiency. Progesterone restores osteoblast function.”

AIM Renewed Balance®

AIM Renewed Balance® is a topical cream that helps your body stay in balance. It is available in either a pump dispenser or in a tub. The pump contains 1,104 mg of natural progesterone (derived from wild yams), vitamin E, aloe vera, and other healthful substances. The tub has the same ingredients, but contains 1,120 mg of natural progesterone.

The other ingredients in AIM Renewed Balance® also have benefits. Vitamin E helps stabilize the natural progesterone and is also believed to be its most effective carrier. Vitamin E is instrumental in seeing that the natural progesterone is absorbed by the body. Aloe vera oil, avocado oil, carrot oil, and lemon oil also help absorption, and give AIM Renewed Balance® powerful moisturizing capabilities.

How to use

AIM Renewed Balance®

- How much natural progesterone to use depends on your biochemistry. **Tub:** Using a standard measuring spoon, it is generally recommended that you use a rounded 1/8 to a scant 1/4 teaspoon (1 gram to 1.2 grams) of AIM Renewed Balance®. **Pump:** Two pumps in the morning and two pumps in the evening. The cream should be used two to three weeks per month.

Best method to dispense AIM Renewed Balance® cream

The new plunger pump dispenser for our AIM Renewed Balance® cream is an alternative to the jar packaging. It eliminates the possibility of contamination although some Members have occasionally had problems with air bubbles and improper dispensing. Here are five simple steps that will help clear any air bubbles and improve dispensing of AIM Renewed Balance®:

① Store dispenser in an upright position away from constant direct light or in the refrigerator.

② Tighten the inner cap.

③ Prime the pump once or twice to clear the air.

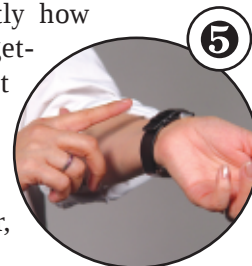
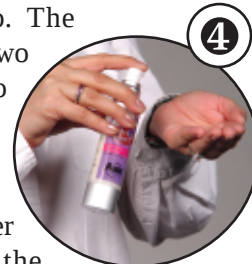
④ Squirt the cream into a cupped palm.

⑤ Use a clean finger to spread it on the thin skin areas of the body.

Our airless pump will dispense all but a little bit of cream left at the top of the container. Simply unscrew the pump cap and shake that small amount into your hand and dispense as usual. Do not remove the inner pump cap until the pump no longer dispenses cream and the plunger reaches the top of the tube. Cap removal introduces a great amount of air into the pump vacuum, which is difficult to remove.

Our plunger pump is constructed to dispense 6 mg of cream per pump. The suggested use is 24 mg per day so two pumps in the morning and two pumps in the evening will give users the desired amount. Every two pumps will look like a rounded nickel in your palm. With 6 mg per pump, users who wish to alter the amount of cream can know exactly how much progesterone cream they are getting per pump and adjust the amount of cream according to their needs.

- Always adjust your natural progesterone use to your needs. If symptoms disappear or reappear, use less.



- Shelf life is two years, sealed. Store in a cool, dark place below 75 degrees. It can be refrigerated, but should not be frozen.
- Rub the cream into areas of thin skin, such as the neck, upper chest, breasts, and inside arms. Rotating among the various sites maximizes absorption.

Premenopausal women

Tub: A rounded $\frac{1}{8}$ teaspoon to a scant $\frac{1}{4}$ teaspoon (1 g to 1.2 g of cream) per day for two weeks (from ovulation to menstruation).

Ovulation generally begins 12 to 14 days after the first day of menstruation. Apply to areas of thin skin. It is always best to work with a health practitioner to determine your optimum serving.

Pump: Use 2 pumps of cream in the morning and evening for 2 weeks. Rub the cream into areas of thin skin.

Postmenopausal women

Tub: A rounded $\frac{1}{8}$ teaspoon to a scant $\frac{1}{4}$ teaspoon (1 g to 1.2 g of cream) per day for two to three weeks. You may begin your usage at any time. Apply to areas of thin skin. It is always best to work with a health practitioner to determine your optimum serving.

Pump: Use 2 pumps of the cream in the morning and evening for 2-3 weeks. Rub the cream into areas of thin skin.

Q & A

Does natural progesterone have any side effects?

According to John Lee, M.D., when natural progesterone is used in amounts no greater than what the body produces (20 mg to 24 mg per day), there are no known side effects.

Some women have noticed occasional spotting, and others a feeling of euphoria or drowsiness when taking larger amounts of natural progesterone. Any re-occurring spotting or breakthrough bleeding should always be checked by a health practitioner.

If you are not using natural progesterone correctly, you may have a return of the symptoms linked to estrogen dominance. If this is the case, alter your use.

Can I use too much natural progesterone?

Every woman has different needs, so defining “too much” is difficult. We recommend using the suggested

serving and, if necessary, altering it to fit your needs.

Can natural progesterone help osteoporosis?

Studies by John Lee, M.D., indicate that natural progesterone may help osteoblast function, which is integral in the rebuilding of bone.

What do I do if I am currently on ERT or HRT?

Because different women use different amounts of estrogen and progestin in ERT or HRT, you should consult your health practitioner.

How quickly will I notice results?

Some people notice results immediately, while others may not notice results for two to three months. This is because if you have a progesterone deficiency, the natural progesterone will initially be absorbed by fat. When the progesterone levels in the body are satisfactory, the natural progesterone will diffuse into the blood.

Benefits & Features

Benefits

- Maintains hormone balance
- Decreases symptoms of estrogen dominance

Features

- Contains only natural ingredients
- Contains natural progesterone derived from wild yam
- Has not been tested on animals
- Contains 1,120 mg of natural progesterone per 2-ounce jar/contains 1,104 mg of natural progesterone per 1.6-ounce pump
- 2-ounce (56 g) jar/1.6 ounce (46 g) pump
- AIM uses United States Pharmacopie (USP) certified natural progesterone in AIM Renewed Balance®

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