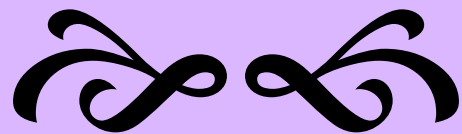




# Natural Progesterone For You

*PMS*  
*MENOPAUSE*  
*PERI-MENOPAUSE*  
*MEN'S PROSTATE HEALTH*



Barbara A. Hoffman, N.D.



# FAQ'S

## **What is natural progesterone?**

Natural progesterone comes from plant sterols. The most common source today is the Wild Mexican yam. It is processed to match the chemical composition of our body's own progesterone, in other words "bio-identical". The natural progesterone is micronized and therefore capable of passing through the skin into the blood stream.

Products that contain Wild Yam extract alone without micronized progesterone are not natural progesterone. Synthetic progesterone is called progestin and is manufactured by pharmaceutical companies.

## **Who may benefit from natural progesterone? Women with:**

1. PMS symptoms
2. Estrogen Dominance symptoms
3. Menopausal symptoms
4. Osteoporosis

## **How does natural progesterone help?**

During peri-menopause many women do not ovulate regularly. After menopause women do not ovulate at all. Without ovulation, the ovaries do not produce progesterone. Progesterone levels get lower, while estrogen levels may stay the same. This imbalance may result in hot flashes, night sweats, insomnia, changes in bleeding patterns, fatigue, depression and more (see page 12). Adding progesterone may help restore the bodies balance and alleviate symptoms.

## **What do I look for in a natural progesterone?**

Look for a crème that contains between 960-1000 mg of progesterone per 2oz jar. This supplies 20 mg of USP Progesterone per 1/4 tsp.

This meets the standards of Dr. John R. Lee, a medical doctor, natural progesterone expert and research authority on natural progesterone.

## **How do I use natural progesterone?**

According to Dr. John Lee, directions are as follows: Massage 1/8-1/4 tsp. into your skin twice daily. Apply to inner arms, wrist, palms of hands, thighs, face, or neck. These areas are most absorbable and the progesterone absorbs through the skin in one to two minutes.

## **Menstruating Women**

The first day of bleeding or menses is Day 1. Start the crème on Day 12 and continue through Day 26.

### Irregular Cycles

If you have just had a cycle, use the crème from day 12-26 of your cycle. Then stop. If your period does not come within a week, consider the last day you took the progesterone as day one of a new cycle. Then begin on day 12 again.

If periods stop for 3 consecutive months, begin to use the crème for 25 days of each month.

## **Non-Menstruating Women**

Use the crème for 25 days per month. Take 2-5 days off to allow receptor sites to remain active.

## **Weaning Instructions if choosing to go off synthetic hormones**

1st Month: Use crème as directed. Take synthetic estrogen pill every other day or cut estrogen patch in half.

2nd Month: Use crème as directed. Take synthetic estrogen pill every third day or cut estrogen patch in quarters

3rd Month: Use crème as directed. Take synthetic estrogen pill every fourth day. If using the patch, go totally off it.

4th Month: Use crème as directed. Off all synthetic hormones.

While weaning, do not take breaks in using the crème.

### **How soon can I see results?**

Depending upon your individual body, your experience may not be the same as the next person's. Some notice immediate results, while for others it takes longer for the progesterone to work with their symptoms. It may take up to 3 months to notice maximum benefits. Don't give up! Since it is a natural substance, it may take longer for the body to respond than a powerful synthetic.

### **How are natural hormones different from synthetic hormones?**

Synthetic hormones are made from substances that are not natural in the human body. For example, Premarin is made from a pregnant mare's urine. It is important to note that a study on synthetics by Women's Health Initiative of the National Institute of Health was prematurely halted due to deleterious long-term effects on women's health, specifically breast cancer, blood clots, and stroke. On the other hand, natural hormones are bio-identical to the body's own hormone molecules.

### **I have had breast cancer. Can I use natural progesterone?**

According to Dr. John Lee, it is a good choice, because excess estrogen is thought to be a major contributing cause to increasing numbers of breast cancers in the U.S. Progesterone balances estrogen levels in the body. Several studies have revealed important mechanisms by which natural progesterone may play a role in preventing breast cancer or its reoccurrence.

### **Why do I have so much insomnia?**

Insomnia in women over 40 is usually associated with the hormonal changes of peri-menopause and menopause. Often there is too much estrogen relative to progesterone in the body. Remember estrogen is a central nervous system stimulant and progesterone has a calming effect on the brain. Some women experience excellent results when they rub 1/4 tsp. on the back of their necks for their evening dose.

### **I am Post-menopausal, Will I start menstruating again if I use natural progesterone?**

Occasionally, some women will experience some break-through bleeding when they begin to use natural progesterone. This is rare, but it does happen. The progesterone can cause the body to rid itself of excess estrogen that is stored in the endometrium, which leads to uterine shedding. This is temporary and should stop after 3 months. Any bleeding that persists should be reported to your doctor.

### **I have facial hair, especially in the upper lip area.**

Excessive growth of facial and body hair is called hirsutism and can be indicative of hormonal imbalance between estrogen, testosterone and progesterone. Natural progesterone may help this condition. Many women report facial hair decreases or disappears after 4 to 6 months of progesterone use, often rubbing some directly on the hair.

### **Can natural progesterone help with “fuzzy thinking”?**

This is a very common complaint. Hormonal imbalance is often the cause of short-term memory loss or “fuzzy thinking”. Progesterone has been found to be highly concentrated in the brain cells. The mechanism is not known, but it is suggested that it serves an important purpose. Many women report clearer thinking within 3-4 weeks.

### **Can I use natural progesterone if I have Osteoporosis?**

Dr. John Lee who studied the effect of progesterone on osteoporosis concluded that progesterone may help build new bone by stimulating osteoblastic activity.

### **Can natural progesterone help Polycystic Ovarian Syndrome?**

Dr. John Lee recommends using natural progesterone to treat PCOS as it suppresses the luteinizing hormone and therefore ovarian cysts are not stimulated. He states that, in many women, cysts may then shrink with the passage of several menstrual cycles.

### **Can natural progesterone help with fibrocystic breasts?**

One common factor in women with fibrocystic breasts has been found to be higher circulating estrogen. In many women, fibrocystic breasts respond well to progesterone therapy in about three to four months. Natural progesterone may be rubbed directly on the breasts.

### **Will natural progesterone help uterine fibroids?**

Estrogen dominance can result in uterine fibroids. Fibroids are non cancerous lumps that grow in the uterus. Estrogen stimulates their growth & the lack of estrogen causes them to atrophy. Studies have shown that when sufficient natural progesterone is replaced, fibroid tumors may no longer grow in size and often decrease. Protocol for using natural progesterone is from day 8 through day 26 of the menstrual cycle, according to Dr. John Lee.

### **What is PMS?**

PMS is a disorder characterized by a set of hormonal changes that trigger disruptive symptoms in women for up to 2 weeks before menstruation. Symptoms may be both physical and emotional. They may also vary month to month. Symptoms include: headaches, migraine, weight gain, anxiety, depression, tension, and low libido. Many women have noticed significant improvement when they use natural progesterone from day 12-26 of their cycle.

### **What can be done about hormonal migraines?**

According to Dr. Christiane Northrup, an expert in menopause, hormone imbalance often contributes to a woman experiencing migraine headaches. A number of women have reported relief with menstrual and menopausal migraines after using natural progesterone.

### **Can I use birth control pills while using natural progesterone?**

According to Dr. Contreras and Dr. Lee, natural progesterone may neutralize the effect of birth control pills and therefore you may become more fertile.

### **Can natural progesterone help with my hot flashes?**

A study found that 83% of women had a decrease in frequency and/or severity of their hot flashes while using natural progesterone. This was printed in Dr. Christiane Northrup's book The Wisdom of Menopause. Studies have also indicated that progesterone can eliminate up to 75% of all hot flashes in many women.

### **How else can I fight these hot flashes?**

Try eliminating spicy foods, hot drinks, alcohol, sugar and caffeine. These can trigger hot flashes. Drink 6-8 glasses of water per day. Exercise (in amounts as little as 3.5 hours per week) is very helpful. Vitamin E has a long history of reported benefit in women experiencing hot flashes. When actually having a hot flash, many women report that applying 1/8 to 1/4 tsp of creme every 15 minutes for 1 hour during and following the episode is also very helpful.

### **Will natural progesterone help endometriosis?**

In What Your Doctor May Not Tell You About Pre-Menopause, by Dr. John R. Lee, he states that he has treated many endometriosis patients with natural progesterone and observed considerable success. He says that excess estrogen can cause proliferation of the endometrial cells that grow outside the uterus, which is an extremely painful condition. His recommendation: use natural progesterone day 6 thru day 26 each month, using one ounce of the cream per week for 3 weeks. Dr. Lee reported that over 4 to 6 months the pain can gradually subside as healing of the inflammatory sites occurs.

### **How will I know if I'm using too much natural progesterone?**

If you are using too much, you may feel drowsy. As progesterone causes a calming effect, in excessive amounts it may cause drowsiness. Some women notice abdominal bloating. Simply cut back on your dosage. Natural progesterone usually increases energy, you should feel energetic, not lethargic.

### **What is Phyto-Estrogen?**

“Phyto” means plant. A good source of Phyto-Estrogen is Red Clover. Red Clover may help elevate and balance moods, improve sleeping patterns, reduce menopausal symptoms such as hot flashes, improve libido, support cardiovascular health and promote maintenance of bone mass. Red clover contains four main isoflavones: Genistein, diadzein, biochanin and formononetin. Isoflavones cause weak estrogenic activity and thus seem to help menopausal symptoms. Soy is also a phyto-estrogen, although some are allergic to soy.

### **How much progesterone is in a 1/4 teaspoon?**

In a 2oz jar containing 1000 mg of USP progesterone, 1/4 tsp. will contain 20 mg. Using a 1/4 tsp. twice daily results in a total dosage of 40mg. per day which is more than adequate for most women.

### **I have had a hysterectomy, but still have my ovaries. Should I still use natural progesterone?**

According to Dr. Lee, this is a good choice. Following hysterectomy, the blood supply to the ovaries is significantly reduced and therefore so is their ability to produce progesterone. Within 2 years of the hysterectomy, production usually falls to postmenopausal levels.

### **Is Progestin the same thing as progesterone?**

No. Progesterone refers to the hormone produced in the body or from a plant source, but chemically identical to human progesterone. In contrast, Progestin is a synthetic progesterone that differs in structure to the body’s own progesterone. Natural progesterone is bio-identical.

### **How safe is natural progesterone?**

The safety of natural progesterone is well established. A pregnant woman may make up to 300 mg of progesterone per day, so obviously it is not harmful to a developing fetus. Excessive use may cause drowsiness, but this would involve using large amounts.

### **Why is transdermal absorption so good? Can't I take a pill?**

Natural hormones are small, fat soluble molecules which are easily absorbed through the skin. They pass into the subcutaneous fat layers, then into the blood stream in one to two minutes. Progesterone in a pill goes directly to the liver and about 20% is absorbed. Thus it is necessary to take 100 mg of progesterone in a pill form to get approximately 20 mg into your cells.

### **If I do not have the symptoms of PMS or menopause, do I need natural progesterone?**

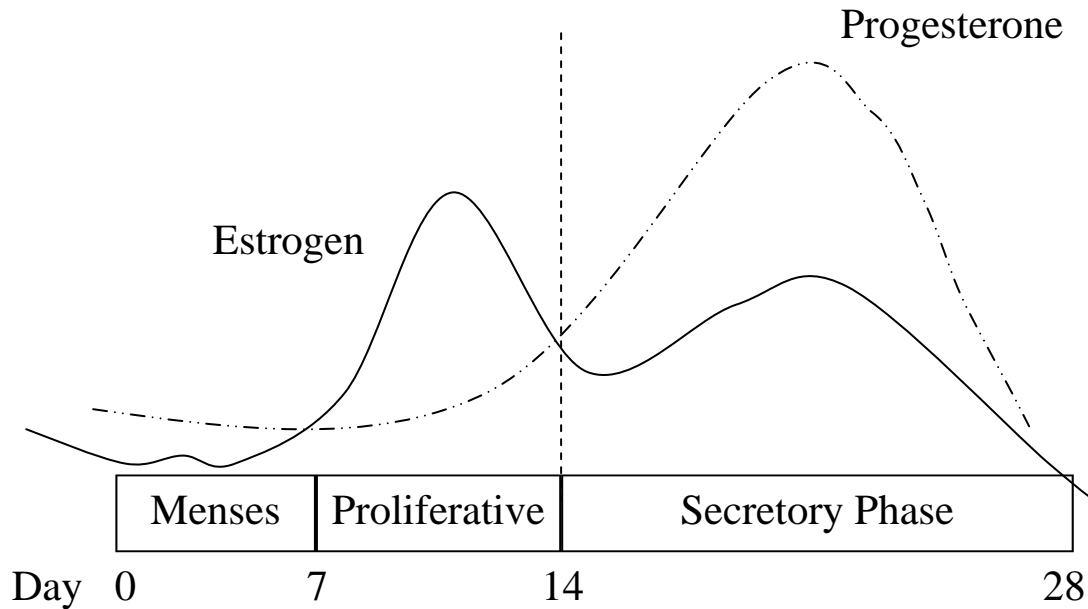
Even if you do not have symptoms, you can still get benefits from using natural progesterone. Three main benefits may include: hormone balance, protection against breast cancer and new bone growth.

### **What exactly is menopause? If I am still having periods, can I still be in menopause?**

No, Menopause is the point at which you have gone twelve (12) consecutive months without a menstrual period. The average age of menopause is 50-51 years of age.

### **What is peri-menopause?**

Peri-menopause usually begins sometime in your 40s. You will still have menstrual periods, but you may notice changes. These changes can be in the amount of bleeding during your cycle; you may have heavier cycles or lighter cycles. Cycles may become shorter or longer. You may also skip periods. Other symptoms can begin in some women, such as anxiety, insomnia, hot flashes, night sweats, mood swings, depression and hair loss. Women often do not ovulate during every cycle when they are in peri-menopause, leading to these symptoms of estrogen dominance.



As seen, if still menstruating, use Natural Progesterone Crème Day 12-26

**I have been told that I have very low estrogen levels, yet I fit into the symptoms of estrogen dominance. How can this be?**

Estrogen dominance, the phrase coined by Dr. John Lee after his extensive research in women’s hormones, describes a condition in a woman’s body where she has deficient, normal or excessive estrogen, but has little or no progesterone to balance its effects in the body. Therefore, even a woman with low estrogen levels can be estrogen dominant. Natural progesterone creme can help to restore hormonal

**Can I use natural progesterone if I plan to become pregnant or if I am pregnant?**

Early miscarriages are becoming more frequent. An adequate supply of progesterone to the uterine lining may help prevent miscarriages. If you are already using natural progesterone, Dr. John Lee recommends continuing use for the first three months of pregnancy. After 3 months, the placenta makes high amounts of progesterone, therefore discontinuing after the third month avoids any abrupt drop in progesterone levels.



# ESTROGEN DOMINANCE

**The hormones of a woman's menstrual cycle begin to shift out of balance during the peri-menopausal years and become more erratic the following years.**

According to Dr. John Lee the main causes of Estrogen Dominance are:

1. Nutritional imbalances
2. Effects of stress on the body
3. Use of birth control pills
4. Environmental toxins & synthetic chemicals such as pesticides and plastics.

These environmental toxins & chemicals affect the hormone balance of all living creatures including humans. They are called **Xenohormones**. Most of them have an estrogenic effect which can cause hormonal imbalance. An excess or deficiency of estrogen has a strong effect on a woman's body. Too much causes bloating, mood swings & insomnia. Too little causes lethargy, fatigue, depression and low libido.

## Characteristics of Estrogen Dominance

- Weight gain
- Insomnia
- Fatigue
- Memory loss
- Irritability
- Acne
- Cramping
- Irregular menstrual flow
- Depression
- Panic attacks
- Osteoporosis
- Cold hands and feet
- Breast tenderness
- Hair loss
- Thyroid imbalance
- Increased breast cancer risk
- Fluid retention (bloating)
- Blood clots

## Progesterone Use Can Help:

- Utilize fat for energy
- Restore normal sleep pattern
- Restore proper cell oxygen levels
- Help with concentration
- Normalize blood sugar levels
- Protect against fibrocystic breasts
- Help prevent breast cancer
- Act as a natural anti-depressant
- Act as a natural diuretic
- Assist thyroid hormone action
- Normalize blood-clotting
- Maintain the secretory endometrium
- Increase libido
- Normalize periods
- Aid in skin disorders
- Stimulate bone mineral density
- Restore oxygen to cells
- Normalize Zinc and Copper levels
- Relieve cramping

# Xenoestrogens



## Xenoestrogens are found in:

- Paints
- Textiles
- Paper products
- Pesticides
- Herbicides
- Plastics
- Plastic wraps (leach into food)

*Scientists studying a high rate of breast cancer in Long Island found that women with breast cancer had higher levels of pesticides such as DDT in their breasts than women with normal breasts.*

## How To Protect Yourself At Home

**Step One:** Purchase foods not packaged in plastic wrap whenever possible.

**Step Two:** Remove plastic wraps as soon as you get home, because the longer it is in contact with food the more the xenoestrogens may leach into the food. Store food in butcher paper, cellophane, foil or glass when possible.

**Step Three:** Do not microwave food in plastic containers. Use a glass dish instead.

**Step Four:** Invest in a water filter. In some areas, Xenoestrogens are prevalent in drinking water due to massive amounts of detergents used by industry that make their way to ground water.

# Fat Gain

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## **Excess Estrogen Can:**

- Convert food calories into fat instead of energy
- Alter thyroid function, changing metabolism
- Interfere with insulin function to convert calories into energy
- Xenoestrogens are toxins stored in fat cells that can keep you fat

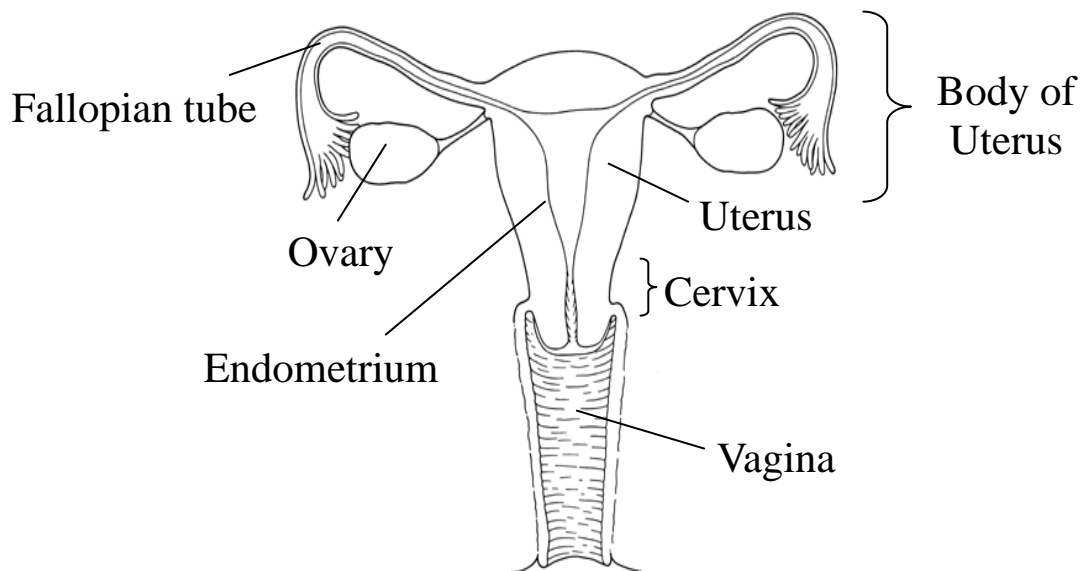
***Women who consume more calories than needed increase their estrogen production. The more fat a woman has, the more estrogen she is producing.***

The weight gain caused by both water retention and fat deposition on hips and thighs may be reduced in many women by using natural progesterone crème. After using progesterone, the body utilizes fat for energy.

Many women have reported “losing their spare tire” with consistent natural progesterone use.

## HOW AND WHERE IS PROGESTERONE MADE?

When your menstrual cycles are regular and functioning at optimum levels, your ovaries release an egg into your fallopian tube every 18-28 days. This is called ovulation. The egg has responded to hormonal signals from the brain.. Next, the tissue surrounding the egg enlarges and matures into a follicle. As the follicle enlarges, it begins to make estrogen. Estrogen is the dominant hormone for the first week or so after menstruation. Upon ovulation, the follicle bursts, releasing the egg into the fallopian tube. The now empty follicle becomes the “corpus luteum”, a small yellow body on the surface of the ovary. The corpus luteum is now the site of abundant progesterone production which dominates the second half of the menstrual cycle. The increase of progesterone at the time of ovulation causes a rise of body temperature of about one degree Fahrenheit, which is often used to predict ovulation. If pregnancy does not occur within 10-12 days following ovulation, estrogen and progesterone levels fall abruptly which triggers menstruation. If pregnancy occurs, progesterone production increases and the shedding of the lining of your uterus is prevented. In anovulatory cycles (no ovulation) no progesterone is made and estrogen dominance can prevail. Due to stress, environmental influences, diet, and past use of birth control pills, great numbers of women are not ovulating and therefore not producing progesterone.



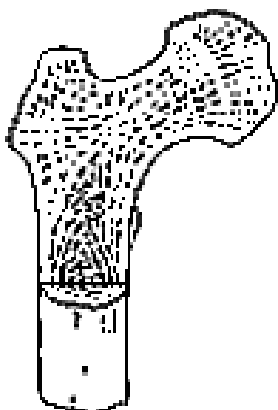
# Osteoporosis



## Disease of Bone Loss

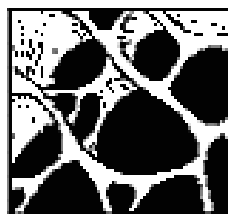
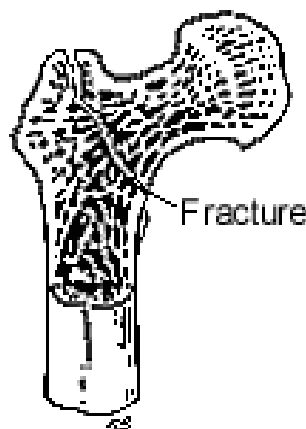
A metabolic disorder characterized by bone resorption exceeding bone deposition. The result is weakened bones that are easily fractured. Osteoporosis is most common in women and bone loss can begin prior to menopause.

**Normal bone**



Close-up view

**Bone with osteoporosis**



Close-up view

*According to the Health & Science Research Institute, U.S.A, Women using transdermal progesterone creme can experience an average 7-8% bone mass density increase the first year, 4-5% the second year and 3-4% the third year.*



# BREAST CANCER

## **Top 10 Things You Should Know**

### **1. Premarin & Provera increase Breast Cancer Risk**

In the 1995 Nurses' Health Study, women taking synthetic estrogen alone had 36% increase in risk of breast cancer; those on synthetic estrogen plus progestin had a 50% increase; those on progestins alone had 240% increase of breast cancer. Women who, at the time of the study had been taking synthetic estrogen and synthetic progestin for 5-10 years had a 45% increase in their risk of breast cancer.

### **2. Estriol is the protective estrogen, but most doctors use estradiol**

The estrogen, "estriol" is completely missing from some forms of conventional hormone replacement therapy (HRT). In the female human body, estriol is the estrogen that is found in the greatest amount compared to estrone and estradiol. Over 80% of this natural tri-estrogen is estriol in females. Studies have shown that **estriol protects** the body from the more carcinogenic estrone and estradiol and is especially protective against breast cancer.

### **3. Breast Cancer spreads rapidly, but can be slowed & stopped**

Compare Prostate versus Breast cancer. Prostate cancer doubles in five years. Breast cancer can double in three months. **Slowing the proliferation rate slows the cancer!** A 1995 study showed unopposed estrogen increased cell proliferation by 230% whereas **natural progesterone decreased it by more than 400%**.

### **4. Estrogen Dominance from environmental xenoestrogens can Increase risk of Breast Cancer.**

Asians have a lower incidence of breast cancer, not because of soy, but because of fewer hormones and **less estrogens** in the environment. Besides Asia, incidence rates are also low in India, Gambia and Israel. The low incidence rate of breast cancer is primarily in countries that are non-industrialized or less industrialized.

### **5. Natural progesterone may shut down cancer replication.**

Breast cancer researcher Dr. David Zava studied the estrogen and progesterone levels in breast tissue specimens taken from women who had undergone surgery for breast cancer. He found that almost universally they revealed estrogen dominance and a deficiency in progesterone. In sample tumors Dr. Zava and Dr. K. J. Chang concluded that **the majority of the cells in the tumor were WELL DIFFERENTIATED & QUIESCENT (not replicating) in the women taking progesterone.** They also found that estrogen alone promoted cancer growth, but **when progesterone was added, tumor suppressor genes were stimulated and the cancer growth was stopped.**

### **6. Think about treating any breast injury with progesterone.**

Injury to the breast can cause cellular damage. Dr. John Lee suggested that following any injury to the breast, a woman put natural progesterone creme directly on that breast for 3 months.

### **7. Natural progesterone is breast protective**

A John Hopkins study showed the incidence of breast cancer was 5.4 times **greater** in women with low progesterone than in women who had good progesterone levels.

### **8. The estradiol “patch” contains a potent form of estrogen.**

The “patch” contains 100% **estradiol**, which is the most potent of all estrogens in the female body. It contains no estrone & no estriol. A second study by Dr. William Hrushesky revealed estrogen promotes delayed apoptosis. Apoptosis is the system our body uses to destroy old cells. Normal cells are programmed to live for only a specified time and then die as new cells replace them. If old cells are not destroyed, it increases their risk of becoming cancerous. Natural progesterone was found to **decrease** delayed apoptosis.

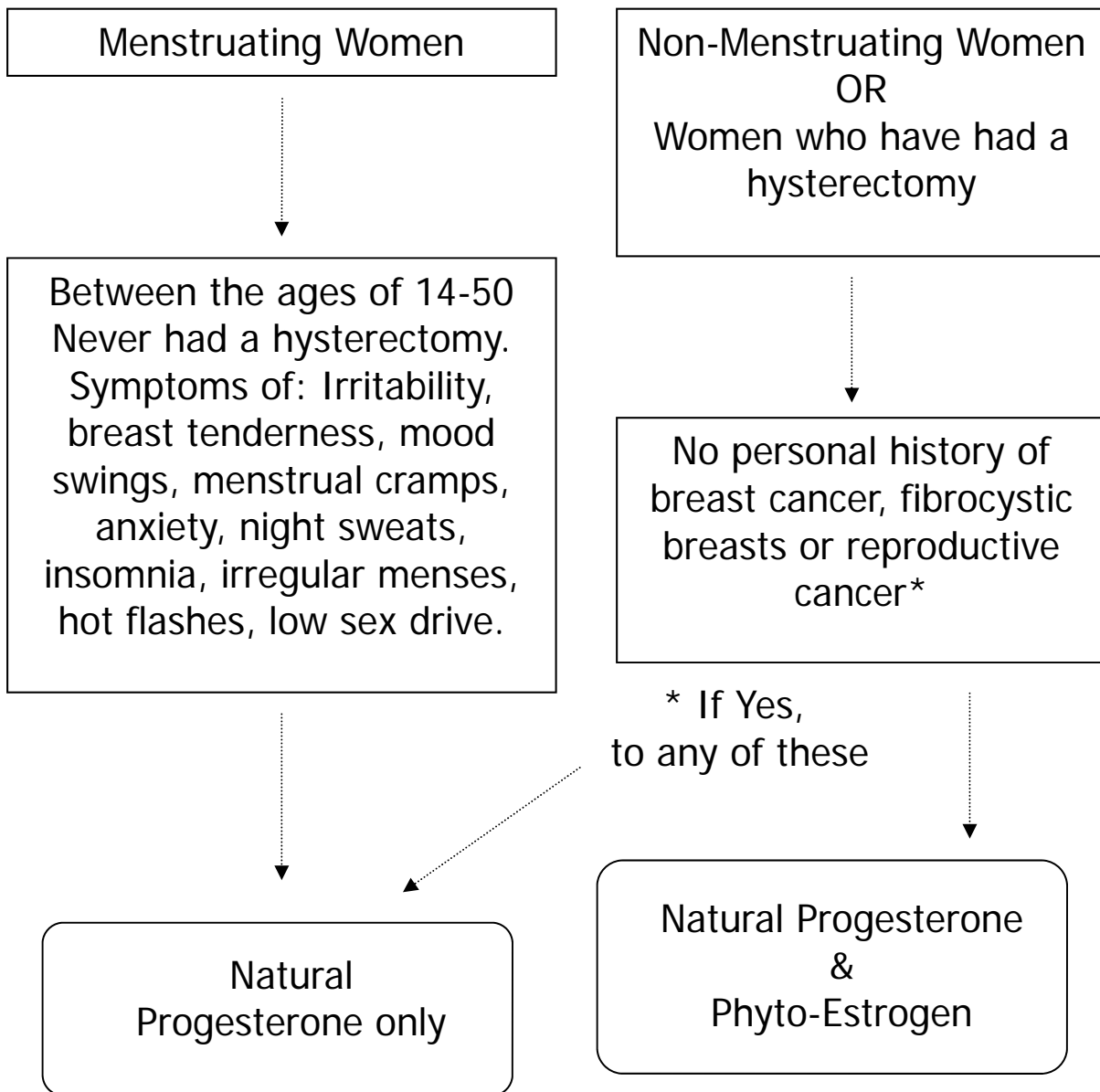
### **9. Birth Control Pills greatly increase breast cancer risk.**

According to Dr. John R. Lee, teens taking birth control pills markedly increase their breast cancer risk . Birth control pills do NOT allow breast cells to mature. Instead they stop breast tissue maturation and these immature cells are more vulnerable to cancer causing chemicals later in life.

### **10. Natural progesterone , in the correct strength to protect the breasts, can be purchased without a doctor’s prescription!**

According to Dr. John Lee (What Your Doctor May Not Tell You About Breast Cancer), look for a creme containing 960-1000mg of micronized progesterone in a 2oz jar. You need progesterone, not just “wild yam”. Stay away from crèmes that contain other hormones like DHEA. If you have a history of breast cancer, choose a product containing progesterone only without added plant estrogens.

# HOW TO CHOOSE THE CORRECT PRODUCT





# PROGESTERONE FOR MEN

**Highlights from the research of John R. Lee, M.D.**

## **Why Would A Man Need Supplemental Progesterone?**

As a male ages, his progesterone level decreases just like it does in women. Although in women this decrease occurs about the age of 35, in men it occurs about ten years later. When progesterone levels decrease, the male's 5 alpha reductase converts the testosterone to di-hydro testosterone which is not helpful for removing the prostate cancer cells that estradiol may stimulate. Estradiol can also stimulate the enlargement of the prostate. This allows the prostate gland to swell and enlarge and possibly transform into prostate cancer.

## **Do Xenoestrogens (from the environment) Affect Men?**

Men also make estrogen and estradiol, but in much lower amounts than women. The male hormone, testosterone, is antagonist to estradiol. Testosterone prevents estradiol from causing prostate cancer by destroying the prostate cancer cells it stimulates.

However, estrogen dominance caused by xenoestrogens is affecting men by raising their estrogen levels to dangerous levels which may negatively affect prostate health.

### **Does Testosterone Cause Prostate Cancer?**

Testosterone does NOT cause prostate cancer. If this were true 19 and 20 year old males would be developing prostate cancer as these are the individuals with the highest levels. This is obviously not the case.

### **How Does Progesterone Protect Against Prostate Cancer?**

Dr. Lee tells us that the prostate is embryologically similar to the female uterus. Hence, it is subject to the estrogen dominance negative influences, just as the woman's breast and uterus are. As we know, progesterone balances or opposes excess estrogen. The progesterone prevents the body from converting testosterone to di-hydro testosterone. It does this by inhibiting the enzyme 5-alpha reductase.

### **Dosage For Men**

The dose of natural progesterone for men is 10 to 12 mg per day. This is approximately 1/8 tsp daily. Men do NOT need time off like women and can take the progesterone without taking any days off.

### **Where Do The Men Apply the Progesterone?**

Areas of application should be where capillaries are abundant; the back of the hand, palm of the hand, or wrist is good. It may also be applied to the perineum.

# Dr. John R. Lee's Research

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Dr. Lee has a large number of anecdotal stories of complete reversals of metastatic prostatic cancers. The clinical research is on-going. There is strong biochemical evidence to support Dr. Lee's recommendation of natural progesterone. The January 28, 1998 Journal of the American Medical Association had an article, "To Die or Not to Die?" showing that most cells in the body die through a non-inflammatory, energy-dependent form of cell death called apoptosis. When the apoptosis mechanism is deranged by mutated cells a wide array of disease can occur, including cancer.

All cells, with the exception of brain and muscle cells, multiply continuously. The genes which regulate this cell growth are p53 and bcl2 . If the gene bcl2 dominates it will push cells to cancer. If gene p53 dominates the opposite will occur and the cell growth is controlled and the cancer does not occur.

The JAMA article clearly shows that traditional chemotherapy using poisons to stop cell hyperplasia will kill normal cells as well as cancer cells. The new idea promoted by the review is to find agents that activate p53 and deactivate bc12 in the hope of curing cancer.

Well, the good news is that research shows that Estradiol (estrogen) turns on the cancer gene bc12 and progesterone turns on the anti-cancer gene p53!!! Studies have shown that breast cancer cells do not multiply when women are on progesterone. In the research, the progesterone also worked for cancer of the ovary and uterus as well as small cell lung cancer which is normally a very difficult cancer to treat.

# Prostate Health: In Summary

Dr. Lee has stated that nearly all men should seriously consider **natural progesterone replacement** sometime in their 40s, or even earlier if they have a family history of prostate cancer.

ANOTHER NOTE: It has also been theorized that the use of natural progesterone has a reasonable likelihood of decreasing male balding, if this is a benefit of interest to you.

## Research Studies

At the University of Maryland in Baltimore, human prostate cells were shown to have progesterone receptor sites.

At Central Hospital University in Paris, progesterone was shown to inhibit the formation of DHT as well as binding of it to the prostate. DHT content in the prostate is the single most causative factor in prostate disease.

At the Institute of Clinical Chemistry in Bochum, Germany progesterone in human BPH tissue strongly reduced the activity of 5-alpha reductase.

At the University of Laval in Quebec, the fact that progesterone inhibited estrogen from binding to the prostate and progesterone receptors was clearly demonstrated.



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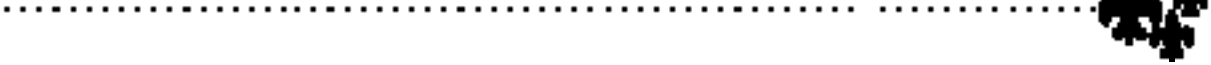
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# My Notes



# About Dr. Barbara Hoffman

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Barbara Hoffman is a Doctor of Naturopathy, a women's health advocate, medical journalist and natural hormone consultant.

Her field of expertise is in natural health supplements, anti-aging and natural hormones, specifically natural progesterone.

Barbara has extensively researched the benefits of natural progesterone and has been writing about alternatives to synthetic hormones since 1992.

Barbara has founded the Progesterone Research Network; an on-line educational center for women seeking to learn more about hormone balance.

*“Hormone balance is the key to a healthy, vital life and it can be done naturally and safely without the use of synthetic drugs. The symptoms of hormone imbalance are very real and very treatable and you are not alone. Natural progesterone offers a world of benefits and it can be the answer for you.”*



*Barbara A. Hoffman*

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