Topical Progestelle ®

Progesterone is so safe that Fertility MDs use progesterone to stop miscarriage routinely. Progesterone is safe for the unborn baby.
Johnson & Johnson stated that 98% of the ingredients of toiletries and cosmetics are bad for you, only 2% are all right. J & J has to pay out $4.7 billion for their product causing cancer (lawsuit). People need to avoid xenoestrogens because xenoestrogens are causing their disease.
People are sick because they are unknowingly POISONING THEMSELVES WITH CHEMICALS AND HERBS put on the skin THAT ACT LIKE ESTROGEN (Xenoestrogens). If you Stop Xenos, you Stop Disease. Xenos do NOT show up on the hormone test. If they have a very severe condition, they must be VERY STRICT on their avoidance list. Use only products from the purple sheet. If they have a mild condition, they can be more relaxed about the avoidance list. Many women that follow the avoidance list strictly do not need progesterone after several months. Also, if they do not follow the purple sheet strictly, the progesterone may "stop working" after 2 months because they have not avoided xenoestrogens. Using herbs like mint (toothpaste) and aloe, etc. (herbs that cause miscarriage pg. 21) will render progesterone impotent. These herbs block progesterone at the receptors. They will feel NOTHING taking progesterone and these herbs simultaneously. Just use only products from the purple sheet. The use of any other products may cause therapy failure. DIM or I3C does NOT reduce xenoestrogens, only estradiol. ALL PROGESTERONE CREAMS INTERACT NEGATIVELY WITH THESE CHEMICALS AND HERBS. MY COMPETITORS SIMPLY DON'T TELL YOU OR DO NOT KNOW.

Normal Dose is 1 to 3 dropperfuls (1/6 tsp to 1/2 tsp, or 30-90 drops) per day with about 2 inches of oil in the dropper (contains 20-60 mg of progesterone). A bottle lasts about 1-2 months. One ounce contains 40 dropperfuls (800 mg/oz).

Any topical (soap, shampoo, laundry detergent) on the skin, lips or scalp is 10 times greater in potency in xenoestrogen effect than what is eaten. Anything on the skin bypasses the liver and goes directly into the body. It may take 1-3 months for a topical to wash out of the body.

Topical Progesterone DOES NOT SHOW UP on BLOOD TEST, only a SALIVA TEST.

The fastest way to health is to see ALL the 3 Overview & DOCTOR'S VIDEOS AT ClearWoman.com, REALLY.

About the author:
Peter Eckhart, MD is the pen name for Renwin Yee, MD. Renwin Yee, MD graduated from University of Hawaii John A. Burns School of Medicine in 1988. He graduated from Cornell University with a Bachelor of Science in Electrical Engineering in 1982. Diplomas are on the websites. Renwin Yee, MD used a pen name to fit into American Society. Peter Eckhart, MD was easier to pronounce and remember.

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$19.95

Progestelle ®

Natural Progesterone Topical Skin Oil

by Peter Eckhart, MD
(pen name for Renwin Yee, MD)

Store above 65°F
Agitate bottle before using

1. CAUTION: IF YOU BECOME PREGNANT, OR ARE PREGNANT WHILE TAKING PROGESTERONE DO NOT STOP TAKING PROGESTERONE EVERY DAY. TAKE PROGESTERONE EVERY DAY, AND IMMEDIATELY SEE YOUR DOCTOR.

2. CAUTION: IF YOU ARE AN ALLERGIC INDIVIDUAL, TEST ONLY ONE DROP ON THE SKIN, AND WAIT FOR A DAY. STOP IF ANY DIFFICULTY BREATHING, REDNESS, SWELLING, RASH, OR A HEADACHE DEVELOPS. IN OUR EXPERIENCE, THIS IS LESS THAN 1% OF OUR CUSTOMERS. THIS INDICATES AN ALLERGY TO THE COCONUT OIL, NOT PROGESTERONE. WE HAVE OTHER OILS AVAILABLE.

3. CAUTION: IF SYMPTOMS TEMPORARILY WORSEN, STOP PROGESTELLE, STOP ALL XENOESTROGENS FOR 1-2 MONTHS, THEN, START TO USE PROGESTELLE. USE ONLY PRODUCTS ON THE PURPLE SHEET.

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Prologue

Both chemicals and herbs can look like estrogen to the body. However, these **strange "Frankenstein" estrogens known as xenoestrogens DO NOT SHOW UP ON THE HORMONE TEST.** I wish there was a hormone test for them, but a hormone test does not exist for them. Most of the chemicals that mimic estrogen are bad for you. Herbs that act like estrogen can be bad or good for you. A common misconception is that if the herb is organic and natural, it can't possibly be bad for you. No, herbs must be used wisely.

Clifford Bloch, MD, a pediatric endocrinologist had 3 young boys with gynecomastia, otherwise known as "man boobs". [1] **Their own hormone tests were normal.** He noticed that their parents were giving them topical lavender and/or tea tree oil. On a hunch, he asked the parents to stop giving them the lavender and tea tree oil. In 3-6 months, the "man boobs" disappeared. Then, he took the lavender and tea tree oil and put them in the test tube with breast cancer cells sensitive to estrogen. These breast cancer cells proliferated. This confirmed that lavender and tea tree oil mimicked estrogen. The results were so shocking that the National Institute of Health issued an advisory letter.

The implications are astounding! Could lavender and tea tree oil contribute to female diseases since they mimicked estrogen? Some diseases such as endometriosis are known to flourish with estrogen stimulation.

On the other hand, some herbs and foods that are weak estrogens may actually be healthy. Soy fermented in the form of tofu may have a weak estrogen effect. Fermented soy may go into the estrogen receptor and block all the other strong estrogens from the receptor. Women in Japan and China have 3-5 times lower risk of breast cancer than American women. However, when these women are born and raised in America, their breast cancer rate approaches that of an American woman. Soy is hypothesized to prevent breast cancer in China and Japan.[2]

There is a very low threshold to be on the avoidance list because endometriosis patients being very sensitive to estrogen want to know even the slightest suspicion that a chemical or herb is an estrogen mimic. Some herbs are there because they were on someone else's list. I have not observed these herbs personally. These are marked with a "?". On the other hand, I myself observed some herbs that made my patients sick. These are rated with a "5 *".

You must use common sense. For instance, some patients believe that turmeric is reversing the progression of their tumors, and if this is you, please continue taking the turmeric. Possibly reversing the tumor will always take precedence over reversing PMS. In addition, I really have not observed the effects of turmeric on patients (turmeric is marked with a "?").

Only USE PRODUCTS ON THE PURPLE SHEET (XENO FREE). If you want to be thrifty, USE ONLY PRODUCTS ON THE YELLOW SHEET.

1. Derek V. Henley, Ph.D., Natasha Lipson, M.D., Kenneth S. Korach, Ph.D., and Clifford A. Bloch, M.D. Prepubertal Gynecomastia Linked to Lavender and Tea Tree Oils N Engl J Med 2007; 356:479-485.
2. L. A. Korde, A. H. Wu, T. Fears, A. Nomura, D. W. West, L. N. Kolonel, M. Pike, R. Hoover, R Ziegler, Childhood Soy Intake and Breast Cancer Risk in Asian American Women, Cancer Epidemiol Biomarkers Prev. April 2009 18, 1050.

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Read *What Your Doctor May Not Tell You About Menopause* **by John Lee, MD. Look in the index under PMS, endometriosis, fibrocystic breast disease, ovarian cysts, etc.**

-- Chapter 1 -- Overview

Prior to 1921, there were only 20 cases of endometriosis worldwide in the medical literature. Now, in the USA, 1 in 20 women have endometriosis. Rhesus monkeys exposed to dioxin had a much greater rate of endometriosis – 10 years later!

The 1997 Herman-Giddens study showed that 15% of girls aged 8 are sprouting breast buds and pubic hair. Among African Americans, the percentage of girls aged 8 sprouting breast buds and pubic hair is as high as 50%. Time magazine Oct. 30, 2000, cited the Herman-Giddens study and blamed estrogen-like chemicals (xenoestrogens) in our environment causing early puberty.

In the 1950's, our breast cancer incidence was 1 in 20 in the USA. In 1989, the breast cancer incidence was 1 in 11. In 2004, the breast cancer incidence was 1 in 8 in the USA nationally. In Marin county California, the breast cancer incidence is 1 in 7. One patient in Laguna Beach was told by her doctor that breast cancer incidence in that location was 1 in 5 (I have not confirmed this).

Only 5-15% of breast cancer is genetic. 95-85% of breast cancer are triggered by environmental causes namely chemical estrogens (xenoestrogens). See www.bcpp.org under Resources.

In 2004, 42% of the male bass in the Potomac River near Washington DC are producing eggs. These hermaphrodite bass are created by xenoestrogens in the water. Also, in the Platte River in Colorado, White Sucker fish are 9 to 1 female to male ratio with 10% hermaphrodites (½ male and ½ female) below the sewage outfall. Above the sewage outfall, the male to female ratio is 1 to 1 female to male. Laundry detergent is thought to contribute to hormone disruption. Laundry detergent added to aquarium male trout made them female. The hallmark of estrogen dominance (excess estrogen) is bloating before the period and cyclical breast tenderness. This is NOT normal but is now common.

The goal is to avoid these xenoestrogens that cause many female diseases (xeno means foreign). These chemicals pretend to be estrogen. You are sick because you are unknowingly poisoning yourself. IF YOU STOP POISONING YOURSELF, YOU WILL GET WELL. You don't even need progesterone. Progesterone is a band-aide.

In my experience, what you put on your skin makes the most difference. Whatever is put in the mouth is 90% metabolized by the liver first. However, whatever is on the skin goes directly into the body. Thus, whatever is put on the skin is 10 times the potency of

what goes in the mouth. For instance, an oral Natural Progesterone dose is 200 mg/day, but an equivalent skin topical dose is 20 mg/day. Many ingredients are inadequately tested and never tested for hormone disruption. Also, if you lose weight, the fat will release xenoestrogens stored in the fat.

So, simplify! Simplify at least for 3 months. You will feel better.

How serious your disease determines how strictly you have to avoid xenoestrogens. For severe endometriosis, you must be very strict. For mild PMS, you can be very loose.

Estrogen Dominance causes Magnesium Deficiency, Vitamin B Deficiency, and Iodine Deficiency. Iodine Deficiency leads to increased Estrogen sensitivity. Take a Magnesium 400-600 mg/day (Magnesium Citrate – NO Stevia), Vitamin B-100 in the AM and 3 mg/day of 2% Lugols Iodine either orally or topically or Iodoral (see protocol on the purple sheet).

There are several outcomes:
1.You completely avoid xenoestrogens. You become well. You don't need progesterone.
2. You take weak xenoestrogens with progesterone. Progesterone balances out the xenoestrogens, you get better.
3. You take strong xenoestrogens with progesterone. Progesterone wakes up the estrogen receptors, you get worse.
4. You take xenoestrogens with progesterone. Progesterone "works" for 1-2 months and then, progesterone does "NOT work".
5. You take herbs or chemicals that block progesterone at the receptor. These are herbs like aloe, mint, etc. (pg. 20-21) that cause miscarriage. Progesterone is impotent and does not work at all. You do NOT feel anything.
6. Less than 1% of patients do NOT absorb progesterone well through the skin. Typically, these women are heavy set. These women need to apply the progesterone on the inside of the arms and thighs (where there is little fat). Use a saliva test to confirm, **blood tests do NOT work for topical progesterone**.

Am I being an Alarmist? No, see e.hormone.tulane.edu for an academic discussion of hormone disruptors.

-- Chapter 2 -- Use of Progestelle® (Natural Progesterone Skin Oil)

For most estrogen dominant (too much estrogen) diseases, the usual dose is 1 oz/month of Double Strength Progestelle for the first 3 months and then 1/2 oz/month for maintenance taken 2 weeks before the start of

the period. You must avoid xenoestrogens (chemicals that mimic estrogen). **Xenoestrogens are the root cause of your disease.** For exact dosages and times see Dosage (chapter 4). However, these are only guidelines, everyone metabolizes Natural Progesterone differently, so listen to your body and use the least amount that works for you.

Premenopause (before age 30), the ovaries usually produce 20 mg of progesterone a day. During the third trimester of pregnancy, the placenta produces 400 mg of progesterone a day. (After the placenta is delivered at birth, the progesterone level drops, and the mother experiences postpartum depression because Natural Progesterone is a natural anti-depressant.) Thus, there is a large margin of safety in using the bioidentical hormone, natural progesterone. Natural Progesterone is much safer than aspirin.

The reason why you are sick is because you are unintentionally poisoning yourself with chemicals and herbs that act like estrogen (xenoestrogens). If you stop poisoning yourself, you get well, then, you may not even need progesterone. The main route of entry is on the skin. Anything on the skin is 10 times the potency of what you eat. Remember xenoestrogens take 1-3 months to wash out of the body. So, if you stopped Xenos COMPLETELY, then you should see the full effect in 3 months. **You should feel some difference after 10 days.** If you do not see any difference, then you have not cut out all the Xenos, or there is just one Xeno that is very potent that you are still taking. With topical progesterone skin application, the progesterone is absorbed through the skin and is carried by the chylomicrons and red blood cell membranes. If you have lots of body fat, apply the progesterone on the insides of the arms and thighs where the fat is thin. To get good clinical results make sure to AVOID CHEMICALS THAT ACT LIKE ESTROGEN (xenoestrogens).

Women that have Estrogen Dominance always have a Magnesium deficiency (chocolate craving [chocolate is high in Magnesium], muscle cramps and uterine cramps) and Vitamin B deficiency (neuropathy). Take a good Magnesium Citrate 200-600 mg/day (Magnesium Citrate) but not so much as to cause loose stools. Take a Vitamin B-100 in the morning but not at night, otherwise vivid dreams. IF you still have a chocolate craving after 2 months and are not taking magnesium, it means that you still have a source of xenoestrogens in your environment.

1. Use 1 oz of Double Strength Progestelle oil per month for the first 3 months. If results are good, you can maintain yourself on 1/2 oz per month thereafter. Rub on the body before bedtime on soft skin. Rotate areas. For instance chest, one night, and then legs the next night, and

then neck the next night, etc. You may also put on the oil in the morning if you desire.

2. **Your period may become irregular for the first 2-3 months and then regularize, but if you are getting better do NOT worry about the irregular period. The period becomes irregular because you are cutting out xenoestrogens and adding progesterone.** Estrogen receptors are becoming normal (they were desensitized by chronic xenoestrogen exposure before). Temporary chaos reigns for several months and then your period will regularize.

3. For Premenopausal women, 1 oz/month, use 2ccs of oil per day (about 3 dropperfuls) on days 12 through 26. You may use 1 cc in the morning and 1 cc at bedtime. Or you can just use 2 ccs at bedtime.

4. For Postmenopasusal women, 1 oz/month, use 1.3 ccs of oil per day (about 2 dropperfuls) three weeks per month. Then rest for one week.

5. Follow the vitamin and lifestyle recommendations on www.fibrocystic.com.

6. You must use the oil for at least 3 consecutive months before expecting results.

7. Small clear specks appear on the bottom of the bottle because of cold temperature. This is natural progesterone. This is normal. You do not need to dissolve them, normally it is a very small amount of progesterone. If there is a large amount of crystal and you wish to dissolve them, make sure the cap of the bottle is tight (tape it shut), put the bottle in a plastic bag, and put both the plastic bag and bottle in a container of hot tap water. Nothing happens for 2-3 hours, and then all of a sudden, the crystals dissolve. The water may have to be replaced several times to maintain the hot water temperature.

8. Refrigeration is not necessary.

-- Chapter 3 -- Normal Side Effects of Natural Progesterone

1. If symptoms **TEMPORARILY worsen, STOP Progestelle, STOP all xenoestrogens. After 1-2 months, start Progestelle again.** This is because, the Progestelle resensitizes the estrogen receptors back to normal, so it appears that you are getting more estrogen. However, your estrogen intake has stayed the same or decreased. The body tries to compensate for too much chronic estrogen exposure by becoming desensitized to estrogen, Progestelle restores your body sensitivity back to normal. Again, if symptoms such as breast tenderness and cyclical bloating become worse, STOP Progestelle, STOP all xenoestrogens and try Progestelle again in 1-2 months.

2. Slightly increased sex drive.

3. May cause emotional elation if too much is used. When the Progesterone is stopped mild depression may follow. If this is the case you may use less progesterone when the fibrocysts are gone.

4. May cause shortness of breath. If this is the case, wash off the skin oil and use less the next day. Shortness of breath is usually relieved by washing the oil off the skin.
5. Slightly increased sleepiness. Patients usually enjoy the slight sedative effect of the progesterone, and usually put the progesterone oil on the skin just before bedtime.
6. Seborrheic keratosis (they look like stuck on pancakes on the skin) typically disappear with 3 months of progesterone use. Progesterone may be topically applied to the "stuck on pancakes."
7. Competitor Natural Progesterone creams that have 3 times as much Progesterone concentration with excessive use have anecdotally led to mental confusion. The mental confusion disappeared after 3 months of stopping of the competitor's progesterone cream. I have NOT seen one case of mental confusion with Progestelle.

Abnormal Side Effects

1. A headache, rash, or difficulty breathing following application of Oil may indicate an allergy to the oil that we used in formulating our product. Please notify us and we can send you a bottle of progesterone oil made from a different vegetable oil.
2. **Sometimes headache and/or tender breasts and/or bloating may follow temporarily (stops 2-3 days after stopping Progesterone).** This indicates that the estrogen receptors are becoming normal and less desensitized to estrogen than before. Xenoestrogens or oral estrogens must be cut out of your diet and environment. **You may have to cut out all xenoestrogens for 1-2 months, and THEN take Progestelle.**

-- Chapter 4 -- Dosage for Different Estrogen Dominance Diseases

You should feel some difference after 10 days. If you do NOT feel any different you may not be absorbing progesterone well through the skin, do a saliva test after using progesterone for 1 month while taking progesterone**. If bloating and breast tenderness worsens (stops 2-3 days after stopping Progesterone) TEMPORARILY when taking Progestelle then STOP the Progestelle temporarily for 1-2 months, avoid xenoestrogens, then restart Progestelle.** For this to work, you must avoid xenoestrogens!!!!

1 fl. oz = 30 cc	1/2 oz = 15 cc	1 bottle = 1fl. oz = 40 dropperfuls
26.6 mg per cc	42 drops per cc	1 drop = 0.63 mg progesterone

A Full Dropper with 2 inches of oil in it, is about 3/4 cc. This is 20 mg of Natural Progesterone.

IN GENERAL, DOSE GUIDELINES

In general, the dosing guideline is **IF you do not want to conceive NOW, then you may take Progestelle anytime you do not have a period.** 1 dropperful is 20 mg and you may take 1-3 dropperfuls per day. Assume you take 3 dropperfuls per day. 3 dropperfuls is 60 mg/day. Assume you absorb only 50% of the Progesterone. This means you get 30 mg/day. At the height of the third trimester of pregnancy, the body makes 400 mg/day of Natural Progesterone. Thus, we are dosing at 10 times less than the 3rd trimester of pregnancy. Since

everyone metabolizes progesterone differently, use the dose that fits you. If you become too sleepy, then take Progestelle just before bedtime or use less. **The first day of your menstrual period is day 1.**

Premenopausal	**14 days**	**1 oz/month**	**2 2/3 Full Dropper/day**	2 cc/day	0.42 tsp/day
	14 days	**1/2 oz/month**	**1 1/3 Full Dropper/day**	1 cc/day	0.21 tsp/day
Postmenopausal	**21 days**	**1 oz/month**	**1 3/4 Full Dropper/day**	1.3 cc/day	0.28 tsp/day
	21 days	**1/2 oz/month**	**1 Full Dropper/day**	0.65 cc/day	0.14 tsp/day

Fibrocystic Breast Disease

Apply on days 12-26 if premenopausal. 3 weeks on and one week off if post menopausal. - For fibrocystic breast disease, the usual dose is 1 oz/month of Double Strength Progestelle for the first 3 months and then 1/2 oz/month for maintenance. You must AVOID xenoestrogens. No caffeine in the form of coffee, chocolate, and sodas. Just as caffeine makes you urinate more; caffeine may also increase fluid secretion into the cyst. Caffeine increases estradiol levels by 70%. Northrup, MD, and J. Wright, MD recommend kelp tablets for fibrocystic breast disease. Kelp contains iodine. The iodine will keep estrogen for binding to the estrogen receptors. See www.fibrocystic.com **Highly Recommended: Take Endovan 2 capsules twice per day (4 caps/day) (www.uterushealth.com).** Endovan contains Nattokinase. Nattokinase breaks down fibrin, the "fiber" in the blood clots. Nattokinase breaks down the fibrin in the fibrocystic breast tissue. Breasts may temporarily become slightly bloated and tender on the 3rd week of use of Endovan alone. The Nattokinase in Endovan is high quality. Nattokinase quality is highly variable depending on the brand. **Some patients report breast fibroadenomas disappearing with Nattokinase alone**. **Caution: Endovan may cause excessive bleeding IF you already have heavy bleeding. IF you suspect that you have excessive vaginal bleeding DO NOT USE Endovan!!**

Premenstrual Syndrome (PMS)

Apply on days 12-26 if premenopausal. 3 weeks on and one week off if post menopausal. - For PMS, the usual dose is 1 oz/month of Double Strength Progestelle for the first 3 months and then 1/2 oz/month for maintenance. Same chart as above. You must AVOID xenoestrogens. See www.goodbyepms.com

Osteoporosis

Apply on days 12-26 if premenopausal. 3 weeks on and one week off if post menopausal. - For osteoporosis, the usual dose is 1 oz/month of Double Strength Progestelle for the first 3 months and then 1/2 oz/month for maintenance. Same chart as above. You must AVOID xenoestrogens. In addition to natural progesterone, you must also take an easily absorbable form of calcium (calcium citrate), magnesium citrate, vitamin D, avoid phosphorus to get a Ca:P ratio of 2:1, and alkalinize the body. Some patients have used a Japanese "microwater" machine, coral calcium, or Supreme Greens to alkalinize the body. Morning urine should have a pH of at least 7.0. Pregnant women with high levels of progesterone have NO decrease in bone density despite supporting creating a baby.

Migraine Headaches associated with Menses

Apply on days 16-26. - For migraines, the usual dose is 1 oz/month of Double Strength Progestelle for the first 3 months and then 1/2 oz/month for maintenance. Same chart as above. You must AVOID xenoestrogens. In addition to natural progesterone, 400 mcg of chromium and the complimentary amount of vanadium may help blood sugar levels, and also not eat too many sweets at once. The topical dose for progesterone is 20-40 mg/day. However, the oral dose is 200-400 mg/day. Some patients find that they can use our progesterone under the tongue as they feel a migraine coming on to lessen the severity of a migraine. When you feel the characteristic "aura" that usually precedes migraines, apply 1 dropperful of Progestelle every three to four hours until your symptoms cease (usually this happens in only one or two applications). You can also apply the oil directly to your neck and temples. See www.migraine101.com. Make sure to take Vitamin B-100 in the morning (otherwise vivid dreams) and a magnesium citrate 200-400 mg/day.

Cervical Dysplasia I, II, II

Apply on days 12-26 if premenopausal. - For cervical dysplasia, the dose is 1 oz/month of Double Strength Progestelle for the first 3 months. Cervical dysplasia should regress and cervix should normalize. You must AVOID xenoestrogens. Take 200-600 mg/day of Indole-3-Carbinol (I-3C). Make sure the I-3-C does NOT have rosemary. I-3C lowers estradiol levels. You may get hot flashes but may only need to take this for 3 months. I-3C is made from broccoli, cauliflower, and Brussel sprouts. I-3C is NOT recommended during pregnancy or lactation. Required: 400 mcg folic acid, 50 mg B6, 1000 mcg B12, Vit A 10,000IU. Take the B vitamins in the AM, or vivid dreams will result. See www.pap101.com.

Hair Thinning in Women and Slow Underarm Hair Growth, Fat on the Hips

Apply on days 12-26 if premenopausal. 3 weeks out of 4 post menopausal. Too much estrogen (estrogen dominance) causes thyroid hormone desensitivity. Though thyroid measured lab results show normal or low normal thyroid hormone, the patient appears to be hypothyroid (body temp at 97 and thinning hair). The avoidance of xenoestrogens and taking Progestelle typically causes hair to be thicker. Less hair falls out. Estrogen dominance is the most common cause of thinning hair in women. However, chronic poisoning is also possible. See www.fibrocystic.com under thyroid. Typically takes 4-6 months.

Restless Leg Syndrome (RLS)

Chronic xenoestrogen exposure leads to Magnesium deficiency and Vitamin B deficiency. This causes most cases of Restless Leg Syndrome. Using Progesterone and avoiding xenoestrogens cures most cases, but not all. Some RLS may be due to pesticide poisoning. Natural Progesterone helps with this opposing estrogen dominance. Take 1-3 dropperfuls days 14-26. Take 200-600 mg/day of magnesium citrate (not too much otherwise loose stools) and Vitamin B-100 in the morning to avoid vivid dreams. Parasites cause mal absorption of Vitamins and Minerals. www.restlesslegsyndromecure.com.

Premenopausal	**18 days**	**1 oz/month**	**2 1/4 Full Dropper/day**	1.56 cc/day	0.34 tsp/day

Uterine Fibroids

Apply Progestelle on days 8-26 if premenopausal. 3 weeks on and one week off if post menopausal. - For uterine fibroids, the usual dose is 1 oz/month of Double Strength Progestelle for the first 3 months and then 1/2 oz/month for maintenance. You must AVOID xenoestrogens. Maca may also be used 2-8

capsules per day (500mg/capsule). **IF the fibroid is bigger than a grapefruit, then using Natural Progesterone may or may not make the fibroid bigger.** John Lee, MD explains that the center of such a large bigger than a grapefruit fibroid converts the progesterone to estradiol. IF the fibroid is bigger than a grapefruit, then use Indole-3-carbinol **(www.womhoo.com)** and enzymes first for several months, then use Progestelle. With the avoidance of xenoestrogens and taking Progestelle, the success rate may only be 50% over a period of a year. However, if indole-3-carbinol, bioflavonoids, and enzymes are used, then the success rate may be much higher over a period of 3-6 months. **IMPORTANT REQUIRED: Make sure to take Indole– 3–Carbinol (I-3-C) 400- 600 mg/day once in the AM and once in the PM for a 100 lb woman. Higher weights may increase I-3-C to 800-1000 mg/day. Ramp Slowly. Be careful NOT to dissolve the fibroid too quickly. IMPORTANT REQUIRED: 2000-8000 mg/day of bioflavonoids (www.womhoo.com).** Indol-3-Carbinol (I-3C) lowers estradiol levels. You may temporarily get hot flashes, but you may only need this for 3 months. I-3C is made from broccoli, cauliflower, and Brussel sprouts. Jesse Hanley, MD coauthor with John Lee, MD "What Your Doctor May Not Tell You About Premenopause" has had a high degree of success with I-3C (I-3C better than DIM), natural progesterone, and avoiding xenoestrogens in getting rid of fibroids. V. Rice, a Colorado nutritionist, believes that she gets an 85% success rate with uterine fibroids, by using 400-600 mg/day of I-3C with 2000-8000 mg/day of bioflavonoids from Key Company **(www.womhoo.com).** I-3C is NOT recommended during pregnancy or lactation. Enzymes break down the fibrin in the fibroid. In addition, some patients also use Vitalzym or Neprinol. **IMPORTANT REQUIRED: ENDOVAN 1 capsule twice per day for a week, then 2 capsules twice per day (4 caps/day) for at least 3 months (www.womhoo.com).** Endovan contains Nattokinase. Nattokinase breaks down fibrin. Most but not all uterine fibroids are composed mostly of fibrin. A minority of fibroids are composed mostly of smooth muscle. IF your fibroid is composed mostly of fibrin, Nattokinase will break it down. IF your fibroid is composed mostly of smooth muscle, Nattokinase will NOT break it down. Fibroid will decrease in size for the first 3 weeks, then slight bloating will occur during the period. Then, the fibroid will continue to decrease in size with Nattokinase. Flow may be temporarily heavier, but thinner with fewer clots for the first month, then improve. **Nattokinase quality is highly variable depending on the brand. Caution: Endovan may cause excessive bleeding IF you already have heavy bleeding. IF you suspect that you have excessive vaginal bleeding DO NOT USE Endovan!!** ****IMPORTANT REQUIRED: If you have calcified Fibroid, you must take 800-1000 mg/day or more of Magnesium Citrate until you almost get diarrhea. The Magnesium Citrate will dissolve the calcifications. The calcifications will protect the fibroid with a hard shell from the enzymes, so you must dissolve the calcifications with Magnesium Citrate.** Dr. Kelley (One Answer to Cancer – google it) and V. Rice also like to use Metagenics Protrypsin that includes the important enzyme chymotrypsin 1-2 capsules just before bedtime on an empty stomach. V. Rice also recommends 2 tsp of non-irradiated organic fenugreek seeds simmered in 1 qt of water for 20 minutes. Drink 2-3 cups of fenugreek water/day. Edi Boyd PhD. also recommends UltraInflamX by Metagenics 1-5/day in a smoothie. Emotion seems to be an important component for fibroids. Conflicts sometimes with the mother, husband or deaths in the family may be contributory. See www.fibroid101.com.

Premenopausal	**16 days**	**1 oz/month**	**2 1/3 Full Dropper/day**	1.75 cc/day	0.38 tsp/day

Ovarian Cysts

Apply on days 10-26 if premenopausal. - For ovarian cysts, the usual dose is 1 oz/month of Double Strength Progestelle for the first 3 months. The cyst should regress and not reoccur. You must AVOID xenoestrogens. See www.cyst101.com

Polycystic Ovarian Syndrome (PCOS)

Apply on days 10-26 if premenopausal. - For ovarian cysts, the usual dose is 1 oz/month of Double Strength Progestelle for the first 3 months. You must absolutely take 50 mg of iodide/iodine per day for a minimum 3 months. This is 15 drops of 2% Lugol's iodine or Iodoral. Star with 6 mg/day and increase 10 mg/day every 2 weeks. **Make sure to monitor for sore thyroid. If the thyroid is sore, STOP IODINE IMMEDIATELY.** Abraham, MD reports healing of PCOS with 50 mg/day of Iodine for 3 months. Endovan breaks down the many cysts on the ovaries. It is important to take Endovan.

Premenopausal	**20 days**	**1 ½ oz/month**	**2 2/3 Full Dropper/day**	2.1 cc/day	0.45 tsp/day

Endometriosis and Adenomyosis

Apply on days 6-26 if premenopausal. - For endometriosis, this takes patience, the usual dose is 1 ½ oz/month (½ oz per week) of Double Strength Progestelle for the first 4-6 months and then 1/2 oz/month for maintenance. The monthly discomfort may not disappear entirely but becomes more tolerable. You must AVOID xenoestrogens. **Some patients report that avoiding milk products also helps greatly.** Take 400-600 mg/day of Indole-3-Carbinol (I-3C). I-3 C lowers estradiol levels. You may get hot flashes but may only need to take this for 3 months. I-3C is made from broccoli, cauliflower, and Brussel sprouts. I-3C is NOT recommended during pregnancy or lactation. All the above stops the stimulation of endometriosis. **Take 200-600 mg/day of magnesium citrate (not too much otherwise loose stools) and Vitamin B-100 in the morning to avoid vivid dreams.** See www.endo101.com. **Important: Take Endovan 2 capsules twice per day (4 caps/day) (www.uterushealth.com).** Endovan contains Nattokinase. Nattokinase breaks down fibrin, the "fiber" in the blood clots. Nattokinase breaks down blood clots. Nattokinase will also get rid of the adhesions on the bowel. The Nattokinase in Endovan is high quality. Nattokinase quality is highly variable depending on the brand. **Caution: Endovan may cause excessive bleeding for some Adenomyosis patients. IF you suspect that you have excessive vaginal bleeding DO NOT USE Endovan!! Parasites cause inflammation impairing xenestrogen excretion!!**

Perimenopausal (age 35-50)	**20 days**	**1/2 oz/month**	**1 Full Dropper/day**	0.65 cc/day	0.14 tsp/day

Hot Flashes – of Menopause

Apply on days 6-26 or days 14-26. - For hot flashes, ½ to 1 oz/month of Double Strength Progestelle for maintenance. You can also take continuously THEN taper off SLOWLY over a period of 6-12 months. One study showed 83% of women only needed progesterone to stop the hot flashes. Women that have adrenal exhaustion, stress, anxiety and hypersensitivity to smell eat up their cortisol and steal from their own estradiol production. Their estradiol is typically low. These women may also need to add 0.50 mg of topical natural estriol every other day or 2-5 mg oral natural estriol every other day taken with the progesterone to stop the hot flashes. Slowly taper the estriol off over a period of

6-12 months. Alternatively, you can eat 1 oz of Soy powder in a fruit smoothie in the AM. Soy powder must be made by Protein Technologies (a subsidiary of Dupont) that uses a water extraction process. Soy may also be tapered off slowly. Some patients have used oral Pregnenalone to stop hot flashes.

For Men	**21 days**	**1/4 oz/month**	**1/2 Full Dropper/day**	0.32 cc/day	0.07 tsp/day

MEN – Benign Prostatic Hypertrophy

Apply on days 1-21. Rest days 22-28. - For benign prostatic hypertrophy, 1/2 oz/month of Double Strength Progestelle for the first 2 months and then 1/4 oz/month for maintenance. Initially, during the first month, PSA may transiently rise. The next month, the PSA should drop. You must AVOID xenoestrogens.

Get Rid of Fat on the Belly and Hips and Thicker Hair

Chronic xenoestrogen exposure leads to thyroid receptor desensitivity. You become hypothyroid even though your measured blood T3 and T4 are normal or low normal. Excess estrogen says, "Build up fat for the pregnancy! Slow down!" **Thus, estrogen dominance produces fat on the belly and hips, and chocolate and sugar craving despite exercise and dieting.** Giving Natural Progesterone and avoiding xenoestrogens gets rid of fat build up on the hips and belly typically without exercise or dieting. Hair thickens. Normal thyroid function is restored. IF you want to get rid of fat, correct the hormone problems first! Then, you may exercise and diet.

Since Chronic Estrogen Exposure leads to thyroid receptor desensitivity, this will cause thinning hair. For many but not all, avoiding xenoestrogens and taking Progestelle may lead to thicker hair after 4-6 months. Make sure to take 200-400 mcg of GTF Chromium or Chromium Nicotinate and Vanadium. 90% of Americans are deficient in Chromium and Chromium is a cofactor for insulin. There are no Chromium deposits in North & South America; it is not in our food chain. You must absolutely take 3 mg/day of 2% Lugol's Iodine (1 drop) or Iodoral. If you lose fat, the fat will release xenoestrogens and you will experience Estrogen Dominance from the released xenoestrogens.

Chocolate Craving and Sugar Craving before Period

Chronic xenoestrogen exposure leads Magnesium deficiency, Vitamin B deficiency, and increases insulin resistance. Chocolate is high in Magnesium. That is why you crave chocolate. Take 400-600 mg/day of Magnesium Citrate and a Vitamin B-100 in the morning.

Vaginal Dryness After Menopause

Natural Progesterone taken 3 weeks out of 4 usually routinely takes care of vaginal dryness. If you have vaginal atrophy with thinning of the skin and bleeding with intercourse, take 0.5 mg of topical Natural Estriol every other day with the Natural Progesterone 3 weeks out of 4. Take 1-3 dropperfuls of Progestelle per day. Progesterone cures dryness. Estriol thickens skin. While waiting for xenoestrogen wash out, try Carlson Key-E Supositories.

Menorrhagia – Excessive Vaginal Bleeding

These women are typically vegetarians or have malabsorption commonly from celiac disease (wheat allergy). William Douglass, MD and Jonathan Wright, MD both cite a 1977 South African Medical Journal study using Vitamin A with a 92.5% cure rate. It is used in Johannesburg General Hospital. Abnormal cravings for ice, gastrointestinal problems, fingernails, and skin should improve. **Take 50,000-100,000 IU/day of Vitamin A for about 2 months. Make sure that it is Vitamin A and NOT beta carotene.** Beta carotene will NOT work. Many bottles label beta carotene as Vitamin A (vegetarian formula or vitamin A

carrot concentrate is a tip off) and will NOT work. Solgar brand Dry Vitamin A seemed to work for one of my patients. Take also 50 mg/day chelated Zinc, 200 IU/day of Vitamin E, Bioflavinoids. Maintenance Vit. A is 50,000 IU.

Pregnancy, Infertility, Miscarriage, Early Delivery

For the use of progesterone in pregnancy, infertility, miscarriage, and early delivery, please work with your physician. You may also call our office at (512) 275-6963 for a protocol. You need to personally talk to a physician.

Insomnia

Use 1-2 dropperfuls just before bedtime. Be careful not to fall while walking at night on your way to the bathroom.

-- Chapter 5 -- Avoid Chemicals and Foods that Act as Estrogens ---- Brief and Important List

You MUST avoid xenoestrogens OR the progesterone may NOT work for severe disease in 30-40% of cases. Mild disease may NOT need to avoid xenoestrogens totally. Bloating and breast tenderness may temporarily get worse (2-3 days after stopping Progesterone) if you do not avoid xenoestrogens, and use progesterone. IF you do get worse, STOP xenoestrogens for 1-2 months, STOP Progestelle for 1-2 months, THEN restart Progestelle. The most important things to avoid are:

1) Do not heat food or water with plastic in the microwave. Do not drink hot liquids in styrofoam or plastic cups or receptacles.

2) LAUNDRY DETERGENT IS VERY IMPORTANT. Change your laundry detergent because the laundry detergent cannot be fully washed from the clothes and is absorbed directly through the skin. Do NOT use dryer sheets or fabric softener. If you want to soften your clothes, use ½ cup of baking soda in the rinse cycle. See www .ourlittleplace.com. Some patients have used Soap Nuts for laundry detergent. Use powdered Nature Clean laundry detergent 1-800-634-1380 NEEDS, NY, 336-510-0585 REFRESHINGLY FREE, NC, 214-361-9515. The liquid contains preservatives. You may also use Tri Sodium Phosphate 1-2 Tablespoons (I use Savogran powdered) per wash for laundry detergent from the web (amazon.com 1lb $2.37, chemistrystore.com 8lb $15.75). Sodium Percarbonate 1-4 ounces per wash for bleach/brightener. Sodium percarbonate (chemistrystore.com 2lb $4.50) is the active component in Oxyclean (do NOT use Oxyclean). You may also use Arm and Hammer WASHING SODA *NOT DETERGENT* (NOT DETERGENT). USE WASHING SODA. You may use Oxo Brite or Sun Oxygen Cleaner (Dollar General or Big Lots!). NO Tide. NO Seventh Generation. NO Ecover. NO Ecos. NO Dr. Bronner's (rosemary, hemp). NO Burt's Bees (rosemary). NO Jason's. NO Aubreys, NO Borax (causes dog testicle shrinkage), etc.

3) Do not use anything on the skin with parabens or phenoxyethanol in them. This includes shampoo, soap, makeup, hand lotion, body lotion, and toothpaste. Since it is absorbed directly through the skin, the whole dose is absorbed by the body. In contrast, an oral dose may be 90% filtered out through the liver. Thus, the skin dose is 10 times the potency of the oral dose. Use Mulberry Farm Nature Care (706) 647-5879, Conti Castile bar Soap 1-800-809-0610, Kiss my face soap no herbs, Clearly Natural soap for shampoo unscented, or Simple Soap (UK). Use unscented simple products. Use a bar soap for your hair. Try different bar soaps for your hair. Find a bar soap your hair likes. You may have to try 6

different bars of soap to see what your hair likes. Hair may be “matted” with a bar of soap or shampoo for the first few washes. Then, the hair becomes clean and no longer is “matted”. As soon as you go to liquid shampoo preservatives are added. I even use the bar soap to hand wash my dishes. Instead of lotion, after a shower put oil (sweet almond, jojoba, coconut, emu, olive) on the skin to lock in the moisture. Water goes into the skin and then the oil locks in the moisture (lotion is just oil and water mixed together).

4) Avoid Coffee. Avoid decaf Coffee. Several cups of coffee increase estradiol levels by 70%. No Coffee.

5) No Sunflower Oil, No Safflower Oil, No Cottonseed Oil, No Soy Oil and No Canola Oil.

6) Avoid Shampoos that are “rich in hormones” and have estrogen added to them.

7) Avoid weak phytoestrogens Soy and Ground Flax Seed because these may interfere with Progestelle’s effect. Soy in the traditional fermented form of tofu or natto may or may not be OK. However, the Soy that Americans eat is NOT.

8) Many sunscreens are estrogenic. Use a hat and long sleeve shirt. UVNatural is OK using zinc oxide as a blocker. Buff on zinc oxide.

9) No caffeine. No tea. No colas. Herbal Teas usually contain an estrogenic herb. Decaf Green Tea is ok.

10) Cosmetics are very important but difficult. Use only the cosmetics on the purple sheet.

-- Chapter 6 -- Avoid Chemicals and Foods that Act as Estrogens ---- Detailed List

See http://e.hormone.tulane.edu/learning/learning.html for a discussion of xenoestrogens from Tulane and Xavier University.

A. Xenoestrogens (Chemicals that Mimic Estrogens)

In last decade, new research has come to light that demonstrates that synthetic chemicals that are very different in structure to estrogen may act as an estrogen. “Xeno” means foreign. The Xenoestrogen in question may either bind to the receptor strongly or weakly. It may also stimulate the receptor strongly or weakly to imitate the effect of estrogen, or it may elicit a response that is an abnormal estrogen response. Thus, these chemicals can cause breast cancer, uterine cancer, cervical cancer, cervical dysplasia, fibrocystic breast disease, ovarian cysts, endometriosis, adenomyosis, premature sexual development and uterine fibromas. Some have hypothesized that since the prostate and uterus are embryologically the same, xenoestrogens may also cause benign prostatic hypertrophy and prostate cancer. Critics have proclaimed that these chemicals are for the most part “weak”. However, they exist in the body in concentrations 100’s to 1000’s of times of the natural body hormones; also one researcher demonstrated that two “weak” estrogens may act synergistically to give a strong estrogen response. Some of these Xenoestrogens like DDE (a metabolite of

DDT) may persist in the body fat for decades. Since this is a new field of research only a few chemicals have been tested (this by definition is an incomplete list), and are listed below:

1. Pesticides & Herbicides such as DDT, endosulfan, dieldrin, methoxychlor, kepone, toxaphene, chlordane, and other chlorinated hydrocarbons.

DDT is banned in the U.S. Baby roosters exposed to DDT grew up looking like hens. The U.S. produces it and ships it to other countries. However, it is present in imported produce. DDT found in the fat of U.S. citizens is traced to imported produce. Combinations of the other pesticides above are found on U.S. produce that exceeds FDA safe levels and are typically greater on U.S. produce compared to imported produce. A synergistic effect is known to occur between pesticides yielding greater toxicity and estrogen effect. However, exact combinations and levels are unknown. Farms, lawns and golf courses use pesticides and herbicides that easily enter the body through the skin and lungs. Golf courses use 7 times the amount of pesticides than farmers use.

2. Products associated with plastics such as bisphenol A and phthalates.

Bisphenol-A was originally designed for use as a synthetic estrogen replacement. It was found to work quite well as an antioxidant to prevent plastic from breaking down in the sunlight. Bisphenol-A is used in drinking water bottles, plastics used in baby bottles, plastics used to pack food, and some dental composites. Phthalates along with excess estrogen given to chicken used as food were suspected to cause girls as young as 18 months to begin to menstruate in Puerto Rico in the '70's and '80's.

In one Dartmouth University study, the researchers found that plastic wrap with olive oil heated in a microwave produced a concentration of xenoestrogens 500,000 times the minimum amount of estrogen needed to produce breast cancer cell proliferation in a test tube.

Bisphenol-A contamination was also found in the majority of canned food as high as 27 times the minimum amount of estrogen needed to stimulate breast cancer cells to grow in the test tube.

3. Pharmaceuticals such as drug estrogens (Prempro, DES, and Premarin) Cimetidine (Tagamet), Marijuana, and Birth Control Pills.

The Physician's Desk Reference (PDR) lists gynecomastia (breast enlargement in men) as a side effect for Tagamet. A full list of estrogenic drugs may be found if you search for drugs and gynecomastia on the web. Many of the synthetic estrogens are chemically modified to be different from naturally occurring estrogen to increase profits from a patented drug. Also, there is some evidence that they may be stored in the fat for months or years. Premarin, Prempro, and birth control pills contain synthetic chemically modified estrogens that cause a 40-70% increase in breast cancer. They fit in the body's estrogen receptor and kind of act like estrogen but are not really natural estrogen. See www.fibrocystic.com under QandA.

4. Ordinary Household Products such as breakdown products from laundry detergent and dishwashing detergent that include nonylphenol, octylphenol, and spermicide.

Laundry detergent persists in the clothes even after washing, gets on the skin, and is broken down by bacteria. It is then absorbed by the skin. If any estrogen is taken orally, it is 80-90% first pass metabolized by the liver before entering the body. In other words, the body only gets 10% of the estrogen when taken orally. By contrast, anything absorbed by the skin goes directly into the body. Looked at

another way, anything on the skin has an effective concentration that is 10 times that of an oral dose. Spermicide on condoms is estrogenic as well as the preservative in the lubricant. Use a condom without spermicide or lubricant.

5. Industrial chemicals such a PCB's (polychlorinated biphenyls).

This is an industrial oil used in electrical transformers that is now banned in the U.S. However, it persists in the environment and the fat of animals for decades. It bioaccumulates in the fat and of course, top of the pyramid predators such as polar bears. PCB's have been implicated in dropping polar bear fertility in Greenland.

6. Commercially raised meat such as beef.

Industry supporters claim that the estrogen in estrogen supplemented feedlot meat washes out of the animals' system in several weeks. However, there is some evidence to suggest that the synthetic estrogens persist in the fat for several months or years. Europe has refused to import American and Canadian beef because of this issue. This bone of contention has been the basis for a trade war for several years.

7. Preservatives used in skin lotions, shampoos, makeup and body lotions such as the parabens that include methyl paraben, propyl paraben, butyl paraben.

Germaben contains parabens. Researchers from the Department of Biology and Biochemistry of Brunel University in the United Kingdom found that alkyl hydroxy benzoate preservatives (methyl-, ethyl-, propyl- and butylparaben) are weakly estrogenic. The European Union has asked the European Cosmetics and Toiletry industry about these new findings and the implication for breast cancer. These preservatives are found in the vast majority of skin and body lotions, even in natural progesterone creams. Anything absorbed through the skin is 10 times the concentration of an oral dose.

8. Shampoos that purposely contain estrogen

African Americans favored shampoos with clinically active high doses of estrogen. They also used them on their children. In 1998 Tiwary, now retired, published a study of four girls - including a 14-month-old - who developed breasts or pubic hair months after beginning to use such products. The symptoms started to disappear when they stopped using them. The year before, he published a study showing that some of the products used by his patients contained up to one milligram (1 mg) of estradiol per one ounce of shampoo. By comparison, a normal adult topical skin dose for estradiol is 0.02-0.05 mg/day. This means that one ounce of shampoo contains 50 times the daily ADULT dose of estradiol. A small handful of this shampoo on your child every day may give her OR HIM breasts!

9. Many Common Sunscreen Chemicals are Strong Estrogens

Margaret Schlumpf and her colleagues (Institute of Pharmacology and Toxicology, University of Zurich, Switzerland) have found that many widely-used sunscreen chemicals mimic the effects of estrogen and trigger developmental abnormalities in rats. (Schlumpf, Margaret; Beata Cotton, Marianne Conscience, Vreni Haller, Beate Steinmann, Walter Lichtensteiger. From "In vitro and in vivo estrogenicity of UV sunscreens" *Environmental Health Perspectives* (Vol. 109 (March 2001) pp 239-244):

Her group tested six common chemicals that are used in sunscreens, lipsticks, and facial cosmetics. Five of the six tested chemicals (benzophenone-3, homosalate, 4-methyl-benzylidene camphor (4-MBC), octyl-methoxycinnamate and octyl-dimethyl-PABA) behaved like strong estrogen in lab tests and caused cancer cells to grow more rapidly. Only one chemical - a UVA protector called butyl-methoxydibenzoylmethane (B-MDM) - showed no activity.

Uterine growth and endometriosis: One very common sunscreen chemical, 4-MBC, was mixed with olive oil and applied to rat skin. This caused a doubling of the rate of uterine growth well before puberty. "That was scary because we used concentrations that are in the range allowed in sunscreens," said Schlumpf. Three of the six caused developmental abnormalities in animals. The major cause of sterility in women in the USA is endometriosis, a condition afflicting 5.5% of American women. Exposure to excessive estrogen, that may have come from such sunscreens, is felt to be the primary cause of endometriosis.

10. Suspect any fragrance natural or synthetic

Estrogen is a ring-shaped compound, and ring-shaped compounds (benzene rings) are known as aromatics. So suspect that anything fragrant may be estrogenic. For those with severe disease do NOT use fragrance either directly or in cosmetics. NO Fragrance natural or synthetic. NO essential oils.

B. Phytoestrogens (Naturally Occurring Plant Estrogens)

Suspect any fragrant herb of having a hormone disruptive effect. Any fragrance contains a benzene ring; these rings are known as aromatics. Plants produce chemicals that mimic estrogen and block progesterone. In general, it is thought that they tend to wash out of the body within several days in contrast to months or decades that the xenoestrogens take to be excreted. Whole grains, fruits, seeds, beans, and herbs are known to have estrogen and/or progesterone activity. In general, any food that has been eaten by a culture or people group for centuries is probably all right to eat if the people group in question is relatively free from these estrogen-related diseases. When referring to phytoestrogens, it is generally thought that a “weak” estrogen may actually be protective against cancer-causing xenoestrogens. The best example is Lilian Thompson Ph.D.’s work that showed that oral ground flax seed reduced breast cancer size between the time of diagnosis and surgery. A strong phytoestrogen may actually make the disease worse. Again the list that follows is incomplete because of the lack of research money and interest:

1. Coffee is a known phytoestrogen.

Coffee is commonly known to make fibrocystic breast disease worse. It is not thought to be the caffeine, but coffee itself mimics estrogen strongly. Thus, decaffeinated coffee still may be estrogenic.

2. Clover, Red Clover tea, Alfalfa Sprouts.

Australian sheep grazing on imported European clover developed still births and sterility 3 years later. A strong phytoestrogen named formononetin was found to be the culprit. Formononetin mimics estrogen.

3. Sunflower Seeds.

Coumestrol found in sunflower seeds when fed to the mother rat caused permanent reproductive problems in the rat pups: female pups when grown did not ovulate, and the male pups had altered mounting behavior and fewer ejaculations. Neonatal rats and immature rats exposed to coumestrol had premature estrous cycles. Flax seed oil and Soy oil are known NOT have the active phytoestrogens. However, I do not use Flax oil. Sunflower oil MAY have active hormone components in it.

4. Queen Anne’s lace (wild carrot)

During the fourth century B.C., Hippocrates noted that Queen Anne’s Lace prevented pregnancies. It is now known that seeds contain a chemical known to block progesterone needed to maintain a pregnancy.

5. Pomegranate

The Greeks used this plant as a contraceptive. Modern research confirms strong estrogen activity.

6. Dates
Dates were traditionally used as contraceptives. One patient anecdotally binged on dates and reported that her uterine fibroid worsened.
7. Fennel
Used in the ancient world to prevent pregnancy and precipitate abortions.
8. Licorice, Red Clover, Yucca, Hops (Beer) and Motherwort
Zava, Ph.D. showed that these herbs stimulated estrogen receptor positive breast cancer cells to grow. Red Clover and Yucca were found to be equal in potency to estradiol at the same concentrations. Women who harvest hops for beer begin menstruating 2 days later anecdotally. Zava has confirmed that beer has a significant amount of phytoestrogens that have moderate estrogen activity from hops used in the flavoring of beer.
9. Bloodroot, Ocotillo, Mandrake, Oregano, Damiana, Pennyroyal, Verbena, Nutmeg, Tumeric, Yucca, Thyme, Calamus rt., Red Clover, Goldenseal, Licorice, Mistletoe, Cumin, Fennel, Chamomile, Cloves.
There are separate estrogen and progesterone receptors. Zava, Ph.D. was able to show that the above herbs are able to bind to the progesterone receptor. These herbs would compete against any natural progesterone taken and should also be avoided. Interestingly enough all the progesterone binding herbs were antagonists or neutral meaning they competed against progesterone and worked against it or blocked progesterone. None of them were progesterone stimulators. Bloodroot, mandrake, pennyroyal, yucca, and mistletoe all have very strong progesterone binding activity and are used as abortifacients (create an abortion), and to bring on menses. Bloodroot was used in England to treat breast cancer 100 years ago and was used by Native Americans to treat surface tumors. Herbalists today use it to treat breast cancers, nasal polyps, and cervical dysplasia. Mistletoe has been used for 100 years in Europe to treat breast cancer and leukemia.
10. Herbs that Suppress Breast Cancer Cell Growth
Zava, Ph.D. also found that Mandrake, Bloodroot, and Juniper stunted the growth of BOTH estrogen receptor positive breast cancer cells and estrogen receptor negative breast cancer cells. In other words, these three herbs stop breast cancer through another mechanism, not through the estrogen effect. Saliva estradiol results also showed very low estradiol in women taking the Chinese herb Dong Quai. It is thought that Dong Quai suppresses estradiol synthesis. So it seems that Dong Quai may be alright for you to use, but I have not had any experience with Dong Quai.
11. Avoid Weak Phytoestrogens, Ground Flax Seed and Soy
Ground Flax Seed has one of the highest weak phytoestrogen concentrations of all plants known. Ground Flax Seed while useful for treating breast cancer may have some interfering effect with progesterone. According to Zava, Ph.D. Flax Seed Oil does NOT contain these phytoestrogens. The use of soy is controversial. For thousands of years, people in China and Japan have used soy products (people living in Japan and China have enjoyed low breast cancer rates), but NOT in the form that we eat in the United States. Fermentation used to produce tofu destroys the anti-nutrients in soy, but US modern soy found in food products still have the anti-nutrients. Soy powder that is now made in the US, by some studies, have shown that low doses of this soy may actually increase breast cancer rates, and HIGH doses (28 grams/day) decreases breast cancer rates. Avoid Soy and Ground Flax Seed temporarily because these weak phytoestrogens may interfere with Natural Progesterone's action. A good tutorial on soy may be found in "What Your Doctor May Not Tell You About Breast

Cancer" by Lee, MD. Flax is the "nuke" of phytoestrogens. Just a little flax in hair gel, a cracker, or pill will give you bloating or breast tenderness.

12. No Cottonseed Oil

Since the 1970s most of the work on cottonseed oil as an antispermatogenic has been conducted in China after Chinese authorities noted decreased fertility in some provinces in the late 1950s and eventually linked it to the use of cottonseed oil in cooking. In one study rats fed 0.5 milliliters of cottonseed oil a day produced no viable sperm at the end of the 28-day test period. Cotton is the most intensively sprayed field crop in the world, accounting for more than 10 percent of the pesticides used worldwide and 25 percent of the pesticides used in the U.S. Yet despite cotton's role in the food chain, chemicals that are banned for use on food crops are used on cotton.

13. No Caffeine

Women who consumed the most cholesterol and alcohol, and those who consumed more than one cup of coffee a day had significantly higher levels of estrogen during the early follicular phase of their menstrual cycle, according to the report in the October issue of Fertility and Sterility. Women who consumed at least 500 milligrams of caffeine daily, the equivalent of four or five cups of coffee, had nearly 70% more estrogen during the early follicular phase than women consuming no more than 100 mg of caffeine daily, or less than one cup of coffee. ``Our study provides a basis for believing that coffee consumption increases estradiol levels," Cramer said. ``While these effects are modest with one or two cups, they are more evident at higher levels of consumption." Fertility and Sterility 2001;76:723-729

14. No Breast Enlargement Formulas

Breast enlargement formulas on the web frequently cause bloating, a sure sign of estrogen dominance. Breast enlargement formulas give clues to estrogen-like herbs that may include: fenugreek, fennel, blessed thistle.

15. No Rosemary, No Sage

Rosemary and Sage in Dr. Bronner's Soaps and some competitor's progesterone products caused increased bloating and fibroids.

16. No Tea Tree Oil (Melaleuca), No Lavender Oil

Bloch, MD, pediatric endocrinologist discovered that boys applying lavender oil and tea tree oil to their skin developed gynecomastia (male breast enlargement-man boobs). The gynecomastia reversed when the boys stopped applying lavender oil and/or tea tree oil to their skin. Derek Henley and Kenneth Korach of the National Institute of Environmental Health Sciences in Research Triangle Park, N.C confirmed this clinical finding. In their lab, the two investigators exposed human breast cells to lavender oil and, separately, to tea tree oil. They found that each oil turned on estrogen-regulated genes and inhibited an androgen-regulated gene.

17. No Herbs that cause Abortions, Miscarriages, or Abortifacients

Progesterone is produced by the human body to keep the pregnancy. **Some herbs are traditionally used to create miscarriage and are, therefore, likely to be a progesterone blocker.** For instance, if you do not want your pregnancy in certain cultures, if you drink enough aloe, it will cause a miscarriage in the first trimester. I am not against aloe. I'll use aloe myself for a sunburn or for an autoimmune disease. However, if you are pregnant, taking aloe is a mistake. Herbs used to cause miscarriage are:

American pennyroyal, European pennyroyal, Blessed Thistle, Aconite, Algin, Anise, Arnica, Asafoetida, Asarum, Bael fruit, Bay leaf, Bitter Melon, Blessed thistle, Blue cohosh, Buchu, Chamomile, Chaparral, Chicory, Coleus, Fennel,

Fenugreek, Feverfew, Garlic, Goldenseal, Horny Goat weed, Horseradish, Jequirity, Juniper, Lovage, Mistletoe, Mugwort, Neem, Oleander, Oregano, Podophyllum, Pokeweed, Pomegranate, Rhubarb, Rosemary, Safflower, Slippery elm, Squill, Stinging Nettle, Tansy, Tribulus, Watercress, Yarrow, Yew

18. No Marijuana, and perhaps no hemp oil

Marijuana creates gynecomastia (man boobs). Hemp is botanically related to marijuana.

19. No Herbs used for Birth Control or Abortifacients (from Encyclopedia of Birth Control by Vern Bullough). **Anything that can cause an abortion is likely a progesterone blocker.** Aloe (Aloe Vera), Artemisia (Artemisia scoparia), Asarum (Asarum europaeum and Asarum canadense), Birthwort (Aristolochia), Celery (Apiceae family), Chaste tree (vitex agnus-castus serves as an abortifacient, but also stimulates progesterone production), Dittany (Dictamnus albus), Ferns (Capillus veneris possible Asparagus(?)), Juniper (Juniper communis or Juniper sabina), Cypress (Cyperus incompleteus), Mint (mentha), Peppermint (mentha), Pennyroyal (Mentha pulegium), Sage, Marjoram, Thyme, Rosemary, Hyssop, Myrrh, Queen Anne's Lace (Daucus carota), Rue (Ruta gravcolens, Murraya paniculata and M. sapientum), Squirting cucumber (Ecballium elaterium), Willow (Salicaceae family), Poplar (Populus alba).

20. No Chocolate, Cocoa, Cocoa Butter

Chocolate, cocoa, cocoa butter in Black African Soap has raised estradiol levels in my patients.

C. Solution

1. Avoid using plastic with food and water whenever possible. Especially avoid heating food or water in plastic. When food and or water is heated with plastic, the diffusion of plastic into the food and water is much worse. Heat up food in the microwave using ceramic plates and bowls. Place the food in the bowl and cover it with a plate.
2. Do not use pesticides or herbicides on the lawn or in your house. Eat Organic food. Organic food is grown without pesticides, herbicides and synthetic fertilizer. Minimize canned food.
3. Change your laundry detergent to "Nature Clean" powdered detergent. This may be bought at Living Source (254) 776-4878. Use Conti Castile Soap 1-800-809-0610 or use Simple Soap as a shampoo and bath soap.
4. Do not use Birth Control Pills. Use a condom instead without spermicide. Do not use HRT. Use a triple antibiotic for stomach ulcers and gastritis instead of Tagamet.
5. Eat meat grown without hormones. Commercial lamb and fish usually are hormone free.
6. In general, the hormones taken orally are first pass metabolized by the liver 80%-90%. However, when these hormones are applied to the skin, the hormones are directly absorbed by the body. Thus, any skin dose has 10 times the effect of an oral dose. The vast majority of skin lotions, makeup, and creams use the parabens as a preservative. Avoid them at all costs. Instead, apply a vegetable oil right after a shower to hydrate the skin and lock in the moisture. Also, avoid phenoxyethanol. Be careful of anything put on the skin!
7. Avoid Avocado, Coffee, Beer, Sunflower Seeds, Red Clover Tea, Chamomile Tea. Avoid Pomegranate, Licorice, Red Clover, Yucca, Hops (Beer) and Motherwort, Bloodroot, Ocotillo, Mandrake, Oregano, Damiana, Pennyroyal, Verbena, Nutmeg, Tumeric, Thyme, Calamus rt., Red Clover, Goldenseal, Mistletoe, Cumin, Fennel, Chamomile, Cloves, Queen Anne's lace (wild carrot), Alfalfa Sprouts, Rosemary, Sage, **Tea tree oil, Lavender Oil.** Avoid American

pennyroyal, European pennyroyal, Blessed Thistle, Aconite, Algin, Anise, Arnica, Asafoetida, Asarum, Bael fruit, Bay leaf, Bitter Melon, Blessed thistle, Blue cohosh, Buchu, Chamomile, Chaparral, Chicory, Coleus, Fennel, Fenugreek, Feverfew, Garlic, Goldenseal, Horny Goat weed, Horseradish, Jequirity, Juniper, Lovage, Mistletoe, Mugwort, Neem, Oleander, Oregano, Podophyllum, Pokeweed, Pomegranate, Rhubarb, Rosemary, Safflower, Slippery elm, Squill, Stinging Nettle, Tansy, Tribulus, Watercress, Yarrow, Yew

8. Coffee increases estradiol levels by 70% according to a Bringham Young University study. Coffee, even decaf may contain strong phytoestrogens Avoid coffee, tea, chocolate and colas, and sodas high in caffeine. Caffeine and alcohol may keep the liver busy so that the liver cannot get rid of the estradiol out of the body.

--Chapter 7 –Trouble Shooting for Estrogen Dominance Diseases (excess estrogen)

The most common cause a failure is taking xenoestrogens with progesterone. The progesterone may even "work" for 1-2 months and then stop working because of xenoestrogens being taken at the same time. **The body in order to protect itself from xenoestrogens shuts down the estrogen receptors (sensors). Progesterone wakes the estrogen receptors. "Waking Up" may take 1-2 months, or be instant. Thus, it is important to remove all xenoestrogens from your personal care products. Otherwise, all that estrogen will be taken in by the newly awaked receptors and can cause an increase in feelings of ill health.**

Furthermore, any loss of body fat can release new xenoestrogens into the body. Thus, if you are losing weight, you can get sick from the dissolving fat releasing xenoestrogens.

Increased breast tenderness, increased premenstrual bloating (signs of too much estrogen), possible INCREASED headache, or INCREASED hair loss with progesterone use.	The patient must avoid xenoestrogens! Patients chronically exposed to estrogen chemicals become less sensitive to estrogen. Progesterone "wakes up" the sleepy estrogen receptors. Change your laundry detergent. Use products on the purple sheet. Be extremely careful of what you put on the skin. **CHANGE YOUR PRODUCTS. STOP the progesterone for 1-2 months so that the xenoestrogens can wash out of the body. Then try the progesterone again. The progesterone may also work for 1-2 months and THEN not work. This is because it takes 1-2 months for the estrogen receptors to "wake up". Again, Stop the progesterone, Eliminate Xenos, Wait 1-2 months, then Try the progesterone again. Use ONLY products from the purple sheet. It is unlikely that the products you chose will work.**

Patient has a hypersensitive smell. Hypersensitive to perfumes. Sometimes very allergic.	The patient is sensitive to drugs such as caffeine, valium, etc. She has difficulty excreting any drug and also xenoestrogens. Low level (4 out of 10) constant anxiety, stress, fear cause impaired excretion of all chemicals - sort of like a clogged toilet. The low-level anxiety, fear, stress causes increased cell membrane rigidity and a "clogged toilet" syndrome. Experts on unclogging the "clogged toilet" are at Pleasant Valley Church (706) 646-2074 Atlanta, GA for seminars. www.beinhealth.com Parasites are very common. Parasites cause increased inflammation impairing xenoestrogen excretion. One half of my patients in the USA have high parasite loads.
Shortness of Breath when taking Progesterone.	Progesterone dose is too high. Use a lower dose. A higher dose may be used later.
Rash when applied.	The patient is allergic to coconut oil. Order a grapeseed oil or organic olive oil from us.
An irregular period when taking Progesterone.	Chronic estrogen exposure decreases sensitivity to estrogen. Progesterone increases estrogen receptor sensitivity to normal. Cutting out xenoestrogens and taking progesterone creates TEMPORARY chaos. The chaos usually gets better after 3 months because more xenoestrogens wash out of the body.
Crystals on the bottom of the bottle.	The progesterone has gotten too cold. The crystals are progesterone. If the crystals are small, this is not too much progesterone lost. So you may continue to use it. However, if there are many crystals, put the bottle in a plastic bag and heat it in hot water for 2-3 hours, or call us for a replacement.
No response at all after 10 days. The patient does not feel any different.	You may be taking a herb that blocks progesterone at the receptor level pg. 20-21. (herbs that cause miscarriage ie aloe, mint, etc. block progesterone) Or, if you are heavy set, use the progesterone on the inside of the thighs and arms where the fat is thin. Thick fat may block absorption.
Patient has had a hysterectomy without oophorectomy.	Maximum bloating and breast tenderness usually happens on day 26. Take your best guess to time your periods and take the progesterone.

Most or all of the fibrocysts disappear except for one lump that does not respond at all.	This is a rare case that occurs in about 0.01% of all patients. Biopsy the nonresponding lump.
Hot flashes are not gone	Use topical estriol 0.5 mg every other day from a compounding pharmacist with Progestelle. Slowly taper estriol over a period of 6-12 months. Or use Whole Foods Brand Soy 1 oz/day in a fruit smoothie in the AM. Or use 25 mg/day orally of Pregnenolone.
Progesterone "works" for the first 2 months, then does NOT "work"	You have a xenoestrogen in your environment. Your body shuts down estrogen receptors due to chronic estrogen exposure. Progesterone may take as long as 2 months to "wake" them up. You now feel worse or nothing when the progesterone is taken. The solution is to cut out xenoestrogens.

-- Chapter 8 -- Summary for Curing Estrogen Dominance Diseases

Remember you must take the progesterone oil for a MINIMUM OF 3 MONTHS to see clinical results. However, you should feel some difference after 10 days. If you do not feel any difference, you may not be absorbing progesterone well through the skin. In skin non-absorption, a saliva test will confirm this, and prescription oral Natural Progesterone typically will work. You cannot measure topical progesterone with a blood test! With topical progesterone skin application, the progesterone is absorbed through the skin and is carried by the chylomicrons and red blood cell membranes. The natural progesterone is absorbed into the body fat. The body fat acts as a reservoir. It takes three months to get good progesterone levels and clinical results. **You must also avoid xenoestrogens or the progesterone may NOT work. For severe disease, avoidance of xenoestrogens is mandatory. However, for mild disease, you do not have to be as strict.** Taking a herb that causes miscarriage (pg. 19) like aloe or mint in a topical or toothpaste will block progesterone at the receptor level making it impotent. Also losing fat will release xenoestrogens stored in the fat.

Dr. Lee and pharmaceutical companies believe that fibrocystic breast disease is caused by too much estrogen, estrogen dominance. The solution to the disease is to take progesterone and avoid estrogen intake. Estrogen may come in the form of birth control pills, hormone replacement, coffee, herbs, or synthetic chemicals that mimic estrogen. Progesterone opposes the effect of estrogen and resensitizes the body's estrogen receptors back to normal.

A. Take Progesterone

1. Double Strength Progestelle® contains 800 mg of natural progesterone per ounce.
2. For the first 2-3 months use one ounce of oil per month; this is about one-half (1/2) teaspoon per day. This is 2-3 dropperfuls per day. Once in the morning and once before bedtime. Or once before bedtime; Progestelle® makes you sleep better.
3. Rub the oil on any part of the body that has good circulation before bedtime - breasts, neck, chest, thighs, soles of the feet, or back.
4. After health is restored to normal after 2-3 months, use one-half ounce of oil per month to maintain health.
5. Apply the oil during the two weeks before menses for 14 days on days 12-26 if premenopausal. Apply oil for 3 weeks and then rest 1 week if post menopausal.
6. Use a saliva test to verify progesterone levels when you doubt skin absorption after 2 months while taking progesterone; not a blood test.
7. Rotate skin areas when applying progesterone oil. Use a different skin area on different days.

B. Take Vitamins (Estrogen dominance causes deficiency in Mag and B)

1. Vitamin E 600 IU/day before bedtime
2. Magnesium Citrate 200-400 mg/day, 800-1000 mg/day if calcification.
3. Vitamin B6 50 mg/day. Wide spectrum Vitamin B (B-100) can also be used. Take the Vitamin B in the AM (morning) to avoid vivid dreams at night. Vitamin B is safe since it is water soluble. But do NOT take more than 200 mg/day of Vitamin B6.
4. Take Indole-3-carbinol 400-600 mg/day. Indole-3-Carbinol is from cruciferous vegetables like broccoli, cauliflower, and cabbage and reduces estradiol in the body. Indole-3-Carbinol may be more important for fibroids, endometriosis, and cervical dysplasia. Mild hot flashes may result. You may also add 2000-8000 mg/day of bioflavonoids from the Key Company.
5. ***IMPORTANT*** Take 3 mg/day of iodine/iodide in the form of Iodoral or 1 drops of 2% Lugols Iodine. **Proper iodine supplementation seems to reduce estrogen sensitivity.**

C. Avoid Estrogens

1. Cut the dosage of hormone replacement estrogen immediately to 1/2 of your normal dose while taking progesterone.
2. If you get hot flashes, this usually means that you are cutting your estrogen dose too fast, discontinue the estrogen supplements over a period of 3-4 months VERY slowly. If you are using a patch, you may cut the patch in one-half or quarters, and then tape the free end of the patch down with medical tape.

3. DISCONTINUE estrogen supplements altogether over a period of 3-6 months, rarely 2 years.
4. Do not use birth control pills; use a condom without spermicide instead.

D. Avoid Xenoestrogens (chemicals that mimic estrogen) and selected phytoestrogens (plants that mimic estrogen)

1. Avoid using plastic with food and water whenever possible. Especially avoid heating food or water in plastic. When food and or water is heated with plastic, the diffusion of plastic into the food and water is much worse. Instead, heat up food in the microwave using a ceramic bowl with a ceramic plate to cover it.
2. Do not use pesticides or herbicides on the lawn or in your house. Visit www.gardensalive.com. Eat Organic food. Organic food is grown without pesticides, herbicides and synthetic fertilizer. Minimize canned food.
3. Change your laundry detergent to "Nature Clean" powdered detergent. Use Simple Soap or Conti Castile Soap as a shampoo and bath soap. Use "Nature Clean" dish washing liquid.
4. Do not use Birth Control Pills. Use a condom instead without spermicide or lubricant (Trojans, the red box). Do not use prescription synthetic estrogen or prescription progestins (HRT). Use a triple antibiotic for stomach ulcers and gastritis instead of Tagamet.
5. Eat meat grown without hormones. Commercial lamb and fish usually are hormone free.
6. In general, the hormones taken orally are first pass metabolized by the liver 80%-90%. However, when these hormones are applied to the skin, the hormones are directly absorbed by the body. Thus, any skin dose has 10 times the potency of an oral dose. The vast majority of skin lotions and creams use the parabens as a preservative. Avoid parabens at all costs. No phenoxyethanol. Instead, apply a vegetable oil right after a shower to hydrate the skin and lock in the moisture. Parabens, in my experience, have been linked to cramping periods.
7. Many sunscreens are estrogenic. Use a hat and long sleeve shirt.
8. No Soy except for perhaps tofu or natto. No flax seed.
9. No estrogenic shampoos.
10. No Sunflower Oil, No Safflower Oil, No Cottonseed Oil, and No Canola Oil.
11. Avoid Coffee, Beer, Sunflower Seeds, Red Clover Tea, Chamomile Tea. Avoid Pomegranate, Licorice, Red Clover, Yucca, Hops (Beer) and Motherwort, Bloodroot, Ocotillo, Mandrake, Oregano, Damiana, Pennyroyal, Verbena, Nutmeg, Tumeric, Thyme, Calamus rt., Red Clover, Goldenseal, Mistletoe, Cumin, Fennel, Chamomile, Cloves, Queen Anne's lace (wild carrot), Alfalfa Sprouts, Rosemary, Sage, **Tea tree oil, Lavender Oil**. Avoid American pennyroyal, European pennyroyal, Blessed Thistle, Aconite, Algin, Anise, Arnica, Asafoetida, Asarum, Bael fruit, Bay leaf, Bitter Melon, Blessed thistle, Blue cohosh,

Buchu, Chamomile, Chaparral, Chicory, Coleus, Fennel, Fenugreek, Feverfew, Garlic, Goldenseal, Horny Goat weed, Horseradish, Jequirity, Juniper, Lovage, Mistletoe, Mugwort, Neem, Oleander, Oregano, Podophyllum, Pokeweed, Pomegranate, Rhubarb, Rosemary, Safflower, Slippery elm, Squill, Stinging Nettle, Tansy, Tribulus, Watercress, Yarrow, Yew
12. No caffeine. Caffeine is found in coffee, chocolate, colas, and tea.
13. Read Healthy Living in a Toxic World by Cynthia Fincher Ph.D. from amazon.com.

E. Readjust your Thyroid Medication

1. Cut back the dosage of your thyroid medication, if your T3 and T4 is normal by laboratory measurements. See www.fibrocystic.com under thyroid for more details.
2. After 2-3 months of progesterone use, it may be possible to completely eliminate your thyroid supplements.
3. Estrogen dominance causes depression of the thyroid receptor resulting in fat on the belly and hips, hair thinning, low temperature, and sugar craving.

F. Do Not Take Synthetic Progestins

1. Do not take synthetic progestins such as Megestrol and Provera. These synthetic progestins will compete with progesterone receptor binding sites and compete with progesterone rendering progesterone useless.
2. Immediately lower the dose by 1/2 and lower it more the second month. By the third month, the progestin may be completely stopped.

G. Dr. John Lee's Recommended Lifestyle

1. If you are smoking, quit--now.
2. Keep alcohol consumption to two drinks a day or less.
3. Eat whole, fresh, preferably organic foods and avoid refined and processed foods, additives, preservatives, and colorings.
4. Drink plenty of clean water and avoid soda pop. (A reverse osmosis water filter may be used).
5. Keep fat consumption to 20 to 25 percent of your calorie intake.
6. Emphasize olive oil and avoid hydrogenated oils and most vegetable oils.
7. Eat a plant based diet, emphasizing plenty of fresh, preferably organic vegetables, whole grains, legumes, nuts, and fruit.
8. Eat small portions of meat (including beef, pork, and chicken) no more than two or three times a week. (Organic meat may be better since hormones are used to grow conventional meat. Residual hormones may still exist in the fat in conventional meat)
9. Eat modest servings of eggs, yogurt, and deep-sea, cold-water ocean fish four to five times a week.

10. Take some antioxidant vitamins and if you're over 50, take a multivitamin as well.
11. Get some moderate exercise, preferably every day, but at least three times a week.
12. Keep your digestion working well by eating plenty of fiber, and use probiotics (acidophilus) if necessary.

-- Chapter 9 -- Common Reasons for Failure

A. Not Avoiding Estrogens - A Guarantee of Failure

Essentially, fibrocystic breast disease is the result of a tug of war between estrogen and progesterone. If too much estrogen is present relative to progesterone, fibrocystic breast disease will worsen. According to the Dartmouth University Study, plastic wrap heated with oil in a microwave oven contained 500,000 times the minimum amount of xenoestrogens needed to stimulate breast cancer cells to proliferate. Heating plastic wrap with food is very bad. Heat food in a ceramic bowl, cover it with a plate in the microwave oven. Coffee is a known phytoestrogen that exacerbates fibrocystic breast disease. Since it is a phytoestrogen, decaffeinated coffee may still be able to act as an estrogen. Laundry detergent cannot be fully rinsed out of the clothes and is absorbed through the skin. Change to health food store detergent without the alkyl phenols that mimic estrogen.

Anything that is put on the skin is absorbed directly into the body. Anything that is eaten is first pass metabolized by the liver. The liver can eliminate 90% of a prescription synthetic estrogen before it gets to the body. In contrast, an estrogen patch goes directly into the body bypassing the liver. Thus, the patch dose is 10 times less than the oral dose. Or put another way anything that is put on the skin has 10 times the potency effect of an oral dose. Most skin creams contain methyl paraben, propyl paraben, or butyl paraben. The parabens are known xenoestrogens and are now being investigated by the European Union as a contributor to breast cancer. Parabens seem to associated with menstrual cramping. Get rid of all the parabens in your life and usually, menstrual cramping goes away. Also no phenoxyethanol. Be very careful about what you put on your skin. Many of the cosmetics also contain these same preservatives as well.

A woman who has too much estrogen has estrogen receptors that are desensitized or down-regulated by estrogen. Her body tries to compensate for the large estrogen load by becoming less sensitive to estrogen. Then, she tries to use natural progesterone without first getting rid of the estrogens in your environment. Natural progesterone resensitizes her estrogen receptors to normal sensitivity. She begins to get worse. Breasts become sorer. Body bloating is worse.

Failure is almost guaranteed when estrogens and xenoestrogens are not cut out of the patient's environment.

One patient that I treated had fibrocystic breasts and a uterine fibroid. She was initially very enthusiastic and took Progestelle right away. Breast tenderness increased and perhaps the fibroid worsened. She got worse. I advised her to stop all xenoestrogens for 1 month, and then start Progestelle. She stopped the Progestelle and immediately breast tenderness became less. She then stopped xenoestrogens. And then she started Progestelle on the next menstrual cycle. Then both fibrocysts and fibroid started to resolve with Progestelle.

More severely estrogen dominant patients, in general, need to cut out xenoestrogens for 1-2 months, and THEN start Progestelle.

B. Inability of the Particular Patient to Absorb Natural Progesterone through the Skin

Usually, I have NOT found hormone testing to be helpful. Hormone tests only measure your own hormones. The hormone tests do NOT measure xenoestrogens or phytoestrogens. Most the time the hormone test is normal, and the woman still is Estrogen Dominant. Do NOT use a blood test to measure topical progesterone because the blood test cannot measure topical progesterone levels.

Although I lack the hard data, it seems that in less than 1% of patients taking Natural Progesterone, Natural Progesterone is not well absorbed through the skin. In this case, the patient notices no difference at all in sleeping, bloating, mood elevation (feel happier), increased libido (higher sex drive) and breast soreness. Thick fat can block the absorption and release of progesterone. **Usually, rubbing the progesterone on the inside of the thighs and arms where the fat is the thinnest will solve the absorption problem.** Absorption through the skin is easily tested with a $30 progesterone saliva test. Take Natural Progesterone for 2 months and then test for saliva progesterone during the days you are using progesterone. **Only use a saliva test to assess topical progesterone levels, DO NOT USE A BLOOD TEST.** Order the kit from ZRT laboratories. You simply spit in the plastic tube provided and send it back through the mail. Lab results are mailed back. ZRT Laboratories 1815 NW 169th Pl. Ste 3090 Beaverton, OR 97006 (503) 466-2445
If you are absorbing Natural Progesterone well, after 2 months your saliva levels should be at least 500-1500 pg/ml. If you are not absorbing Natural Progesterone well then your saliva levels will be less than 100 pg/ml.

If you are one of those patients that do not absorb Natural Progesterone well through the skin, you may take 100-400 mg/day of Natural Progesterone sublingually (under the tongue), or orally in a pill form. The pills at this dose are a prescription drug and must be prescribed by a doctor. **Usually, rubbing topical progesterone on the inside of the arms and thighs where the fat is the thinnest allows the progesterone to absorb.**

Maca, a cruciferous Peruvian Herb, also seems to have a progesterone effect and is used by Peruvian M.D.'s. I feel very safe about the herb because it has been used for centuries, or even thousands of years for female problems, and male erection problems. We like Maca from www.Wholeworldbotanicals.com because they use organic Maca without preservatives. Maca from Wholeworldbotanicals.com. Maca has anecdotally been successfully used to treat Natural Progesterone failures.

C. Improperly Formulated Progesterone Cream

You should take anywhere from 20-60 mg/day of Natural Progesterone in an oil or cream depending on the condition you are treating. Many progesterone creams do NOT contain enough progesterone. Some only have "Yam Extract". "Yam Extract" is NOT progesterone and will not have the same effects as progesterone. Natural Progesterone is made most commonly from yams or soy. Other creams may contain mineral oil which blocks the absorption of progesterone. Still, others use herbs that have estrogen effects. The most common preservative used in these creams is methyl paraben or propyl paraben. The parabens are xenoestrogens. The parabens are being questioned by the European Union for estrogen activity and a role in causing breast cancer.

D. Low-Level Anxiety, Fear or Stress Prevents the Body From Getting Rid of Xenoestrogens (Chemicals that Act Like Estrogen)

These patients are commonly sensitive to smell particularly perfume or sometimes newsprint. They are usually allergic to many things. They are also sensitive to small amounts of prescription or over the counter drugs. For instance, a half cup of coffee may keep them up all night. A Romberg neurologic test is usually positive. To do a Romberg test, put your feet together stand on your tip toes, and close your eyes. If you cannot keep your balance then this is a positive test. For instance, if you were 1 foot away for a rattlesnake then the anxiety level should go up to a level 10. The next day when you are away from the rattlesnake then the anxiety level should be a level 1. However, patients with a

constant anxiety level of 4 or 5 all the time have this syndrome. Because of the low level of anxiety cell membrane rigidity is increased. The increased cell membrane rigidity decreases the ability of the body to excrete toxins, drugs, AND xenoestrogens. Thus, with low-level anxiety, fear or stress the body cannot excrete xenoestrogens. The fear, low-level anxiety or stress is usually caused by perfectionism, feeling like you have to jump through hoops to perform to be accepted or loved, broken heart issues, sexual abuse, physical abuse, or a disruption in the relationship between the patient and her parents or siblings. In severe allergies with a hypersensitivity to smell this may be labeled as multiple chemical sensitivity or chemical sensitivity. It may be accompanied by chronic fatigue syndrome and/or fibromyalgia. Again all of these diseases have their root in low-level fear and anxiety.

Thus, because of low-level anxiety, xenoestrogens cannot be excreted and the patient again is estrogen dominant.
The experts on dealing with chemical sensitivity, chronic fatigue syndrome, and fibromyalgia are found at Pleasant Valley Church (www.pleasantvalleychurch.net). 1 and ½ hours south of Atlanta, Georgia. You can sign up for a 1-week seminar (706) 646-2074. Books and tapes are also available. They take you through forgiveness, getting rid of jealousy, getting rid of bitterness, etc. and the last to go is fear/anxiety. There may also be a trained minister in your area.

Ovarian cysts and fibrocystic breast disease seem to be related to a conflict with other women for the majority of cases, but not all. The right breast cyst seems to be related to conflicts and long-standing fights with non-blood relatives. The left breast cyst seems to be related to conflicts with blood relatives. The ping in your stomach that occurs when you think of this person is evidence that you are upset with this person. This “upsetness” changes your brain chemistry and then changes your body chemistry. This changed body chemistry has difficulty in excreting xenoestrogens.

It seems that in half the case of fibroids that the woman is undergoing stress and also has difficulty in excreting xenoestrogens. I had one woman lawyer in a job competing with other men that developed fibroids. I have had one patient that had 3 deaths in the family in one year and then came down with a fibroid. I had one patient that got a divorce developed a fibroid. Then she went to Bermuda and walked on the beach for 6 months, and the fibroid disappeared. Then she came back to the USA, and starting fighting with her ex-husband and then got the fibroid again.

Two Factors in Estrogen Dominant Diseases

1. Garbage is coming in.
2. Garbage is **NOT** going out because of stress, fear or anxiety.

I am in no way suggesting that your disease is psychological. Your disease is completely physiologic. Fear, stress, and anxiety causes cell membrane rigidity and impairs the body from being able to get rid of all chemicals including xenoestrogens. Thus, brain chemistry changes which in turn causes body chemistry to change with retention of all chemicals that includes xenoestrogens. This is why many patients are sensitive to small amounts of drugs; the patients have difficulty excreting them.

I suggest that patients do the $500/week seminar at Pleasant Valley Church in Thomaston, Georgia. They also have an online course. They take you through getting rid of unforgiveness, bitterness, jealousy, envy, and finally fear/stress/anxiety.

After fear/stress/anxiety goes histamine levels and Interleukin-6 levels drop to normal levels. This increases excretion rates for both xenoestrogens and phytoestrogens. At the end of the week, hypersensitivity to smell frequently disappears.
www.pleasantvalleychurch.net or www.beinhealth.com

E. Parasites cause impaired excretion of Xenoestrogens

One half of my patients in the USA have heavy loads of parasites. Some parasites are easily cured. Others may take a year or more. Current lab testing for parasites including blood tests, stool exam and DNA are not reliable. Lodi, MD has one of the better protocols for parasites.

-- Chapter 10 -- Natural Progesterone prevents Breast Cancer

John Lee, MD writes in his Medical Letters:
"We have clear clinical evidence of a correlation between natural hormone replacement (NHRT-Natural Hormone Replacement Therapy - Natural Progesterone) and breast cancer prevention. In ten years of prescribing NHRT, not a single patient of mine on NHRT has developed a new case of breast cancer. In addition, I continually survey doctors who prescribe NHRT as well as my newsletter readers, and out of thousands of those surveyed, I have only found four who had been using NHRT for more than a few months who had breast cancer: all of them were using or had used excessively high doses of estrogen."

The normal incidence of breast cancer in the USA, as of 2003, is 1 out of 8 women. This translates to 125 women with breast cancer out of 1000. In some parts of California, the breast cancer rate is now 1 out of 7.

A 1995 New England Journal of Medicine [1] article used the group of Nurses in the Nurses' Health Questionnaire's study. They found that women using estrogen for 5 years or more had increased risk of breast cancer of 41%. For women using estrogen for 5 years or more and 60 to 64 years old the increase was a whopping 71%. The breast cancer death rate increased 45% for women taking estrogen replacement 5 years or more.

1. New England Journal of Medicine 1995 Jun 15;332(24):1589-93.

US Food and Drug Administration (FDA) Approves Natural Progesterone for Endometrial Hyperplasia (Start of Endometrial Cancer)

"October 19, 1999 -- The U.S. Food and Drug Administration (FDA) has approved for marketing a new 200-mg Prometrium® (progesterone, USP) Capsule strength. Prometrium® Capsules is indicated for use with conjugated estrogens tablets for the prevention of endometrial hyperplasia (an overgrowth of cells in the uterine lining) in postmenopausal women who have not had a hysterectomy as well as for use in secondary amenorrhea."

Prometrium®, our competitor, is an oral prescription Natural Progesterone, that is approved by the FDA for endometrial hyperplasia. Endometrial hyperplasia is the start of endometrial cancer. For decades, physicians prescribed synthetic progestins such as Provera, and Megestrol with prescription synthetic estrogens to combat endometrial hyperplasia and endometrial cancer. Now, the FDA has approved oral Natural Progesterone to prevent endometrial hyperplasia.

The same protection can be had in a convenient form over-the-counter with a topical Natural Progesterone such as "Progestelle®".

Natural Progesterone Reverses Cervical Dysplasia Stages I, II, and III (Start of Cervical Cancer)

For decades physicians have held that cervical cancer was linked to many sexual partners. Later, Human Papilloma Virus was implicated in increased rates of cervical cancer. Now, birth control pills are suspected of causing high rates cervical cancer.

Dr. Amy Berrington from the Cancer Research UK Epidemiology Unit at the Radcliffe Infirmary in Oxford, said the research showed that the longer women used the pill the greater their risk of developing cervical cancer, and the effect remained even when other risk factors for the disease such as infection with the Human Papilloma Virus (HPV) were taken into account. This runs contrary to the theory that the increased

risk of cervical cancer among women taking contraceptives was likely due to exposure to the virus, rather than the pill itself.

They found that women who used the pill for five years or less had a 10 percent increased risk of cervical cancer when compared with women who had never taken it. This increased risk rose to 60 percent with five to nine years of use and doubled with 10 years of use or over.

In a 1994 study done by Dr. Giske Ursin of the University of Southern California and published in the medical journal Lancet, researchers found that being on birth control pills for only one to six months increased the risk of cervical cancer three times. Ursin believes the study explains why the incidence of cervical cancer more than doubled in the United States between the early 1970s and the mid-1980s, which parallels the advent of widespread use of oral contraceptives.

In the book "What Your Doctor May Not Tell You About Premenopause" by John Lee, MD page 108-113, Lee, MD claims that cervical dysplasia may be reversed, and the cervix can become normal by using Natural Progesterone and taking his recommended vitamins – Vitamin B-100 in the morning, Vitamin E 400 IU/day and Vitamin A 10,000 IU/day orally and/or directly on the cervix. His full recommendation is found on page 113. He treated his own daughter that had cervical dysplasia with this regime and claims that the cervical dysplasia was gone after 3 monthly cycles.

Supplements used for the Treatment of Estrogen Dominant Diseases

1. Xenoestrogens, hormone disrupters – It is important to avoid these especially on your skin, scalp, and clothes. Anything on the skin is 10 times in potency than what you eat. Even a minuscule amount of one potent xenoestrogen on the skin can sabotage the use of progesterone. Everything you put on the skin is potentially a drug. For severely ill patients, only use products from the accompanying purple sheet.

Or just use Conti Castile soap for hair, body and to wash dishes. Use 1 TBS of Trisodium Phosphate in place of laundry detergent to wash clothes. Use Coconut oil to moisturize skin after a shower. Use nothing else.

Xenoestrogens are causing your disease.

For severe disease, 20 xenoestrogens you are taking are causing your disease. If you only cut out 19 xenoestrogens, the therapy won't work. Xenoestrogens cause hypothyroid symptoms by making the thyroid receptor "sleepy". Thyroid hormone levels are normal or low normal.

2. Progesterone – If you use a few wimpy xenoestrogens, progesterone can balance the xenoestrogens out. If you use only one strong potent xenoestrogen, progesterone will make you worse. **If you completely rid yourself of xenoestrogens just using the products from the purple sheet, you may not need any progesterone after a while. Only use products from the purple sheet!**

Constant xenoestrogen exposure makes your estrogen receptors "sleepy". Progesterone wakes them up. Thus, it seems you are getting more estrogen even though you are not. This paradoxical effect of progesterone may be instant or may take several months. In other words, the progesterone does not work after several months.

Even a tiny amount of potent xenoestrogens on the skin can sabotage the use of progesterone.

Take 20-60 mg/day of progesterone topically or 1-3 dropperfuls/day.

3. Iodine – According to Brownstein, MD 95% of Americans or more are deficient in iodine. Iodine seems to make people less sensitive to xenoestrogens. Iodine deficiency is linked to goiters and masses in the thyroid. Be careful of Bromine Toxicity released by iodine.

Some component of hypothyroid symptoms is due to Iodine deficiency. Some component of hypothyroid symptoms may be due to Bromine toxicity. Bromine may take the place of iodine in the thyroid hormone rendering the thyroid hormone ineffective. Other hypothyroid symptoms may be due to chemicals that act like thyroid hormone blockers to the thyroid receptor.

Start very slowly at 3 mg/day of iodine/iodide and slowly ramp to 50 mg/day for several months. Then maintain at 10 mg/day. See the purple sheet. Use Lugol's or Iodoral.

4. Magnesium Citrate– Xenoestrogens cause a magnesium deficiency. A magnesium deficiency causes muscle tensing. Muscle tensing may lead to "Charlie Horse" leg cramps, constipation, uterine cramping, and artery constriction leading to cold hands and feet. You may have a chocolate craving just before your period. Chocolate is high in magnesium, but chocolate is also high in xenoestrogens.

Magnesium deficiency will also cause calcifications such as microcalcifications in the breast, calcifications in the uterus, and other places. High dose Magnesium Citrate 800-1000 mg/day can help to dissolve calcifications in several months. **Magnesium deficiency routinely means, the patient has parasites. Parasites are common.**

Take Magnesium Citrate 400-1000 mg/day. If you take too much Magnesium you will get diarrhea. You may stop the Magnesium if you have eliminated xenoestrogens totally from your life for 2-3 months. If after stopping Magnesium, you have no chocolate cravings then you have been successful in eliminating xenoestrogens. Do NOT take a Calcium/Magnesium supplement. Do NOT take Calcium.

5. Vitamin B-100 – Xenoestrogens cause Vitamin B deficiency. A Vitamin B deficiency causes neuropathy (nerve disease). The nerve disease may feel a burning sensation or a creepy crawling feeling on the legs at night. This may be diagnosed as Restless Leg Syndrome.

Take a Vitamin B-100 in the morning. If you take a Vitamin B-100 at night, then you will get vivid dreams.

6. Nattokinase – Endovan – Nattokinase is an enzyme that breaks down fibrin. Nattokinase can break down blood clots, fibroids, and scar tissue in the abdomen from endometriosis. Fibroids may need 3-9 months of Nattokinase if the Nattokinase is working. Scar tissue from endometriosis in the abdomen will need 3 to 9 months to resolve with Nattokinase.

Nattokinase can also be used to break down Deep Venous Thrombosis in 2 weeks. However, Nattokinase can also increase vaginal bleeding and is NOT recommended in adenomyosis. Take 1 capsule twice/day (2 caps/day) on an empty stomach for a week. Then, increase to 2 capsules twice/day (4 caps/day) on an empty stomach.

7. Indole-3-Carbinol (I3C) – Indole-3-Carbinol is used to decrease the estradiol in the human body. It gives your body the raw materials to deactivate estradiol. **I3C does NOT decrease xenoestrogens.** Several cups of coffee will increase estradiol. Cocoa butter on the skin will also increase the estradiol levels. I3C goes into the stomach and one of the chemicals produced is Diindolymethane (DIM). DIM is marketed to give fewer side effects than I3C. DIM seems to work for endometriosis, but does not seem to work for fibroids according to my patients. **DIM does NOT reduce xenoestrogens.** I3C should NOT contain rosemary. Rosemary will make my endometriosis patients and migraine headache patients much worse. Rosemary is used as an antioxidant to stop I3C from breaking down at room temperature. The degradation of I3C at room temperature without rosemary is 5% after 6 months. Take I3C 400-600 mg/day with meals. Watch for nausea.

8. Lemon Bioflavonoids – Bioflavonoids potentiate and help the effect of I3C. It is like a fancy Vitamin C. Take Bioflavonoids 2-8 g/day with meals.

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120 DAY MONEY BACK GUARANTEE

I am not against the use of herbs. I am for the correct use of herbs. For instance, I will use aloe for sunburns on myself. However, aloe is used to create miscarriage in certain cultures during the first trimester. Thus, it is likely that aloe is a progesterone blocker. It would not be a good idea to use a cosmetic containing aloe, if you were pregnant.