



NATURAL CHANGE

By: Dr. Lynn Toobey, PhD

Natural Change is a Bio-Identical Progesterone Cream; A Natural Product for a Natural Process Formulated for Easy Application.

“Progesterone is the most important hormone for balancing the thyroid and entire glandular system, especially adrenals” (*Herb Lady's Notebook* by Yema C. Andrecht, Ransom Hill Press, Ramona, CA 1991).

Progesterone is helpful for supporting many female conditions: PMS, menopause, estrogen dominance, hormonal imbalance, yeast infections, bloating, irritability, fibroids, depression, etc. Progesterone is also helpful in thyroid conditions, because there is a high correlation with estrogen dominance in those concerns. Progesterone is an important hormone, which balances estrogen and is sometimes forgotten when estrogen takes the spotlight. Estrogen unbalanced by progesterone can cause weight gain, bloating, irritability, fibroids, depression, etc. Estrogen can be imbalanced in both pre- and post-menopausal states. Progesterone cream can be utilized as support for hot flashes, vaginal dryness, osteoporosis, skin conditioning, brain trauma (neuroprotectant), and for many other health concerns (see below).

Thyroid: In a clinical trial, progesterone was one of the nutrients having the greatest influence on thyroid metabolism parameters (*Biol Trace Elem Res. 2007 Winter; 120(1-3):51-60. The interaction between selenium status, sex hormones, and thyroid metabolism in adolescent girls in the luteal phase of their menstrual cycle. Zagrodzki P. et al.*)

Pregnancy: Progesterone is essential for successful implantation and maintenance of pregnancy. Therefore, disorders related to inadequate progesterone secretion by the corpus luteum are likely to affect the outcome of the pregnancy. Luteal phase deficiency, hyperprolactinemia, and polycystic ovarian syndrome are some examples.

PCOS, thyroid, hypothyroidism: In a clinical trial, therapy for either polycystic ovary syndrome, hypothyroidism or insulin-resistance improved the outcome of randomized subjects no matter what category they were in, proving the close relationship of these conditions (*Minerva Endocrinol. 2005 Sep;30(3):193-7. Pallotti S, Gasbarrone A, Franzese IT. Relationship between insulin secretion, and thyroid and ovary function in patients suffering from polycystic ovary).*

Benign Prostatic Hypertrophy: Progesterone blocks the conversion of testosterone to dihydrotestosterone (DHT), and DHT is a major player in benign prostatic hypertrophy. In a clinical trial of 12 osteoporotic men, all 12 men not only found relief of osteoporosis, but reported experiencing improved urine flow, with less pressure on the prostate glands and noticeable decrease in nightly urination (*The Burton Goldberg Group, Alternative Medicine, The Definitive Guide. Future Medicine Publishing, Puyallup, Wa. 1993:737.*)

Hair loss: "Hair loss has many possible causes, such as systemic diseases, infections, toxic agents, and hormone imbalances. Treatment of the underlying disorder alleviates the shedding of hair. Balding may also be a physiologic occurrence in women taking oral contraceptives or after parturition and in men with male pattern baldness. The latter can be treated topically with progesterone" (Burke KE. *Hair loss, what causes it and what can be done about it. Postgrad Med. 1989 May 1;85:32-8, 67-73, 77*).

Brain: Many researchers now appreciate progesterone for its varied attributes, including that as neuroprotectant. It is recognized as a hormone that targets a variety of organ systems, including the heart, the bone and the brain. "A large volume of basic science studies support the neuroprotective role of progesterone", and in fact, the results of such studies prompted the assessment of progesterone as a "protective agent against such disorders as Alzheimer's disease, stroke and traumatic brain injury (TBI)" (*Estrogens and progesterone as neuroprotectants: what animal models teach us. Singh M, et al. Front Biosci. 2008 Jan 1;13:1083-9.*)

Administering progesterone during the first few hours to days after injury significantly limits central nervous system damage, reduces loss of neural tissue, and improves functional recovery (Stein DG, et al. *Does progesterone have neuroprotective properties? Ann Emerg Med. 2008 Feb;51(2):164-72*).

Some of the Listed Benefits of Progesterone: Fibrocystic breasts; Facial hair and male pattern baldness; PMS; Menopause; Pregnancy; Post-partum depression; Vaginitis; Pelvic inflammatory disease; Female pelvic complaints; Ovarian cysts; Endometriosis; Uterine fibroids; Cervical Dysplasia; Libido; Blood sugar levels; Fetus survival; Maintains secretory endometrium; Natural diuretic; Promotes fat as a preferential energy source; Supports thyroid hormone action; Normalizes zinc and copper levels; Maintains proper cell oxygen levels; Stimulates osteoblast-mediated bone building; Provides calming effect, etc. (The Estrogen Alternative: A Guide to Natural Hormone Balance. Raquel Martin and Judi Gerstung, DC. Healing Arts Press, Rochester, VT 2005"

Suggested Dosage: 1/4 to 1/2 tsp. 1 to 2 times daily as needed; apply to thin areas of body, such as the antecubal fossa on front of elbow; upper chest; behind the knee, and inner wrist; rotate the area of the body where cream is applied; adjust the schedule to meet your own needs, or use as directed. Many women feel better when using the cream every day without a break in the routine. For men, apply 1/8-1/4 tsp. progesterone cream daily, depending on size. For instance, a large man would apply 1/4 tsp.

Ingredients: Progesterone 400 mg per ounce, organic Wild Yam, Progesterone USP, Sunflower Seed Oil, Dex-Panthenol (vitamin B-5), Apricot Kernel Seed Oil, Honey, Lecithin, Arnica Oil, NaPCA, Evening Primrose Oil, Silicon, Zinc, Iron, Copper & Magnesium Glyconucleopeptides, Carrot Oil, Stearic Acid, Cetyl Alcohol, Amino methyl Propanol, Hydroxyethylcellulose, Carbomer, Disodium EDTA, Cetyl Ricinoleate, Phenoxyethanol Idopropynyl, ButylcarbamatoI, Water.