

Menopause almost killed my children

* Menopause symptoms made me endanger the lives of my family. I *
* needed help - but I didn't want to take toxic estrogens or *
* dangerous drugs. Then at last I found the answer - there's a *
* safe, natural way to roll back menopause! *

Dear Fellow Menopause Sufferer,

As menopausal symptoms go, hot flashes are bad enough. One moment you're comfortable, the next you're dripping with sweat. Your cheeks burn, you feel like you're broiling...you fan yourself desperately while others stare.

But for me, the insomnia was worse...

I went days at a time without sleeping. I'd be utterly exhausted and yet toss and turn all night. Finally I'd doze off an hour or two before it was time to get up...then I'd have to drag myself out of bed and serve my two sons their breakfast. My husband couldn't understand how I could be so tired and yet be unable to sleep - and I didn't understand why, either.

I was so drained and disoriented that once when I was driving home, on a road I'd driven hundreds of times before, I suddenly couldn't recognize where I was. I had to pull off the road for a few moments until I remembered. I was exhausted almost to the point of hallucinating.

And then one day I accidentally slammed on the brakes when driving full speed on the highway...

To this day, I don't know how or why this happened. I'm just thankful that there was no one behind me that day, so my sons and I didn't get hit. But I finally admitted to myself that I was endangering myself, and the lives of my children, by driving in this condition.

But what could I do?

I was only 42 when this happened - surely I was too young to be pre-menopausal? But I had other menopause symptoms too - like gaining weight over the last few years. Stubborn pounds that wouldn't come off. I was in denial...until that terrifying day on the highway. Finally, I was forced to admit that I needed to do something.

I felt trapped.

The usual treatment for menopause symptoms is estrogen and HRT (hormone replacement therapy) - but I wouldn't take these, because I knew how dangerous

(please turn over)

these drugs are. You probably know this too. For example...

Estrogen: a "nail in the coffin"...

You might have seen the article in Time magazine that talked about a recent test of estrogen therapy. The test was halted early because the drugs **doubled** the risk of dementia in women. Another test 10 months earlier was also halted early because the drugs caused 40% more heart attacks, along with increasing the risk of breast cancer and stroke. My local newspaper quoted a doctor who said that this should be the "nail in the coffin" for estrogen therapy...

The media are acting surprised about the dangers in HRT, but they shouldn't be. If you look up the estrogen drugs in the Physician's Desk Reference, these are some of the known side effects: depression, dizziness, nausea, vomiting, abdominal cramps, pancreatitis, migraine, birth defects, gallbladder disease, venous thromboembolism, pulmonary embolism, **stroke, HEART ATTACK...**

So why do doctors still prescribe these dangerous chemicals?

Well, HRT is a \$3 billion dollar per year industry: so to protect their profits, the drug companies have convinced doctors that these chemicals are safe if women take **other** drugs at the same time. These drugs are called "progestins" or "progestogens." What kind of side effects do **these** have?

How about: cholestatic jaundice, nausea, insomnia, breast tenderness, migraine, birth defects, "sudden onset of bulging eyes"(?!), stroke, "complete loss of vision," heart attack...

Does this sound safe to you? You can still get a stroke or heart attack, but now you can get "bulging eyes" or go blind too?

Many doctors confirm that **any** combination of these drugs is dangerous. According to Graham A. Colditz, M.D., synthetic HRT for more than 5 years increases breast cancer risk by 59%, with an additional 35% increase for women older than age 55. The American Journal of Epidemiology adds that HRT increases the risk of *fatal ovarian cancer* as well...

Premarin (conjugated equine estrogen) is the most widely-used drug in the United States today. Almost 10 million women use it. But most don't know where it comes from - the urine of pregnant horses (that's where they got the name: PREgnant MARE urINE).

Do you think we should be taking extracts from horse urine into our bodies? Why is anybody surprised that there are dangerous side effects?

Also, many people have complained about the cruel treatment that horses must suffer to make Premarin. Pregnant mares are kept confined, standing up in small stalls for months on end. They're prevented from lying down so their urine collection devices won't be dislodged. Also, their water consumption is harshly restricted so their urine will be more concentrated.

When they deliver their foals, fillies are often raised to suffer the same fate. Colts are usually just sold to be slaughtered for European butcher shops.

I was desperate - but I knew I couldn't take these risks. What could I do?

The whole situation seemed wrong. I didn't have problems with hot flashes, insomnia, weight gain, or joint pain when I was younger - so why should I have any of them now? Why isn't there a way to just restore my body to the way it was before - a **natural** way, without toxic drugs or dangerous side effects?

I searched and searched, and finally found out - there **is** such a way.

Imagine having no hot flashes, no joint pains, no emotional upsets, and deep sleep every night, all night long - with no dangerous or unnatural drugs. You'd feel like a new woman, wouldn't you? Cheerful, full of energy, and looking forward to every morning?

I've done it. And you can too. Let me show you how.

How to roll back menopause - the safe and natural way

Doctors have discovered that before menopause, our bodies produce several important hormones. Most of us know about estrogen - it is the "female hormone" that makes us women. But there's another vitally important hormone in our bodies, called "progesterone." And this is the key to rolling back menopause and its symptoms.

You see, after menopause, our bodies stop making as much estrogen as before. We only make 40-60 percent as much as before. Progesterone levels, however, fall to almost zero.

Before menopause, estrogen and progesterone are balanced in the body. After menopause, progesterone is gone and only estrogen is left. This imbalance is the source of many of the symptoms of menopause.

Estrogen by itself is toxic. Dr. Lawrence Riggs of the Mayo Clinic says, "Estrogen is a potentially dangerous drug with significant side effects." Dr. Raymond Peat in his dissertation research showed that in pregnant women, "an estrogen excess **kills** the embryo by suffocation...progesterone **protects** the embryo by promoting the delivery of both oxygen and glucose." Another doctor comments that "Unopposed estrogens are the **only known cause** of endometrial cancer." Estrogen does many important things in our bodies, but it has to be balanced by progesterone if we're to stay healthy.

As John R. Lee, M.D., said:

"When breast tenderness, weight gain, bloating, and mood changes occur in adolescence, they are ascribed to high estrogen exposure. Yet, when these same symptoms are experienced during the transition to menopause, they are caused by 'estrogen deficiency'?"

"I have both a clear idea of what I am experiencing as a perimenopausal woman and a scientific understanding of reproductive endocrinology. Yet my experiences are dismissed since they don't fit the current notion..."

"If my voice can be so easily and effectively silenced, are other women likely to be heard?"

Jerilynn C. Prior, M.D.,
professor at the University of
British Columbia

(please turn over)

"It is clear that many of estrogen's undesirable side effects are effectively prevented by progesterone."

Remember that estrogen by itself causes endometrial cancer? Progesterone is the opposite: Niels H. Lauersen, M.D., says, "Progesterone has been used in **treating** specific uterine cancers." Progesterone is your body's way to balance the harmful effects of estrogen.

A study in the American Journal of Epidemiology showed that breast cancer occurred 5.4 times more often in women with **low** progesterone levels. For all types of malignant cancers, there was a tenfold increase. So, having a **normal** level of progesterone protects us from **nine-tenths** of all cancers that we might otherwise get!

Now imagine what happens after menopause. Our bodies stop making progesterone, but still make a lot of estrogen...so we become unbalanced. We experience hot flashes, weight gain, joint pain, insomnia, bloating, irritability, digestive problems...and the list goes on. So what do our doctors give us? *More estrogen!*

Sometimes this makes the symptoms go away. Why? Because the chemicals they prescribe for us aren't exactly the same as what our bodies produce on their own. (Do you think that distilled horse urine is natural?) So these artificial estrogens have a different effect than our natural hormones.

But we pay a steep price for this temporary relief...bad side effects, including cancer, stroke, dementia, and heart attack.

What do our bodies **really** need after menopause? **Progesterone**, not more estrogen. And here's where the story gets infuriating...

Doctors knew about progesterone 60 years ago!

Way back in 1939, a chemist named Russell Marker discovered a way to take extracts from certain plants and convert them into progesterone. Although it comes from plants, this progesterone is the **same exact molecule** as the one that our bodies produce naturally. Therefore, it's usually called "natural progesterone," because it completely matches the hormone that our bodies produced when we were younger.

That allowed researchers to administer progesterone to women for the first time. And the results were astonishing. As early as 1959, Dr. Katherina Dalton learned that progesterone could help a variety of PMS symptoms - even premenstrual epilepsy.

Other benefits of progesterone were found as well: for example, postpartum depression can often be relieved with progesterone. (This makes sense: after all, during late pregnancy our bodies make a tremendous amount of progesterone each day - up to 400 milligrams. This

Dr. Joel T. Hargrove of Vanderbilt University Medical Center has had a 90 percent success rate in treating PMS with natural progesterone. Today, many doctors are successfully using natural progesterone to treat PMS symptoms such as water retention and weight gain.

level crashes down to zero when the baby is delivered, and stays there until our ovaries start producing it again.)

Why progesterone was forgotten

Now greed comes into the picture. Drug companies knew that women's health would be a multi-billion dollar industry...but natural hormones cannot be patented, only artificial chemicals can. Since the companies knew they couldn't make a profit with natural cures, they invented synthetic ones instead. Even though these "cures" have deadly side effects...

The drug companies have spent millions of dollars to convince doctors that their fake chemicals are better than the real thing. They even gave their drugs confusing names (like progestin, progestogens, progestations, and progestens), and call them "progesterones"! One doctor complains: "It is a sad commentary on the pursuit of profit over women's well-being that the pharmaceutical companies take perfectly good natural hormones that our bodies know and can use, and alter them, creating synthetic compounds with similar hormonal effects but toxic side effects...The pharmaceutical companies have been remarkably successful in confusing doctors."

"My patients are at the mercy of the pharmaceutical industry and their dollars that are pumped into women's magazines and other advertising media."

John T. Hart, M.D.

Many doctors today are still confused. They even think that natural progesterone is the same as the fake "progesterones." But it isn't!

Think about it - natural progesterone is made by our bodies to **protect** our babies in the womb - up to 400 milligrams per day. (It was originally named progesterone because it "protects gestation"). But just 5 milligrams of a progestin can cause birth defects - **maiming** our children in the womb. Is progestin the same thing as natural progesterone? Not at all!

The drug industry is still suppressing the truth

Powerful drug companies don't want women to know about natural progesterone - it would kill their profits. So **what** if their dangerous HRT drugs can cause strokes, cancers, and heart attacks in the meantime?

Dr. Raymond Peats, who showed that estrogen suffocates the embryo but natural progesterone protects it, says his research "didn't strike a responsive chord in the [medical] journals which are heavily influenced by funds from the drug industry." Of **course** they weren't interested - they're protecting their \$3 billion dollars per year!

Another doctor comments, "As is the custom in U.S. mainstream medicine, doctors have been bombarded with advertisements of the claimed benefit of estrogen, with the stroke risks completely ignored. Estrogen sales zoomed. The advertisers rightly know that the typical doctor rarely reads the whole article and follows the lead of the drug sales representatives."

(please turn over)

Today, the truth is returning!

Some doctors are finally waking up to the deception.

One doctor comments, "The strength of the estrogen-fixed mindset represents a victory of advertising over science"...

Julian Whitaker, M.D., says:

"In medical school...I was taught that the only tools that work to help people are drugs and surgery. In the twenty years since then, I have learned that a lot of what I was taught is just plain wrong. There are treatments for our most serious diseases that are not only safer than surgery and most drugs, but also *more powerful*...The medical profession tends to promote what is good for the profession, not what is necessarily good for the patient. The doctor's joke, "Better hurry up and operate before the patient gets well!" is truer than you think."

Today, doctors now realize that natural progesterone can safely and effectively eliminate the symptoms of menopause. One researcher even says, "Women should be **upset** that the hormone "balancing" being done to them uses synthetic and abnormal versions of the real goods, when the natural hormones are available, safer, and more appropriate to their bodies...The prevailing attitude that female health concerns are merely a matter of estrogen 'deficiency' is flawed, oversimplified, and ultimately dangerous. The progesterone factor can no longer be ignored. Women are right to be upset with their doctors for patting them on the head and sending them home with a prescription for synthetic hormones or tranquilizers."

Physicians have also found many other benefits to restoring progesterone balance in our bodies, such as the reduction of fibrocystic breasts. Dr. John Lee says, "Muriel came into my office at age 50 with multiple scars on both breasts from seven different excision biopsies, all of which found fibrocystic breasts...I recommended progesterone without estrogen. Her breast fibrocysts disappeared within six months, her sense of energy and libido returned, her hypoglycemic episodes became a thing of the past."

Other unwanted effects of aging can be treated too. Many of us now have facial hair that we didn't have when we were younger. This too is the result of progesterone deficiency: one family doctor comments, "My clinical

"Most doctors don't have the time to keep up on the latest drug research, so they rely on pharmaceutical company ads or representatives for their information. The pharmaceutical companies have no interest in selling natural progesterone because they can't patent it, so they have no interest in sponsoring research or passing on information about it..."

"The typical doctor's medical education in medical school and throughout his practice is dominated by the medical-industrial complex. He is constantly exposed to pharmaceutical advertising; even his medical journals are often nothing more than thinly disguised advertising."

John R. Lee, M.D.

experience is that progesterone supplementation often results in the disappearance of facial hair and the regrowth of scalp hair."

Progesterone restores our youth in more ways than one. This hormone plays a vital role in our sex drives too, and so it's no surprise that restoring our natural progesterone balance often restores our libidos as well. One doctor says, "I learned to ask my progesterone-using patients about their sex drives, and uniformly their eyes brightened and they told me their sex lives were better after progesterone therapy than any time during the 10 to 15 years before menopause. Progesterone had restored normal sex drive."

Natural Progesterone: Safe and Effective...and Easy to Use!

By now you're probably wondering: "how can **I** restore my progesterone levels? Do I have to see a doctor and get an expensive prescription? Or take some painful injections?"

No, not at all! In the past, progesterone was only available in rectal suppositories or prescription medications. But now, natural progesterone is finally available without a prescription...in an inexpensive, easy-to-use cream. You merely take a small dab and rub it into areas of thin skin (like your wrists, chest, or upper arms). Our skin is the largest organ in our bodies, and clinical tests have proven that the natural progesterone is safely and effectively absorbed by your body with this method.

I have to admit...when I first heard about this cream, I was skeptical. How could a non-prescription skin cream help me with my problems? But after weeks of not being able to sleep...I was desperate enough to try it. One evening, before going to bed for another futile night of hoping for sleep...I rubbed a dab into my skin.

And I slept soundly the entire night...for the first time in weeks. I was amazed. And it worked again the next night...and the next...and I've slept sweetly almost every night, ever since. My symptoms are gone.

As I've told other women about natural progesterone cream, they've had equally dramatic experiences. My mother-in-law had terrible hot flashes - now they're gone. A girlfriend had joint pains - those are gone, too.

"Not only are the hot flashes, irregular menses, and emotional upsets relieved by natural hormone therapy, but also such conditions as insomnia, weight gain, dry skin, fatigue, osteoporosis, thinning hair, and depression. Unfortunately, the symptoms on this list, often wrongly attributed to estrogen deficiency rather than estrogen dominance, are treated by allopathic medicine with even more estrogen. This can lead to a worsening of symptoms, increased bleeding, or the often **unnecessary** hysterectomy..."

"Many of these problems could be eliminated or controlled by Nature's counterbalance to estrogen, natural progesterone."

John T. Hart, M.D.

"My experience, and the experience of many of the doctors who correspond with or call me, has been that most menopausal symptoms will respond to progesterone supplementation alone."

John R. Lee, M.D.

(please turn over)

Now, I can't guarantee that you'll experience such results - every woman's body is different. But almost every woman I know who's tried natural progesterone cream has experienced relief from her symptoms. And many doctors have found the same.

Natural progesterone cream is safe. Each measured dose contains about 25 milligrams of natural progesterone, which is about the same amount that your ovaries used to produce each day on their own. All you're doing is restoring your body's natural, youthful balance. Unlike HRT, taking too large of a dose of natural progesterone does **not** produce bad side effects. Remember, during pregnancy your body would produce up to 400 milligrams of progesterone each day - that's **16 times** the amount you get each time you use the cream.

I'm going to tell you how you can try natural progesterone cream for yourself. But before I do that, let's talk about another problem that menopause may be giving you. A potentially deadly problem that you may not even be aware of...

Osteoporosis - the silent killer

As most women know, we lose bone from our bodies as we age. After menopause, women lose an average of 1.5% of their bone mass **every single year**. After enough years of doing this, we have osteoporosis - our bones become porous and brittle...and break very easily.

Fractures from osteoporosis are very common. Caucasian women in the U.S. have a 40 percent chance of breaking their hip, spine, or forearm in their lifetime. Women of other ethnic groups have somewhat different chances, but we all stand a high chance of breaking one or more bones due to osteoporosis.

Here's the scary part: hip fractures are very common...and 50 percent of the women who get one will never walk again. Even worse, 1 out of every 5 women who break a hip will **die within the year** from surgery-related complications.

This is why osteoporosis has been called "the silent killer." Our bones get more and more porous as we age...until even slight movements can snap them. And once they're broken, we need surgery...and all too often, there are complications or infections, and death.

Doctors tell us that estrogen therapy can slow osteoporosis down. We've already seen that estrogen causes many other problems...and it may not do much

"'Doctor, I can think again!' I have heard this so often from patients after they have started progesterone therapy, that I now regard it as routine. A writer got back to the book she was writing. Another woman resumed her painting. Others are just happy to be able to deal with letter-writing and checkbook-balancing...Mental clarity and concentration improves."

John R. Lee, M.D.

"I treated a woman who broke her arm lifting a grocery bag and another who broke a rib coughing. I watched helplessly as straight spines became hunchbacks and formerly active women shuffled along on walkers and canes. I saw evidence on X rays of the vertebrae in the spine crumbling and attended funerals of women who had been killed by the inactivity forced upon them by a hip fracture."

Dr. John Lee

for our bones anyway. The New England Journal of Medicine says that even **years** of estrogen therapy "may have little residual effect on bone density among women 75 years of age and older, who have the highest risk of fracture."

But it turns out there is a safe way to not only slow osteoporosis down...but also **reverse** it!

Progesterone builds bone density

Our bones are living tissue, made up of living cells. And our bodies are constantly replacing older bone cells with new ones. We actually have brand-new skeletons every 14 years or so.

As part of this process, our bodies are constantly removing old bone, and rebuilding new bone. During our youth, these processes are in balance, so we have healthy bones. But usually in our midthirties (that's right, **15 years** or so before menopause)...the rebuilding process slows down. This means that new bone isn't being replaced as fast as the old is being removed...and we lose about 1.5 percent of our bone mass every year after that. Our bones get weak and brittle...until they snap. And it doesn't really matter how much calcium you take - your body relentlessly keeps dissolving your bones anyway.

This slowdown occurs at the same time that progesterone levels in our bodies begin to decline. So, as you might have guessed...progesterone restoration can rejuvenate the bone-rebuilding process! Doctors have proven this with bone-density measurement tests: women who use natural progesterone cream have **regained bone mass**. A study in the *International Clinical Nutrition Review* said, "Reversal has been demonstrated by the bone density tests and by the clinical results. This cannot be said of any other conventional therapy for osteoporosis." Studies have shown that women who regularly use natural progesterone cream can expect (on average) to regain **5 percent** of their bone mass **every year**! This process continues until bone mass is normal again, and then the normal balance of bone removal and rebuilding is restored.

"A dear friend in her seventies was a former surgical nurse and, needless to say, had always been health conscious, trying to follow her doctor's orders to the letter. Well, my friend had just heard from her orthopedic surgeon the shocking news that she had quite a lot of bone loss. He proposed that she be thinking about a hip replacement. She recalls driving home with tears of disbelief at this news thinking: 'How could this be, when I've always taken preventive cautions so as to avoid this dreaded diagnosis of osteoporosis?'

She finally telephoned me and said, 'I don't understand why I'm having bone loss. I've been taking my estrogen for over twenty-five years, thinking that this was good for my bones.' How do you tell a nurse that she has been on the wrong hormone all of these years? And that estrogen's role is only to slow down the bone breakdown, while progesterone is the hormone that plays the major role in building bone mineral density?"

Raquel Martin, in *The Estrogen Alternative*

I have a FREE report I'd like to send you on osteoporosis. It explains how the "silent killer" works...what to do to avoid, and even **reverse** its effects...and even what NOT to do (hint: if you take antacid tablets to get more calcium, you're doing yourself more harm than good!) This report is FREE

(please turn over)

with your order for natural progesterone cream, if you order within 14 days.

Roll back menopause with natural progesterone cream

Each 2 oz. tube of natural progesterone cream contains 960 milligrams of natural progesterone, and has enough cream for several months of use. It comes with full instructions, along with a convenient measuring spoon to ensure a correct amount each time.

Natural progesterone cream sells in stores for as much as \$28 per two-ounce container. I've made special arrangements for you to obtain a low mail-order-only price of \$19.70, plus \$3.00 for shipping within the U.S. (Rush shipping is available for even faster relief.) Save \$3.00 if you order 2 tubes. Best deal: save \$7.00 by ordering 3 tubes!

Thousands of women already use natural progesterone cream to enjoy protection from osteoporosis and freedom from hot flashes...insomnia... menopausal weight gain...joint pains...and more. I'm so confident that you'll love natural progesterone cream that I'll give you 100% of your money back if you're not completely delighted with it. Just send back the unused portion, if any, and you'll get a cheerful, no-questions-asked refund. Your relief from menopause symptoms is guaranteed, or you pay **nothing**! And you can keep your **FREE** special report on osteoporosis either way, even if you return the cream.

Discover what others already know: natural progesterone cream is safe, effective, and can give you **back** your youth. Restore your body to the way it used to be...and the way it **should** be. Order today!

Sincerely,



P.S. Remember, you can **roll back** menopause and end the suffering today! Restore your hormonal balance with natural progesterone cream - it's safe, effective, easy to use, and your delight is **guaranteed**. Order today!