

# Women's guide

Sick of being  
tired? Tired  
of being sick?

# to balancing hormones

# naturally

NATURAL RELIEF FOR:  
MENOPAUSE • PRE-MENSTRUAL TENSION  
IRREGULAR MENSTRUAL CYCLE • INFERTILITY

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This book has been created for educational purposes and does not intend to  
replace professional medical consultation.

If your condition persists please seek the advice of your trusted health  
professional.

For all those wonderful women who make the conscious decision to choose  
the gentle natural path, and seek to gather information on how their body  
functions naturally and as nature intended.

It is to you I devote this little book.

# Women's Guide to Balancing Hormones Naturally

## Natural relief for Menopause, Pre-Menstrual Tension, Irregular Menstrual Cycle, and Infertility.

### Introduction

Female hormones have the power to make us feel beautiful, powerful and sexy....like a women. OR they can turn our world up side down and leave us feeling powerless, confused, frumpy, fat, unmotivated, angry and somewhat 'crazy'; anything but beautiful and sexy!





As I am sure you are aware, hormones are responsible for our sexuality, give us our body shape, determine how much hair we have, give our voice high or low pitch, and many other male and female attributes. What you may not be aware of is that hormones also regulate sleep, immune system, metabolic rate, body temperature, skin elasticity, bone density, weight, appetite, mental state, moods, memory, ageing parameters, and much more.






Our hormone (endocrine) system consists of adrenals, pituitary, pineal, pancreas, thymus, thyroid, ovaries, and testes (in men of course). The endocrine is responsible for producing and controlling the balance of hormones. An imbalance in hormones can create disharmony in the body. This disharmony results in the all too familiar symptoms of menopause, pre-menstrual tension, irregular menstrual cycle and at times infertility. Imbalances also play a role in disorders such as type 2 diabetes, obesity, and insulin resistance.

In the normal process hormone levels build up to prepare our bodies for reproduction and if not pregnant, regular menstruation. This becomes a natural cycle for around 40 years when the hormonal balance changes and we go through menopause and cease being reproductive. Now it would be nice if it were that simple and 'normal'!

The unfortunate truth is that too many women have their lives governed by hormonal disturbances, some minor; some disturbance can have a major impact on the quality of life and can also have fairly major impact on their health.

Some of the symptoms that hormonal imbalance can cause are:

-  Hot flushes
-  Mood Swings
-  Irregular Menstrual Cycle
-  Lose of mental focus
-  Depression
-  Sore Breast
-  Fluid Retention
-  Loss of libido
-  Fibroid Cysts, Breast Lumps
-  Cyclic Migraines
-  Loss of skin tone
-  Dry vagina
-  Infertility
-  Weight gain and resistant obesity

-  Insulin resistance
-  Low blood sugar
-  Carbohydrate cravings (sweets, cakes, chocolate, pastries etc)
-  Emotional outburst (crying, anger, frustration)
-  Lose of bone density

I am sure there more that I haven't thought of at this point, but you may know all too well some or many of the above symptoms.

Physicians today often use synthetic hormone analogs to treat these symptoms, but they have side effects, and normally target just one of the suspect hormones but as you will learn hormones do not act alone they work together to create harmony. Add this to the fact that if a synthetic or pseudo hormone is administered the natural production of hormones ceases.

Pseudo hormones are those substances that are in our environment and food that mimic naturally occurring hormones yet do none of the good work normal hormones do. Synthetic hormones are the man made hormones that are produced to replace some of the known action of particular hormones. There is also a range of drugs that block certain hormones from being produced naturally in the body.

This is all very complicated I know and I have tried to simplify it as much as possible for you. The wonderful work of nature is that if the natural environment is occurring in the body it will produce the perfect balance of hormones to have the entire endocrine system working in perfect harmony.

What I would like to concentrate on here is how you can create perfect harmony naturally.

We will begin with an overview of the pathway of this perfect harmony. We will come to understand the role of cholesterol, progesterone, and oestrogen in this wonderful symphony.

### **What Has Cholesterol Got To Do With Hormones?**

Cholesterol is a natural sterol, normally produced in the liver, intestines and other organs - it is most importantly a building block for new cells and a precursor to our gender specific (sex) hormones.

Cholesterols reputation has been largely maligned by the myth that LDL (low density lipoprotein) causes the plaque that in turn leads to heard disease.

While LDL can conceal free radicals, it is most essential as it carries the important HDL (high Density Lipoproteins) (good guys) cholesterol to the cells.

Lowering LDL is akin to shooting the postman because he brings the bills! Grouping the two cholesterols together in test results has created the impression that both cholesterols should be low, a dangerous assumption! Low cholesterol levels have been associated with depression and even suicide, too little can result in lowered libido and rapidly falling fertility levels. It is not difficult to establish a corollary between the symptoms of low cholesterol levels and the symptoms of hormonal imbalances.

Dr Kilmer S McCully, in his book "The Heart Revolution" reveals the extraordinary discovery that finally lays the cholesterol myth to rest.

Dr McCully identifies Homocysteine as one of the most important indicators in heart health, an amino protein that causes arteriosclerosis, and is carried within LDL.

Dr Michael Estein in his book “Eternal Health” also gives the old cholesterol theory the boot, and draws attention to the new theories of cardiovascular health in identifying Homocysteine as a primary concern in heart disease.

As Dr Mercola points out in his newsletter, the reason that Homocysteine is not very well known at this time is that the pharmaceuticals have yet to come up with a drug for it!

However the advice from them all is that Homocysteine is the real culprit when it comes to arteriosclerosis. You will find an article in the [Healthy Success newsletter achieves](#) on how to manage Homocysteine levels with natural vitamins.

Back to the good health news - Cholesterol is the precursor of ALL our gender specific hormones.

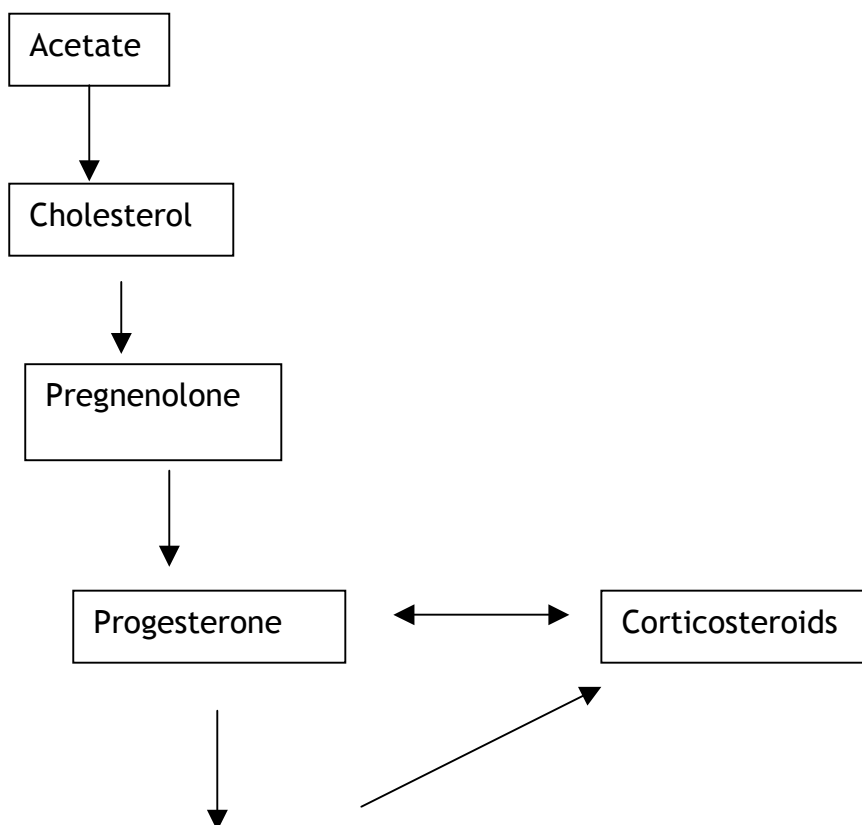
When women fully appreciate this important fact, we can eliminate the fears around cholesterol and understand the importance of normal healthy levels.

If only our food chain provided us with sufficient sources of nutrients for our hormonal needs! While good dietary advice will identify potential food sources, The need to overcome the high level of mimic oestrogens in our environment makes supplemental help desirable, if not essential.

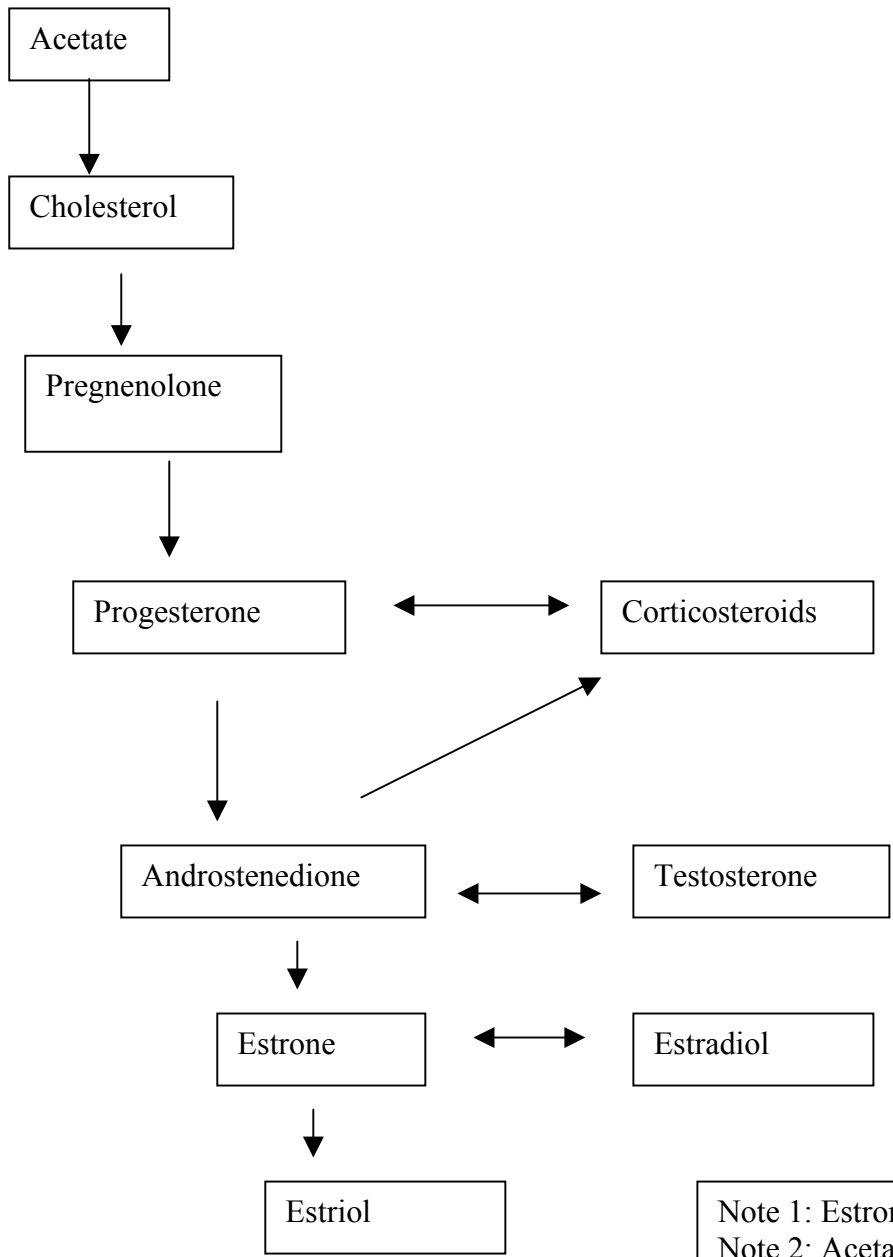
Dietary guidelines will go a long way in supporting natural hormonal levels and are an integral part of the entire picture to overcome the many problems associated with hormonal imbalances.

We will also review lifestyle changes that will be of benefit in the process of balancing hormones.

**Firstly let us look a little closer to the process of hormone synthesis in our body.**



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Note 1: Estrone, Estradiol and Estriol Are forms of estrogen  
Note 2: Acetate is obtained from metabolism of sugar





This simplified diagram is to diagrammatically show you that firstly through the normal synthesis of hormones the body will make the necessary estrogens as needed, that is provided the building blocks are in place. That is the Progesterone and cholesterols that is used to build all sex hormones. Acetate gives us a hint into the importance of nutrition.

As a holistic practitioner I believe that in order to restore natural functions we need to examine the whole person. Both the mind and the body are important. There are a number of factors that each and every one of us can control and there are a number of factors that are completely out of our control in life. It will be most productive to focus your attentions on the factors that you can control to some extent.



### **The power of the mind and choice**



Choices you make in life become your power point. Making choices that empower your life is one of the first steps towards creating the life you desire. Those choices will be around such things as your choice of nutritious foods, natural versus synthetic support for your natural hormones, your physical activity levels, and changing any damaging thought patterns.

Thought patterns and habits have great power in how you feel about life, often those patterns are so habitual that you may not be aware that there are other possibilities. Some of those patterns that may be counter productive are:

-  Un-informed, negative yet 'typical' thinking
-  Emotional reactions to adversity and problems
-  Ineffective problem solving strategies in dealing with life
-  Self-sabotage and un-empowering thinking and beliefs

The possible alternatives are:

-  Inner Peace, Harmony and genuine happiness
-  Conducting life from a position of sustained personal power

-  Informed choices with the ultimate outcome in mind
-  Following your life's purpose

There are many self-help books, and seminars to assist you with this very personal self-development that will bring quality to your life. Life Coaching is a process of empowerment with an unbiased coach to support your journey to inner peace, harmony and genuine happiness. A coach will be there to keep you going even if the going gets a bit difficult at times. You can read more about Life Coaching and how it may help you in your quest for harmony [click here](#).

## **Natural choices to support normal hormonal balance**

As mentioned before good dietary advice will identify potential food sources for normal hormonal needs. Though we still have the need to overcome the high level of mimic oestrogens in our environment, which makes supplement help desirable, if not essential.

For women, one of the best supplementary sources available is Wild Yam Cream - good quality wild yam creams facilitate the production of healthy cholesterol. The Australian Therapeutics Goods Administration list Wild Yam Cream as helpful in maintaining normal cholesterol levels. We have examined the importance of Cholesterol in role of normal hormone balance.

### **What all Women Should Know About Wild Yam Creams**

**Wild Yam Creams have been in use in America for over 25 years and for 10 years in Australia as a Natural hormonal balancing medication - An effective alternative to drug based Pre-menstrual Syndrome (PMS) & Pre-menstrual Tension (PMT) medications and Hormone replacement therapy (HRT).**

Following the release of several books on the subject, Natural Practitioners first introduced yam creams to Australian women in 1995 and were quickly followed by the professionally blended creams available in health food stores in late 1996.

In Australia where a de-facto censorship exists on Natural Medicines, the phenomenal success of these creams can only be attributed to the effectiveness of the creams. What this really means is that the only reason Wild Yams creams are still around and in huge demand is because they work! And work very well!

### **Why a Cream and not an Oral Herbal or Sublingual Remedy?**

**Transdermal** (applied to the skin) application of creams easily facilitates the absorption of up to 98% of the active ingredients directly into the blood stream, bypassing first pass filter of the liver. The liver can eliminate as much as 95% of an oral remedy's value, thus requiring much higher dosages, of which many can be quite unpleasant to take. The active ingredients of the cream are then stored in fatty tissue until required for natural hormone production.

Consequently the dosage can be much smaller as well as being more effective than an oral herbal medication or sublingual (under the tongue) drops, which are by comparison around 35% effective.

The broad-spectrum Benefits of Wild Yam Cream

Healthy production Natural Hormones promotes these benefits;

Protection against fibrocystic breast mental focus	Improves
Help prevent breast cancer strength, quality and texture of skin	Improves the
Helps prevent endometrial cancer osteoblast bone building activity	Stimulates
Normalises menstrual cycles flushes	Prevents hot
Helps endometriosis cell oxygen levels	Restores proper
A natural diuretic - helps eliminate fluid retention and copper levels	Normalises zinc
Natural anti-depressant blood sugar levels.	Normalises
Helps eliminate mood swings the survival of the embryo	Necessary for
Helps use fat for energy with exercise thyroid hormone action	Facilitates
Helps reduce cyclic migraine normal vascular tone	Restores
Restores libido and vaginal moisture normal cholesterol levels*	Helps maintain

- Cholesterol in turn precursors the production of our gender specific hormones naturally, at the time and in the quantity for our body's needs.

It may take up to 3 months to enjoy all of these benefits and longer for more serious issues. Balanced hormones produce a sense of 'wellbeing' not often enjoyed in our polluted world.

### How do Wild Yam Creams Work?

The active ingredient of the Mexican Wild Yam, *Dioscorea Villosa* is a powerful phyto-sterol, Diosgenin -essential a hormone specific nutrient. Diogenin facilitates the chain of hormone reduction by precursing HDL Cholesterol (the good one) which in turn precursors Pregnelone and DHEA. Pregesterone then precursors Androstenione, which precursors Estrone and Estiol (two of the Oestrogen components, view diagram on page.???) plus Testosterone which precursors Estradiol (the third Oestrogen component).

Our bodies can produce the hormones naturally as required to maintain a healthy hormonal balance regardless, even with the absence of ovaries or uterus!

However when we are constantly exposed to environmental pollutants that contain Xeno (mimic) oestrogen that occupy our oestrogen receptors without filling any useful function, it is not difficult to understand why we suffer from hormonal imbalance. Add this to a diet that lacks essential nutrients our poor body has little chance of finding the balance it so desires.

In essence wild yam creams are hormone specific nutritional supplements facilitating healthy hormone production in the balance intended by nature. By far the best Wild Yam Cream on the market to my knowledge is Anna's Farm Wild Yam Cream available [click here to find out more](#).

There are a number of erroneous impressions about wile yam creams; one is that they have only oestrogenic qualities - wild yam cream benefits go well beyond these limitations - ask any women that is using a good cream.

Another misleading claim is that the active ingredient does not convert to progesterone in the body - both these statements are intentionally misleading.

“Natural” Progesterone’ and “Bio Identical Hormones”

Many women are either confused or sadly convinced that the so called “natural” Progesterone is really Natural and that so called Bio Identical hormones are as good as natural hormones

### **They are Pharmaceutical DRUGs**

**Progesterone (not to be confused with Progestin) is classified by both the American and Australian health authorities as a drug.** The TGA classify it an S4 Drug, available by a doctor’s prescription only.

It is false and misleading for anyone to represent these drugs and Natural. The ONLY NATURAL Progesterone is that hormone which is produced naturally in the human body.

Dr John Lee first caused this confusion in his book on Menopause in which he has misleadingly called the drug natural, and since this title has been challenged, many are now referring to them as Bio identical hormones.

His justification is, the drug has the same molecular structure as found in nature, it is natural. What he didn’t tell his readers is that it is processed in a laboratory using highly carcinogenic petro-chemicals including benzol.

As with all Drugs, the (so called natural) Progesterone has side effects including dizziness, nausea, fatigue, headache, and light-headedness. Breast tenderness and swelling, fluid retention, and slight vaginal bleeding.

It is important to realise tat when using a drug that substitutes a natural hormone, the body becomes confused and may cease to produce that hormone, with the risk of the user becoming drug dependant.

By introducing the drug progesterone after the normal commencement of the natural hormone chain, it bypasses the hormones pregnelone and DHEA, the latter being a particularly important hormone to those interested in minimising the effects of the ageing process.

Do not be misled by the claim that there is no scientific evidence to prove that the active ingredient of wild yam creams is converted into progesterone in the body.

While intentionally misleading, it is technically correct! As you will have read earlier, Disgenin produces Cholesterol (not Progesterone) Cholesterol precursors Pregnelone and DHEA - Progesterone THEN follows in the natural hormone chain!

Do yo really think for a moment that the huge multi-national pharmaceutical companies, who fund 99% of medical research, would admit that their synthesised hormones are not as good as hormones produces naturally in or body given the right nutrients!

Results of research on Natural medicines have to be submitted to the medical establishment for approval - any AMA (Australian Medical Association) practitioner endorsing natural research or remedies is liable to loss of professional privileges

This is a catch 22 situation that denies natural medicine the opportunity of scientific evidence, and so they rely entirely on genuine experience based on empirical evidence

You do not need a prescription for Anna's Wild Yam Cream

Not all Wild Yam Creams are created equally!

**How to choose a Wild Yam Cream wisely**

Beware - not all wild yam creams are created equal! Price is normally a good indicator if they are cheap its probably because they have used poor quality or powdered raw materials with little or no active ingredients, and or have cut vital corners on processing.

**Content**

Creams have significantly differing contents ranging from 56.7 gms (2 oz) to 100 gms (3.2 oz) American creams usually come in the smaller 2oz plastic tubs and retail for a similar amount to the larger Australian Anna's Wild Yam in 100 gm glass jars.

**Why glass jars?**

Though glass jars are a little heavier for postage and we have to be a little more careful with them in the bathroom situation the benefits by far out way the disadvantages. Glass is inert- that is it will not release toxic waste into the cream that are potentially cancer causing.