

A NATURAL WILD YAM CREAM

PHYTAGEST, a natural progesterone has been used successfully for PMS, menopausal symptoms, and for protection against osteoporosis in post-menopausal women. There have been no negative side effects associated with its use. Skin conditioners help the absorption of progesterone into the body. This avoids it being processed through the liver, where some benefit is lost, as with oral preparations.

INGREDIENTS:

De-ionized water, Wild Yam Extract, Glyceryl Stearate (emulsifier), PEG-100 Stearate (emulsifier), Aloe Vera Gel, Glycerin, Stearic Acid (fatty acid), Safflower Oil, Triethanolamine (dispensing agent), Octyl Palmitate (emulsifier), Almond Oil, Diazolidinyl Urea (preservative), Carbomer (emulsifier), Dimethicone (skin protectant), Jojoba Oil, Avocado Oil, Tocopheryl Acetate (Vitamin E), Black Cohosh Root Extract, Progesterone, Methylparaben (preservative), Propylparaben (preservative).

INDICATORS:

Premenstrual Syndrome's common symptoms appearing five to ten days before menstruation are: water retention, migraines, breast soreness, mood swings, weight gain, and cramping. Because the progesterone and estrogen levels naturally rise and fall during the menstrual cycle, supplementing a natural progesterone in a way that simulates the body's own cycle of progesterone production helps to bring the body back to its equilibrium, and thus can help decrease symptoms. PHYTAGEST can also help symptoms which occur during menstruation such as cramping, diarrhea, constipation, and heavy bleeding. If migraines are occurring during the cycle, put the cream on the back of the neck or at the temples. It is best to begin using PHYTAGEST at the time of your ovulation, but it is okay to use PHYTAGEST prior to ovulation if needed, and use until menstruation begins.

Menopausal Symptoms include hot flashes, night sweats, mood changes, and vaginal dryness and/or discomfort. For intense night sweats and hot flashes, use 1/4 - 1/2 teaspoon every fifteen minutes for one hour following the episode.

NOTE:

Some women require more natural progesterone cream to help alleviate symptoms while other women can use less. The correct amount of natural progesterone cream for one woman is not necessarily the right amount for another. Also some women notice results from using PHYTAGEST with the first use, others may take one to three cycles to see results. As symptoms diminish, reduce the amount of PHYTAGEST you use to a maintenance dosage. If symptoms return, resume previous usage and then cut back again. Dosage always depends upon present stress level. More stress will cause a need for more PHYTAGEST.

For any of the above problems one should avoid caffeine, alcohol, sugar, salt, chocolate, and dairy products.

Following a low fat, high fiber, vegetarian based diet will also help to ease symptoms.

Bibliography: *Natural Progesterone: The Multiple Roles of a Remarkable Hormone*, John R. Lee, M.D., BLL Publishing, Sebastopol, CA, 1993. *Premenstrual Syndrome Self Help Book and Menopause Self Help Book*, Susan M. Lark, M.D., Celestial Arts, Berkeley, CA, 1993, 1990.

SUGGESTED DOSAGE:

Apply 1/4 to 1/2 teaspoon per day. To use PHYTAGEST cream, massage it into your skin until it is noticeably absorbed, or as directed by your healthcare professional. Natural progesterone cream can be applied to any area of the body; however, it is best to apply it to thinner, softer skin, such as the chest, breasts, lower abdomen, inner thighs, wrist, inner arms, or neck. It is recommended that you periodically rotate the area of the body where PHYTAGEST cream is applied. PHYTAGEST is a very effective skin moisturizer and has been used in skin creams in lesser concentrations for years. Before using PHYTAGEST cream on your face, determine if your facial skin is sensitive by applying a small amount.

Formulated by Dr. Norman Easley.