



Pro-G-Yam Cream

Natural Progesterone Cream for PMS and Menopause

Throughout her monthly cycle, and during the change of life (menopause), a women's levels of the key hormones, estrogen and progesterone, change dramatically. For most women, the focus has been on estrogen levels in the body, but more recent research suggests that many women also have problems with a lack of progesterone.

When progesterone is prescribed medically, the natural progesterone hormone is seldom used. This is because drug companies can't patent a natural molecule like progesterone. So, they create synthetic analogs of the hormone which are used as drugs. These synthetic forms of progesterone are more prone to side effects than the natural form.

It is possible for women to supplement their progesterone by applying a cream topically that contains natural progesterone, such as Pro-G-Yam cream. The progesterone in Pro-G-Yam is not a synthetic progestin, which can have negative side effects. It is a natural source of progesterone which has been synthesized from plant materials. This progesterone cannot be taken orally because the stomach acids destroy it before it enters the blood stream, but it can be absorbed through the skin.

Here are some of the conditions where this topical progesterone cream may be helpful.

Premenstrual symptoms such as sadness, depression, insomnia and mental confusion may be associated with low levels of progesterone. Many women find PMS symptoms like these are eased by regular application of Pro-G-Yam Cream.

Menopausal symptoms such as hot flashes, vaginal dryness and depression can also be linked with low levels of progesterone. Adequate levels of progesterone may be more important than estrogen in preventing osteoporosis, as well. So, Pro-G-Yam cream can also be beneficial for women who are going through menopause.

There are other possible benefits to progesterone. Progesterone competes with estrogen for receptor sites and can help to inhibit estrogen-dependent cancers, such as breast cancer. It can also help inhibit prostate cancers

in men because prostate cancers also tend to be estrogen dependent. So, Pro-G-Yam cream has been used by both men and women recovering from estrogen-dependent cancers.

Because progesterone is the hormone that helps a woman sustain a pregnancy, women who have a tendency to miscarry may also benefit from supplemental progesterone. Other possible benefits for Pro-G-Yam cream include reducing fibrocysts, increasing sex drive, and natural skin care.

Other ingredients in Pro-G-Yam cream include:

Wild Yam Extract does not contain progesterone and is not converted to progesterone in the body, although it does contain diosgenin, a substance that can be used as a base material in the manufacture of progesterone. Wild yam is antispasmodic and anti-inflammatory. It is also a soothing emollient (skin moisturizer), which makes it an excellent component of the cream base.

Vitamin E has shown to relieve the hot flashes, breast tenderness and vaginal dryness of menopause. It is an antioxidant, protecting the body from free radical damage.

Siberian ginseng extract is an adaptogen, balancing the functions of the body and helping it adapt to stresses. Chamomile extract is anti-inflammatory and soothing to the skin. Glycerin and Aloe Vera Gel are soothing and moisturizing agents that help keep skin moist and soft. Safflower Oil, Almond Oil, Jojoba Oil, and Avocado Oil are fats that also help keep skin moist and soft.

Suggested Use: Apply 1/4 teaspoon of Pro-G-Yam to soft regions of the body (such as the upper arms, inner thighs, and belly) once or twice daily. Apply to a different area each day.

Suggested Further Reading:

- What Your Doctor May Not Tell You About Menopause: The Breakthrough Book on Natural Progesterone* by John R. Lee and Virginia Hopkins.
- Hormone Replacement Therapy: Yes or No?* by Betty Kamen, Ph.D.
- The Estrogen Alternative: Natural Hormone Therapy with Botanical Progesterone* by Raquel Martin.
- The Complete Woman's Herbal* by Anne McIntyre
- Herbal Remedies for Women* by Amanda McQuade Crawford

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