


EXHIBIT B



Women's Menopause Health Center

[Menopause Products](#) | [Hormone Replacement Therapy](#) | [Menopause Symptoms](#) | [Perimenopause Symptoms](#) | [Prempro Controlling Hot Flashes.](#) | [Premarin](#) | [Natural Hormone Replacement](#) | **New!** [Progesterone Cream](#) | [Menopause FAQ](#) | [Depression](#) | [Home](#)

Welcome To Women's Menopause Health Center.

Specializing in sales of natural hormone replacement therapy supplements (HRT), and progesterone cream herb free of cancer-causing synthetic hormones as found in Premarin and Prempro, for perimenopause, menopause symptoms, and hot flashes.



 **RSS Menopause News.**

| | | |
|--|---|---|
| <p><u>Perimenopause.</u></p> <p>Perimenopause Pregnancy, Perimenopause Treatment, Depression Perimenopause, Perimenopause Weight Gain, Perimenopause Anti-Aging, Perimenopause Symptoms, Perimenopause and Thyroid.</p> | <p><u>Menopause.</u></p> <p>Menopause anxiety, Menopause fatigue, Menopause symptoms.</p> | <p><u>Hormone Replacement.</u></p> <p>Hormone Replacement Therapy & Osteoporosis, Stopping Hormone Replacement Therapy, Estrogen Hormone Replacement Therapy, Hormone Replacement Therapy, Prempro Ingredient.</p> |
| <p><u>Hot Flashes.</u></p> <p>Home remedies for hot flashes, Herbal remedy for hot flashes, Treatment for hot flashes night sweats, Controlling hot flashes.</p> | <p><u>Progesterone Cream.</u></p> <p>Progesterone cream ingredients, Benefits progesterone cream, How to use progesterone cream. , Return to Eden progesterone Cream.</p> | <p><u>Depression.</u></p> <p>Depression Help, Medication for Depression, Depression Symptom, Cause of Depression, Type of Depression:</p> |
| <p><u>Menopause Health Articles.</u></p> <p>Endometriosis, Hot Flashes - What Are they? Menopause Essential Nutrients, Why HRT Drug Gets All Clear,</p> | <p><u>Thyroid/Hypothyroidism.</u></p> <p>Symptoms of Hypothyroidism, Thyroid Disease Problems, Low Thyroid Info, Perimenopause/Menopause/ Thyroid Connection, Is it Thyroid?, Thyroid Formula.</p> | <p><u>Holistic and Alternative Health Articles.</u></p> |

[Progesterone cream ingredients](#) | [Benefits progesterone cream](#) | [How to use progesterone cream.](#) | [Return to Eden Progesterone Cream.](#)



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Hormone replacement therapy increases the risk of cancer, of heart disease, of strokes and blood clots. New studies also place women taking synthetic hormones at double the health risk of Alzheimer's Disease and dementia. And contrary to prevailing thought, hormone replacement therapy does not protect against osteoporosis.

Why then, given the serious risk to women's health, do women take hormone replacement therapy? For many, the simple answer is that women need relief from hot flashes and other menopause symptoms.

Finding relief from menopause symptoms is not a black-and-white choice between taking hormone replacement therapy or doing nothing at all. Women do not need to place themselves in harm's way to eliminate hot flashes, mood swings, weight gain, headaches and other effects of menopause.

The Women's Menopause Health Center offers solutions for menopause and perimenopause symptoms that may improve the quality of life instead of placing women at risk for serious and potentially life threatening synthetic hormone replacement side effects.

The Women's Menopause Health Center offers natural hormone replacement therapy that are the result of extensive research to find the purest, highest quality, clinically formulated formulas available today.

With the in-depth menopause information offered at the Women's Menopause Health Center, women can make informed health care decisions that improve women's health instead of compromising women's health.

Before you start taking Premarin, Prempro or any other synthetic hormones, carefully consider the harmful effects on women's health.

The large-scale Women's Health Initiative study released in 2002 show that hormone replacement therapy (HRT) is linked to substantial increases in the risk of developing breast cancer, heart disease, strokes and blood clots. Additionally, when estrogen is prescribed alone, it can increase the risk of ovarian cancer.

The most recent arm of the Women's Health Initiative study, released in May 2003, adds to already damning 2002 studies of the effects of hormone replacement therapy. New research shows that women on synthetic hormones like Premarin and Prempro are at double the risk for Alzheimer's Disease and dementia.

The in-depth government Women's Health Initiative study reshaped how women and their physicians now approach managing menopause symptoms. Many doctors are now

recommending hormone replacement therapy only for their patients with severe menopause symptoms. Even then, most physicians tell their patients that the benefits often do not outweigh the women's health risks involved.

Hormone replacement therapy use in the United States fell by about one-third - from 15 million women to 10 million - after the 2002 Women's Health Initiative announcements.

Yet, there are still 10 million American women taking hormone replacement therapy. How does this number affect women's health?

The Women's Health Initiative found that for every 10,000 women using hormone replacement therapy, there were 7 additional heart attacks, 8 additional strokes, 8 additional cases of breast cancer and 23 additional cases of dementia.

Those numbers seem quite low until translated into real-life numbers. Using hormone replacement therapy will add an additional 7,000 heart attacks, 8,000 strokes, 8,000 cases of breast cancer and 23,000 new cases of dementia and Alzheimer's Disease for the 10 million women currently using synthetic hormones.

That is an additional 46,000 women who will suffer damaging health effects - or worse. Even one added case cannot justify the damaging effects that dementia will place on a woman's family. Even one additional case of breast cancer cannot justify the grief of children and grandchildren losing a woman they love to an unnecessary death.

News of the health risks unearthed in the Women's Health Initiative menopause study galvanized many women's decision to find natural hormone replacement therapy alternatives to deal with the effects of menopause.

The answer to managing menopause symptoms requires a multi-pronged approach that includes healthy lifestyle choices, natural hormone replacement therapy and the use of progesterone cream to encourage hormonal balance and harmony.

If you have tried other natural hormone replacement products and still suffer menopause symptoms, give our superior products a try. Experience how a commitment to quality and integrity, pure ingredients, and top notch medical oversight can make a difference for you. Don't settle for less!

Not all menopause products are created equal. **The progesterone cream and all our menopause products offered are of the purest and highest quality women's health products on the market today.**

Our products are created to the **highest manufacturing standards**. A menopause supplement is only as good as its ingredients AND its manufacturing standards. With the vast number of supplements on the market today, consumers must be wary of purchasing "Parking Lot" supplements - those manufactured without exacting standards.

There are over 10,000 nutritional manufacturing facilities in the United States. Less than one-half of one percent of the nutritional manufacturing facilities in the country match the exacting standards followed in our facility.

We believe that good formulas can only lead to good health by starting with quality and efficacious product ingredients. Thus, we offer assurance that all of the ingredients used in our formulations are simply the best available in the world.

The Women's Menopause Health Center also offers Return to Eden progesterone cream, the most complete all-natural cream on the market. Our progesterone cream is chock full of USP progesterone that may stop hot flashes.

Receiving the best menopause therapy possible during the transition between the child-rearing years and new possibilities dramatically increases the quality of women's lives. With unpleasant menopause symptoms under control, women can look at and live through menopause with a positive mental attitude and exciting new possibilities.

Archived Women's Menopause Health Newsletters.

Women's Menopause Health Resources.

For powerful alternatives to Ritalin, visit the Attention Deficit Disorder Help Center.

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Quality Natural Return to Eden USP Progesterone Cream for Menopause Perimenopause Symptoms and Hot Flashes.

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Women today, armed with educated health information, know that there is a better, safer way to protect against osteoporosis and heart disease than by using synthetic hormones. They have learned what women in Great Britain and Europe have know for decades - the benefits of natural progesterone like that found in Return to Eden natural progesterone cream. These women believe, from decades of uses, that it can actually rebuild bone tissue with no known side effects.

With large studies* revealing that women using synthetic estrogen for more than five years have a 46% higher risk of breast cancer than women who don't use it, progressive women are deciding on a more natural course of action. They are deciding to reduce their cancer risks while experiencing the benefits of natural USP progesterone cream. After all, what discriminating woman would want to increase her risk of cancer by about 50%? Women are seeing the benefits of our physician formulated and independent lab tested progesterone cream instead. The Preserve superb quality progesterone cream formula was developed by a team of physicians based on Dr. John Lee's research.

John R. Lee, M.D. is an international authority and pioneer in the use of natural progesterone cream and natural hormone balance. He authored the best-selling book, "What Your Doctor May Not Tell You About Menopause: The Breakthrough Book on Natural Progesterone."
(Recommended reading.)

A natural course of action, like Return to Eden USP progesterone cream, makes a lot more sense. Be warned, though, that not all progesterone cream and lotions are the same. It is important to insist upon a high quality natural progesterone supplement, not a supplement made from uncertified cheap ingredients exported from foreign countries with lax regulations.

Our products are created to the **highest manufacturing standards**. A menopause supplement is only as good as its ingredients AND its manufacturing standards. With the vast number of supplements on the market today, consumers must be wary of purchasing "Parking Lot" supplements - those manufactured without exacting standards.

Return to Eden natural chemical free progesterone cream is:

- **Completely artificial preservative free.** No harmful chemical preservatives.
- **Made in small batches** to insure that your superb natural progesterone cream reaches you in the freshest condition possible.
- **Quality USP progesterone content** of 500 mg/oz per Dr. John Lee's recommendation. Many "popular creams" sold today contain little or no USP progesterone, or at best, have inconsistent levels of progesterone. One study showed that 50 percent of them didn't contain any measurable progesterone. Return to Eden is one brand that is reliable!
- **Made from USP progesterone, not wild yam extract.** No published studies conclude that yam increases progesterone levels in animals or humans. While the diosgenin molecule from wild yams can be converted to a progesterone molecule in the laboratory, it can NOT be in the human body. Unconverted diosgenin is a cheap way to produce a progesterone cream, and according to Dr. Lee does not work well. It is important to insist upon USP progesterone, not uncertified cheap ingredients made in some foreign countries.
- **Free of Methyl Paraben, Propyl Paraben, Butyl Paraben** or any of the related Parabens or estrogenic herbs. Those ingredients are used as preservatives and contribute to estrogen dominance. Paraben-class preservatives also can irritate the skin.
- **Free of ethoxylated wetting agents**, such as PEG 8 Stearate, PEG 100 Stearate, Polyethylene Glycol, Polysorbate 60, or Polysorbate 80, which may be contaminated with 1,4-dioxane, a known carcinogen.
- **Free of mineral oil.** Mineral oil blocks the absorption of natural progesterone.
- **Free of Stearyl Konium Chloride**, an emulsifier. According to the University of Texas database, ingestion of 3 cc of this toxic compound is enough to cause fatal convulsions in an adult human.

There are over 10,000 nutritional manufacturing facilities in the United States. Less than one-half of one percent of the nutritional manufacturing facilities in the country match the exacting standards followed in our facility.

What are the benefits of using progesterone cream?

Unlike Provera, which, first, is a synthetic progesterone or progestin, progesterone creams are

applied to the skin (transdermal, which means "through the skin"). Hormones, if taken by mouth, are immediately passed from the small intestine to the liver and returned in water soluble form back to the start of the small intestine. During the process, 80% to 90% of the hormone is lost through the liver. Only a small fraction of ingested hormones end up circulating in the blood able to attach to appropriate receptors.

Dr. Lee recommends the transdermal progesterone cream rather than oral progesterone, because approximately 80% to 90% of the oral dose is lost through the liver. A 200 to 400 mg is needed on a daily basis to achieve a physiologic dose of 50 to 24 mg. Not only is the liver unnecessarily taxed adding to its toxic overload, such high doses create undesirable metabolites.

Why do women need progesterone cream?

The most important of many reasons that progesterone is needed in hormone replacement therapy for menopausal women is to balance or oppose the effects of estrogen. Unopposed estrogen creates a strong risk for reproductive and breast cancers. Dr. Lee calls this "estrogen dominance." Estrogen, as mentioned, is a potent and potentially dangerous hormone when not balanced by adequate progesterone like that found in Return to Eden all-natural progesterone cream..

Estrogen levels drop only 40% to 60% during menopause, but progesterone levels may drop to near zero in some women. Because progesterone is the precursor to so many other steroid hormones, its use can enhance hormone balance after menopause. Since progesterone stimulates bone-building, it also helps protect against osteoporosis.

Thus, the application of progesterone may provide many benefits and combats estrogen dominance.

**Harvard researcher, Dr. Graham Colditz - a world authority on the subject, conducted studies which showed that women who use estrogen for more than five years have a 46% higher risk of breast cancer than women who use none. Dr. Colditz' study results came from a sampling of 121,700 women tracked for 24 years from the famous Nurses Health Study as reported in The New England Journal of Medicine, June 1995.*

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and out why
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Best Natural USP Menopause Diosgenin (nicknamed Progesterone) Cream Benefits.

Experience the benefits of natural diosgenin (progesterone) cream. Say goodbye to women's menopausal symptoms and the effects of aging!

Many women find that by supplementing their hormone production with natural progesterone that they will reduce many or most of their menopausal symptoms. The presence of progesterone in the body sensitizes estrogen receptor sites enabling estrogen to work more efficiently without being dominant. Progesterone is a precursor to other hormones in the body including estrogen, testosterone, and especially the corticosteroids.

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The benefits of natural diosgenin (nicknamed progesterone) cream are said to be many:

- Brings hormonal balance back into your body.
- Balances estrogen dominance.
- Improves lipid profile

- Improves blood sugar control.
- Improves burn up of body fat.
- Natural anti-depressant.
- Natural diuretic.
- Eliminates hot flashes.
- Creates the myelin sheath over nerves.
- Gives people more energy.
- Helps with sleep disorders.
- Normalizes and restores sexual desire.
- Promotes youthful skin appearance.
- Resists facial hair growth.
- Improves blood sugar control.
- Promotes youthful skin appearance. (The late diet guru, Dr. Robert Atkins, M.D. was enthusiastic about natural progesterone cream for skin care. He endorsed its use because he found it the best wrinkle eradicator he ever had experienced.)

Perimenopause symptoms also can benefit from natural progesterone cream. The following may reflect early hormonal imbalances:

- Hot flashes.
- Hot flashes.
- Insomnia.
- Night sweats.
- Mood swings.
- Depression.
- Vaginal dryness.
- Reduced sexual desire.

MSM and Bone Loss: MSM provides the building blocks for the restoration of cartilage, helping when there has been bone loss. It is a potent natural anti-inflammatory, which allows you to better use your own healing system. For more information concerning MSM, click [here](#).

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How to Use Return to Eden USP Menopause Diosgenin (nicknamed Progesterone) Cream.

Return to Eden Progesterone Cream for:

[endometriosis](#) | [fibrocystic breasts](#) | [ovarian cysts](#) | [perimenopause](#) | [PMS](#) | [post menopause](#) | [uterine fibroid tumors](#) | [how to use progesterone cream](#).

In addition to the many benefits of diosgenin (nicknamed progesterone) cream for PMS, perimenopause and menopause symptoms, progesterone cream can also help with other female conditions without side effects associated with invasive or drug-therapy treatments.

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Given the positive benefits of progesterone cream and the low incidence of progesterone side effects, many women choose this natural alternative to achieve normal progesterone levels. For women looking for quality progesterone cream to achieve normal progesterone levels, Return to Eden natural progesterone cream 500 mg/oz potency is of the best on the market today.

To achieve the optimal benefits of progesterone cream without progesterone side effects to achieve normal progesterone levels, use the natural progesterone cream 500 mg/oz Return to Eden formula.

How to Use Progesterone Cream:

Application instructions for Return to Eden natural progesterone cream 500 mg/oz for:

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Women's Menopause Health Center August 1, 2003 Newsletter

Estrogen Information and Danger of Estrogen Therapy

Women looking for estrogen information about the danger of estrogen therapy do not need to look very far. The Women's Health Initiative study two years ago provided a wealth of information about the danger of estrogen therapy. Since that time, information about the danger of estrogen therapy seems to surface on a regular basis.

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The Federal Drug Administration recently mandated a new boxed warning of the danger of estrogen therapy and estrogen/progestin products such as Premarin and Prempro. This is the highest FDA warning level for drug labeling. The FDA estrogen information warning states an increased risk for heart disease, heart attacks, strokes, and breast cancer and also emphasizes that estrogen products are not approved for heart disease prevention.

At about the same time the FDA mandated boxed warnings of the danger of estrogen therapy, a study revealed information about yet another danger of estrogen therapy. This portion of the Women's Health Initiative study found that hormone replacement therapy double women's risk of developing dementia and Alzheimers Disease.

If that estrogen information was not enough to encourage women to rethink their menopause

health choices, hormone replacement therapy earned a prominent place on the United State's National Toxicology Program's carcinogen list.

The federal government recently added steroidal estrogen products to its list of known human carcinogens. Steroidal estrogens are a group of related hormones commonly used in estrogen replacement therapy and in oral contraceptives.

The government report cites data from human epidemiology studies that show a connection between estrogen therapy and an increase in endometrial cancer and breast cancer. The report also suggests that estrogen-containing oral contraceptives may be associated with an increased risk of breast cancer but may protect against ovarian and endometrial cancers.

The National Toxicology Program, an arm of the Department of Health and Human Services, publishes reports of carcinogens every two years after intensive scientific reviews.

The report distinguishes between "known" human carcinogens (where there is sufficient evidence from human studies) and "reasonably anticipated" human carcinogens (where there is either limited evidence from human studies or sufficient evidence from animal studies).

A number of individual steroidal estrogens were already listed as "reasonably anticipated" carcinogens in past reports. This most recent report upgraded steroidal estrogens to "known" carcinogens and was the first report to list all steroidal estrogens together as a group.

Hundreds of government and non-government scientists contribute to these reports to ensure that the public is made aware of cancer hazards. The public at this point should be very aware of the danger of estrogen therapy. Thousands of women responded to the Women's Health Initiative study by stopping hormone replacement therapy. Yet, thousands upon thousands of women still remain on hormone replacement therapy.

Stopping hormone replacement therapy would be a difficult choice without effective alternatives to hormone replacement therapy. Fortunately, there are effective alternatives for women who no longer wish to take hormone replacement therapy.

A quality progesterone cream like Return to Eden natural progesterone cream, may gently alleviate menopause symptoms as well as hormone replacement therapy.t therapy.

Natural progesterone cream helps:

- _ Brings hormonal balance back into your body.
- _ Balances estrogen dominance.
- _ Improve lipid profile.
- _ Improve blood sugar control.
- _ Burn up of body fat.
- _ Eliminate hot flashes.
- _ Create the myelin sheath over nerves.
- _ Create more energy.
- _ Sleep disorders.
- _ Fibrocystic Breast Disease.
- _ Normalize and restore sexual desire.
- _ Promote youthful skin appearance.
- _ Resist facial hair growth.
- _ Improve blood sugar control.

_ Promote youthful skin appearance.

If you have not already kicked synthetic hormone replacement therapy, now is as good a time as any. Order a jar of Return to Eden All-Natural USP Progesterone Cream and experience a gentler transition through menopause for yourself.

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Osteoporosis Treatment.

Women in Great Britain and Europe have found that progesterone is a natural alternative to traditional osteoporosis treatment. This natural alternative to traditional osteoporosis treatment is believed by them to build bone mass, and help decrease menopause symptoms without side effects associated with synthetic hormone replacement therapy or drugs used for the treatment of osteoporosis.

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Researchers for decades suspected that the decrease in estrogen contributed to osteoporosis, most because women typically begin to notice the effects of osteoporosis after going through menopause. Based on that assumption, doctors prescribed estrogen as osteoporosis treatment during menopause. However, recent studies clearly show that estrogen alone as an osteoporosis treatment does little for long-term prevention of bone loss.

Given the serious health risks associated with estrogen and the lack of long-term benefit, estrogen is one of the least appropriate osteoporosis treatment methods women should take. New medication alternatives for the treatment of osteoporosis pose less harmful side effects than hormone replacement therapy, but these drugs used for osteoporosis treatment also have unpleasant and potentially harmful side effects and are still sometimes ineffective for long-term bone health.

The medication drugs most commonly prescribed for osteoporosis treatment are Calcitonin (Miacalcin) and Alendronate (Fosamax). Forteo is a new drug medication for the treatment of osteoporosis.

For women seeking osteoporosis treatment while simultaneously addressing menopause related

symptoms and health concerns, progesterone may be the perfect natural alternative. The lack of progesterone is thought to cause a decrease in new bone formation.

Progesterone balances estrogen dominance, and may improve lipid profile, improves blood sugar control, improves the ability to burn body fat. Progesterone cream may also eliminate hot flashes, help with sleep disorders, normalize and restore sexual desire, and promote youthful skin appearance.

For a natural alternative to osteoporosis treatment, postmenopausal women may use up to one teaspoon of high quality progesterone cream daily for three weeks each month. The week off progesterone maintains the sensitivity of the progesterone receptors. We recommend Return to Eden natural USP progesterone cream. Return to Eden USP progesterone cream uses only high quality ingredients, with no artificial fillers.

Women do not need to take estrogen for osteoporosis treatment given the natural alternative of progesterone. Estrogen works to diminish bone loss while progesterone aids the body in building new bone. Bones are living tissue that is constantly dying off and rejuvenating. The larger bones in the body are replaced every 10 to 12 years while smaller, less dense bones are replaced every two to three years.

This is the good news. Even if bones have lost density, there is opportunity to gain it back. But, in order for new bone to be made, bones need an adequate supply of nutrients like calcium, regular weight-bearing exercise and hormonal balance conducive to bone growth.

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Sterling, VA MD specializing in natural bioidentical hormones.
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Hormone Replacement Therapy & Osteoporosis.

Osteoporosis is a gradual decrease in bone mass and density that hits postmenopausal women especially hard. Though information varies, most osteoporosis information places postmenopausal Caucasian women at a 50 to 80 percent risk of sustaining a hip, spine, or forearm fracture due to osteoporosis.

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Osteoporosis is almost entirely preventable and even reversible with prevention and treatment measures. New research information shows that hormone replacement therapy does not adequately protect women from osteoporosis.

Though women often associate osteoporosis with menopause, bone loss actually begins years before menopause. Most women reach peak bone density at about 30 and will lose about .7 percent on their bone density after that. Bone loss accelerates for three to five years around the time of menopause and then continues to decline at the rate of about 1 to 1.5% per year.

Because bone loss accelerates at menopause, at the time estrogen levels decline, conventional medicine adopted the belief that estrogen deficiency cause osteoporosis. Following that assumption, physicians regularly used hormone replacement therapy to prevent

osteoporosis.

However, new study information places the hormone replacement therapy benefit to osteoporosis as myth and makes it clear that hormone replacement therapy is not the correct course of osteoporosis treatment.

- The Journal of the American Medical Association (JAMA) reported a 14-year study that showed no significant difference in the frequency of hip fractures between women who used hormone replacement therapy and those who did not use hormone replacement therapy.
- The New England Journal of Medicine published an 8-year study following almost 10,000 menopausal women. This study also showed no significant difference in the frequency of hip fractures between women who used hormone replacement therapy and those who did not use hormone replacement therapy.

Given the serious health risks associated with estrogen and the lack of long-term benefit, hormone replacement therapy is one of the least appropriate osteoporosis treatment methods women should take.

Women in Great Britain and Europe have been using natural progesterone like that found in Return to Eden USP all-natural progesterone cream for decades to combat osteoporosis.

With osteoporosis, bone tissue dies faster than new bone tissue is made. Over time, bones become less dense and more porous. If the bones become too weak to support the skeleton, bones can break easily. If frail enough, a minor fall, bump or even a hard sneeze can cause a bone fracture.

Progesterone is thought to actively build new bone tissue. By supplying the body with adequate supplies of bone-building progesterone, new tissue can be made to replace old bone tissue. For women taking hormone replacement therapy for the prevention of osteoporosis, this is great news. Women no longer need to choose hormone replacement therapy and its side effects - endometrial cancer, phlebitis, weight gain, high blood pressure, jaundice, vaginal candidiasis, depression, skin rashes, hair loss, nausea, vomiting, abdominal cramps, cysts and more - to halt bone loss.

Many other factors play a significant role in osteoporosis prevention. Caucasian women - especially those with a family history of osteoporosis or poor diets in their younger years - are at the greatest risk of osteoporosis after menopause. Women with poor diets, low calcium intake, low body weight, low physical activity and alcoholism are also at risk for osteoporosis.

You cannot change your sex, race or age but you can change other factors that contribute to osteoporosis.

Osteoporosis Risk Factors: (Other than being a postmenopausal woman):

- Family history of osteoporosis.

- Caucasian.
- Low body weight.
- Early menopause Low calcium intake.
- Low physical activity.
- Cigarette smoking.
- Drinking more than two alcohol drinks daily .
- Long-term steroid therapy.
- Long-term anti-convulsant therapy.
- Drug therapy that causes dizziness.
- Hyperthyroidism.
- Coffee intake of more than two cups daily.
- Alcohol intake of more than two drinks daily.
- Regular antacid use.

Early signs of osteoporosis include gradual loss of height, loose teeth and persistent low back pain. Sudden insomnia and restlessness and nightly leg and foot cramps are also early warning signs of osteoporosis.

Many women are not aware that they are losing bone mass until after a bone fracture. It behooves women of menopause age to know the status of their bone health and use osteoporosis prevention measures to prevent bone loss before it begins.

One way of testing bone loss is to check your height every six months. If you start losing height, you are losing bone on your spine. This method of checking bone loss does not give a comprehensive profile of bone health but it does give a general indication of bone loss.

The best way to determine bone density and fracture risk before a fracture occurs is to have a bone mineral density (BMD) test. A bone density test measures bone density in the spine, hip and/or wrist, the most common sites of fractures due to osteoporosis. There are bone density tests now available that measure bone density in the middle finger and the heel or shinbone.

The bone density test identifies risk for fracture. The lower the bone density, the greater the risk for fracture. The bone density test compares a person's bone density to the expected bone density of a person of the same age, sex and size, along with a comparison of bone density at the optimal peak bone density of a healthy young adult of the same sex.

Hospitals and imaging centers offer bone density tests. There are many different bone density test methods. All are painless and noninvasive. The dual energy X-ray absorptiometry is one of the best scanning techniques that offers accuracy and minimal radiation exposure.

Women should have a bone density test performed as they enter menopause. The early bone density test serves as baseline information to compare against future bone density tests.

Many experts recommend having a second bone density test 12 to 24 months after starting an osteoporosis prevention regime to make sure the protective program is working. After that, additional tests aren't needed unless lifestyle or

other health conditions change.

Women taking hormone replacement therapy for osteoporosis prevention should use the bone density test to verify that hormone replacement therapy is indeed providing positive benefit to bone health. If bone loss continues while using hormone replacement therapy - and studies show that it likely will - women should change their osteoporosis prevention regime to one that will provide better results.

Research shows that osteoporosis prevention measures of a healthy calcium-rich diet, and exercise work better than using hormone replacement therapy.

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www.onelifeusa.com

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Return to Eden Progesterone Cream for:

[endometriosis](#) | [fibrocystic breasts](#) | [ovarian cysts](#) | [perimenopause](#) | [PMS](#) | [post menopause](#) | [uterine fibroid tumors](#) | [how to use progesterone cream.](#)

Return to Eden USP Progesterone Cream during Post Menopause.

Post Menopausal symptoms include hot flashes, water retention, headaches, dry, thin and wrinkly skin, mood swings, depression, increase in facial hair, lack of concentration, short term memory loss, decreased libido, vaginal dryness and atrophy, body aches and pains, fatigue, thinning of scalp hair, irritability, sleep disturbances, osteoporosis, fat and weight gain, especially in abdomen, hips, thighs.

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\$19.95 Buy Now

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Dr. Lee believes that menopause is a natural part of a woman's life that should be embraced with joy and enthusiasm. Preserve allows you to achieve hormonal balance without using synthetic estrogens. The above symptoms of menopause are successfully relieved for the majority of women when using Return to Eden as directed. We wish you the best on your journey.

WHERE TO APPLY: Return to Eden natural progesterone cream is best absorbed on thin skin. Natural progesterone cream absorbs into the skin to the fatty layer then it is transferred into the

bloodstream. Apply Return to Eden natural progesterone cream to the neck, hands, breasts, chest, arms, inner legs, abdomen and feet until absorbed. Remember to rotate sites when applying natural progesterone cream. If you apply progesterone cream to your chest in the morning, for instance, apply progesterone cream to your feet in the evening. Before applying natural progesterone cream to your face, perform a patch test by applying a small amount of progesterone cream to a small area on the side of your face to check for sensitivity reactions. Your face is the most sensitive skin area on your body.

WHEN TO APPLY AND HOW MUCH TO APPLY:

Months 1 through 3: Apply up to one teaspoon Return to Eden natural progesterone cream TWICE A DAY for three weeks. During the fourth week either come completely off the progesterone cream or half the regular progesterone cream dose TWICE A DAY. Beginning in month 4, you may decrease dosage to 1/8 to 1/4 teaspoon TWICE A DAY for three weeks, again stopping progesterone cream or decreasing the dose in the fourth week.

See separate progesterone cream application instructions if you have:

[Premenstrual syndrome](#) | [Perimenopause symptoms](#) | [Post menopause](#) | [Osteoporosis](#) |
[Ovarian cysts](#) | [Endometriosis](#) | [Uterine fibroids](#) | [Fibrocystic Breasts](#) | [Progesterone Cream Use.](#)

IMPORTANT INFORMATION:

- Natural progesterone cream is not suggested for birth control. Progesterone cream can suppress ovulation if used prior to ovulation time. Progesterone cream can enhance conception if used starting on the first day of ovulation.
- If you are using the birth control pill, it is recommended that you use natural progesterone cream seven days prior to your period. You may get some relief of your PMS but women not on the pill obtain the best results.
- Although there have been no reports of significant side effects or health problems associated with natural progesterone cream, we encourage you to find a trusted health care provider to work with you as you use natural progesterone cream.
- There have been reports of incidental spotting, which may be associated with progesterone cream use. This is usually temporary. A physician should always check any persistent spotting or breakthrough bleeding. Because some PMS and Menopausal symptoms may indicate other conditions, please be sure to consult a health care provider if you ever experience headaches or progressive symptoms.
- Natural progesterone cream can potentially INCREASE THYROID ACTIVITY. If you are taking thyroid supplements, you should consult your health care provider and consider lowering the amount of thyroid supplementation you use.
- DOSAGE MAY VARY PER INDIVIDUAL. A woman typically produces 20 to 40 mg of progesterone per day in her ovaries during the luteal phase of her cycle. During pregnancy, the production of progesterone is taken over by the placenta. A woman in her third trimester of pregnancy produces up to 400 mg of progesterone per day.

- For vaginal dryness, you may apply part of your dosage of progesterone cream intravaginally.
- For migraines, headaches or night sweats, you may use a dab of progesterone cream every 15 minutes for an hour.

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Lung Cancer and Menopausal Hormone Therapy (MHT) Connection.

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Women's Menopause Health Center February 15, 2006 Newsletter.

Hormone Replacement Therapy and Lung Cancer Connection.

Recent studies regarding hormone replacement therapy (HRT), or the new preferred term, menopausal hormone therapy (MHT), are confusing. Most results now have doctors discouraging synthetic hormone use or are recommending minimal use, while others suggest that it is beneficial for certain age groups.

However, according to a January 26, 2006 Reuters Health article, another recent study suggests Women who develop lung cancer appear to have lower survival rates if they have a history of using hormone replacement therapy (HRT).

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Dr. Apar Kishor Ganti, from the University of Nebraska Medical Center in Omaha and colleagues took a look-back at nearly 500 women diagnosed with lung cancer between January 1994 and December

1999. The majority -- 86 percent -- had a history of smoking and 17 percent had taken HRT for at least 6 consecutive weeks anytime before being diagnosed with lung cancer.

Those researchers reported in the Journal of Clinical Oncology, January 1, 2006, that overall survival was much better in women without a history of using synthetic hormones, compared with those who had taken hormone replacement therapy or menopausal hormone therapy in the past. Additionally, survival rates decreased even further when a history of smoking existed with a history of synthetic hormone use.

Further, they found that women who used synthetic menopausal hormone therapy were younger when diagnosed with lung cancer. The median age was 63, compared with 68 for women who had used synthetic menopausal hormone therapy.

The conclusion was that unless post-menopausal symptoms are severe, and can't be treated by other medications, synthetic hormone replacement therapy should be avoided.

Why then, given the serious risk to women's health, do women take hormone replacement therapy? For many, the simple answer is that women need relief from hot flashes and other menopause symptoms.

Finding relief from menopause symptoms is not a black-and-white choice between taking hormone replacement therapy or doing nothing at all. Women do not need to place themselves in harm's way to eliminate hot flashes, mood swings, weight gain, headaches and other effects of menopause.

The answer to managing menopause symptoms requires a multi-pronged approach that includes healthy lifestyle choices, natural hormone replacement therapy and the use of progesterone cream to encourage hormonal balance and harmony.

Preserve

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Product discontinued. Sorry for the inconvenience.

- Helps normalize hormonal levels,
- Helps diminish night sweats and hot flashes.
- Helps soothe and stabilize mood, reducing moodiness, depression and irritability.
- Helps reduce the uncomfortable and painful menopause signs and menopause symptoms such as pain, cramping and headache.

1 Bottle

\$26.95

Buy Now

2 Bottles
3 Bottles

\$51.90
\$76.35

Buy Now
Buy Now

Many women find that by supplementing their hormone production with natural progesterone that they will reduce many or most of their menopausal symptoms. The presence of progesterone in the body sensitizes estrogen receptor sites enabling estrogen to work more efficiently without being dominant. Progesterone is a precursor to other hormones in the body including estrogen, testosterone, and especially the corticosteroids.

The benefits of natural progesterone cream are said to be many:

Brings hormonal balance back into your body.

Balances estrogen dominance.

Improves lipid profile.

Improves blood sugar control.

Improves burn up of body fat.

Rebuilds lost bone mass at a rate of 5-15% per year.

Improves new bone formation.

Natural anti-depressant.

Natural diuretic.

Eliminates hot flashes.

Creates the myelin sheath over nerves.

Gives people more energy.

Helps with sleep disorders.

Helps with Fibrocystic Breast Disease.

Normalizes and restores sexual desire.

Promotes youthful skin appearance.

Resists facial hair growth.

Reduces risk of breast cancer.

Reduces risk of uterine cancer.

Improves blood sugar control.

Promotes youthful skin appearance. (The late diet guru, Dr. Robert Atkins, M.D. was enthusiastic about natural progesterone cream for skin care. He endorsed its use because he found it the best wrinkle eradicator he ever had experienced.)

So with the addition of a regular exercise regimen, healthful diet with lots of fresh fruits and vegetables, and practical, common sense remedies for hot flashes and anxiety, menopause can be a nearly symptom free transition.

February Menopause Recipe: [Delicious Hamburger Substitute Crock Pot Lasagna.](#)

February Bath and Body Recipe: [Soothe Away the Aches and Pains Bath Salt Recipe.](#)

February Exercise Tip: [Is Tai Chi the Ultimate Exercise?](#)

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