

## Ovaries

### Ovarian Cysts

### Polycystic Ovarian Disease (PCOD)

### Polycystic Ovarian Syndrome (PCOS)

Your Ovaries are very active glands. Many women can feel it when they ovulate; they say it feels like a pinching or slight cramping sensation in the area of the Ovary, which is below and to either side of the navel. It could easily be mistaken for a case of gas or indigestion. Becoming aware of when you ovulate is a wonderful way to become more aware of your body and its cycles.

Awareness of your Ovaries will also give you fertility awareness. You'll find that when you ovulate your vaginal mucus will change, first becoming more profuse or "wet," and then also becoming more clear, slippery and stretchy, almost like raw egg whites.

One of the way to tell if you are ovulating is to take your temperature under your armpit as soon as you wake up in the morning, starting on the last day of your menstrual period. You'll find that when you ovulate your temperature will go up as much as one degree. Use a Fertility Thermometer to take this Basal Body Temperature. This is a special Thermometer which can accurately read from 96° F to 100° F with an accuracy of 0.1°F.

Strictly speaking, you are only fertile for about seventy-two hours each cycle. Considering that Sperm may live up to seventy-two hours after being inseminated into the vagina, it is theoretically possible that conception can occur from Sperm arriving two to three days prior to actual ovulation. Thus, the ***opportunity for conception may extend over a six-day period each month.*** Women who are aware of their ovulation through the methods described above can use that as a form of birth control, which is 98 percent effective when used conscientiously.

As Premenopausal woman who is not necessarily ovulating every month, you can also use your awareness to know when you are not ovulating. This way you can step up the dose of Herbal Dietary Supplements like **Wild Yam / Soy Beans or Flour or Milk** during the day after you haven't ovulated. This is a beautiful and balanced use of body awareness and conscious hormone balancing. Not every woman is that tuned in, but if you are, use it to your advantage with your Hormone Balance Program.

***We hope that as women begin to value their reproductive organs, including their ovaries, Physicians of Western Medicine will follow their lead.*** Throughout your life, your Ovaries are a precious source of Energy and Hormone production that works in much greater harmony with the rest of your body than any Natural or Artificial Hormone Replacement Program ever could.

Continued on Page 2 ....

## **Environmental Pollution from Synthetic Hormones**

Environmental Estrogens are Synthetic Hormones and have their origin in the Petrochemical Products that we use like Herbicides, Pesticides, Fungicides (DDT) and even the Petrochemical Pollution that we face today called Smog. They are called Xenoestrogens or Xenohormones.

These are not Bio-degradable which means that the digestive enzymes are not capable of excreting them from the Human Body. These synthetic Hormones therefore accumulate in the body in a progressive manner. Finally they get elevated to the point that they suppress the LH (Luteinizing Hormone), which is the Pituitary Hormone that signals the Ovaries to release the egg and to make Progesterone.

Lower-than-normal LH level are consistently seen now a days in women in their forties. Women with low LH levels have a difficult time getting Pregnant, and they are more prone to have PMS, irregular bleeding, and abnormal menstrual cycles. Though the Ovaries are capable of manufacturing the Hormones, they aren't receiving enough stimulus from the brain to do the job.

If you don't ovulate in any given month (called an Anovulatory Cycle) you will release little to no Progesterone, because it is the empty follicle, now called the Corpus Luteum, that is primarily responsible for manufacturing your monthly surges of Progesterone. Imagine the delicacy of your Hormonal Balance, when the release of one microscopic egg plays a leading role in maintaining it.

During your entire life span, you only have about ten to fifteen years, from your early twenties to your mid-thirties, when you ovulate pretty much every month. Before puberty you do not ovulate, through puberty you will ovulate some months and not others, and as you reach premenopausal age, ovulation will begin to be irregular again. Women who are doing heavy physical exercise, who are on extremely low-calorie (or very low-fat) diets, who are under heavy stress, or who are ill, will often not ovulate. Any month that you don't ovulate, you are more susceptible to Hormonal Imbalances, particularly Estrogen Dominance.

Even when you don't ovulate and produce the corresponding surge of Progesterone, if your Estrogen levels are sufficient to build up the blood-rich lining of your uterus, you will have a menstrual cycle when your estrogen levels fall at the end of the month. In other words, just because you are menstruating doesn't mean that you are ovulating. Menstrual cycles do not depend completely on Progesterone, although they tend to be more regular and free of symptoms when Progesterone is present, either through ovulation or supplementation.

Sometimes ovulation will occur, but the follicle is dysfunctional and Progesterone production will fade earlier than normal in the cycle. When that happens, Estrogen Dominance recurs during the weeks before menstruation despite ovulation. ***And in such a case, even if fertilization occurs, the Human Chronic Gonadotropin (HCH) signal from the fertilized egg may not result in sufficient Progesterone for successful implantation and the pregnancy fails without the woman ever being aware of it.***

## Ovarian Cysts

When a woman complains of chronic pelvic pain and enlarged Ovarian Cysts show up on an ultrasound, they are often used as a justification for removing the Ovaries. ***It's important that you know that most of the time the presence of Cysts on the Ovary is completely normal and that enlarged Cysts are common and rarely cancerous.***

***Cysts are a normal part of the ovulatory process.*** Prior to ovulation, anywhere from a few to a few hundred follicles will mature and enlarge in the ovary enough to become cyst like. Normally only one follicle will release its egg into the fallopian tube, leaving the others to go through various forms and stages of reabsorption into the ovary or dissolution outside of the ovary.

When a number of follicles migrate to the surface of the ovary, but none releases egg, no Progesterone is made. The hypothalamus is monitoring for both Estrogen and Progesterone levels. When Progesterone fails to rise, the Hypothalamus signals the Pituitary (by releasing a substance called Gonadotropin Releasing Hormone of GnRH) to make more Follicle Stimulating Hormones (FSH). FSH tells the Ovary to get back to the work of maturing an egg. The increased FSH results in only more Estrogen production. The follicles become Cysts that are stimulated to grow even larger with each succeeding cycle. Some Ovarian Cysts burst into the pelvic cavity, releasing blood and fluid, which can cause pain. When Progesterone levels are restored to normal for a few months the Cysts are usually uneventfully reabsorbed.

***This can be aided by taking Wild Yam / Soy Milk for a few months. Wild Yam has Diosgenin which is molecularly similar to human Progesterone. Under the right circumstances the body can convert this to Natural Human Body Compatible Progesterone. The use of Naturally derived Bioidentical Progesterone in the form of topical Gels is also the preferred method of raising the Body's Hormone levels. Deep Detoxification of the Liver is strongly recommended to make this happen. Soy Beans / Micronized Flour and Soy Milk has Phytohormones which can block the action of Human and Environmental Estrogen in the Body.***

There is an amazing amount of variations in Ovarian Cysts, normal and abnormal. They can spring up almost overnight, and they can go away just as fast. They can grow to be as big as lemon or even larger before they disappear. If a Cyst is over four centimeters, your doctor will probably tell you it is abnormal and should be removed. A more rational and conservative option is to watch the cyst for a few months and see if it goes away, which it most often does.

***It would be best to get your Ovulatori Cycles to begin functioning normally so that the body begins to generate its own Progesterone. Cysts are a clear indication of faulty Ovulation or Anovulatory Cycles or Estrogen Dominance in the Body. Ovulation can be restored by giving Therapeutic doses of Provitamin - A or Vitamin - A in a synergistic manner with Zinc, Vitamin - C and Amino Acids, by flushing out and blocking the action of all types of Estrogen from the Body. A deep level of Detoxification of the Body and especially the Liver is recommended to help this to happen.***

Some Cysts are fluid filled, and some become more solid. In general, the more solid an Ovarian Cyst is at the core, the greater its chance of becoming Cancerous. For reasons not clear, it sometimes happens that Ovaries contain a follicle with the ability to make skin cells, teeth, hair, or other tissue. When such a follicle is stimulated by FSH, some of these tissues may develop within a cyst. These rare dermoid cysts are not reabsorbed, they grow monthly, and need to be removed surgically.

Women with high Estrogen and low Progesterone levels, and women with high androgen levels, may have Polycystic (many cysts) Ovaries, in which many small, undeveloped follicles remain just under the outer covering of the Ovary, making it large and lumpy.

## **Use Of Bio-identical Hormones**

It is possible today to use Natural Progesterone from food sources like Soy Beans and Wild Yam to prevent and reabsorb existing Ovarian Cysts and to return the Body back to Hormone Balance and regular Ovulation.

Use of synthetic Hormones is not recommended and is banned in many countries of the world.

Improper Hormone Balance can allow the Testosterone levels to rise above normal and cause Facial / Body Hair and Acne.

Correction of Ovarian Cysts is essential if a woman desires to conceive eventually.

## Use Of Bio-identical Progesterone To Treat Ovarian Cysts & Mittelschmerz

Ovarian Cysts are products of faulty ovulation cycles. One or more ovarian follicles are developed monthly by the effects of follicle stimulating hormone (FSH). Luteinizing hormone (LH) promotes actual ovulation and the transformation of the follicle (after ovulation) into the corpus luteum which produces Progesterone. In young women, during the early years of menstrual cycles, ovulation may coincide with a small amount of hemorrhage at the follicle site. This will cause abdominal pain, often with a slight fever, at the time of ovulation and is commonly called mittelschmerz. (German for “middle” and “pain”)

Later in life, usually after her mid-30's a women may develop an Ovarian Cyst which may be asymptomatic or may cause variable pelvic pain. The pain may vary month to month, depending on whether ovulation is happening in the Ovary with the Ovarian Cysts. This is usually more prominent on one side. Palpation may detect a smooth, tender mass at one ovary site or a Cyst may be found by sonogram visualization. The Cysts may simply collapse and disappear after a month or two; or it may persist and increase in size and discomfort during succeeding months. Such ***Cysts are caused by a failed ovulation in which the ovulation did not proceed to completion.*** With each succeeding month's surge of LH, the follicular site swells and stretched the surface membrane, causing pain and possible bleeding at the site. Some Cysts may become as large as a golf ball or lemon before discovery.

***Treatment may require surgery during which the entire ovary may be lost. A history of Contraceptive use (Synthetic Hormones) is one of the most common causes.***

An alternative treatment for Ovarian Cysts is Natural Bio-identical Progesterone. Biofeedback mechanisms dictate that sufficient sex hormones inhibit hypothalamic and pituitary centers such that FSH and LH production are also inhibited. That is, in the usual circumstances, the successful response to FSH and LH hormones is the rise in Progesterone from the corpus luteum. If sufficient Natural Progesterone is supplemented prior to ovulation, LH levels are inhibited and regular ovulation does not occur. This is the effect of contraception pills, for example. Similarly, the high Estroil and Progesterone levels throughout pregnancy successfully inhibit ovarian activity for nine months. Therefore, adding Natural Progesterone from day 10 to day 26 of the cycle suppresses LH and its luteinizing effects. Thus, the Ovarian Cyst will not be stimulated and, in the passage of one or two such monthly cycles, will very likely regress and atrophy without further treatment.

When Natural Progesterone does not stop Cyst after three full months, look for the cause of the problem from chemical toxins and solvents in the Body. An elaborate Whole Body Herbal Detoxification Program is recommended to be done along side with the use of Bio-identical Hormones like Progesterone in order to ensure the success of treatment using Natural Bio-identical Progesterone.

Continued on Page 6 .....

## Progest XL Gel

**Prescription Strength Bioidentical Progesterone Gel  
Derived from Natural Sources like Wild Yam / Soy**

**For Ovarian Cysts & Mittelschmerz**

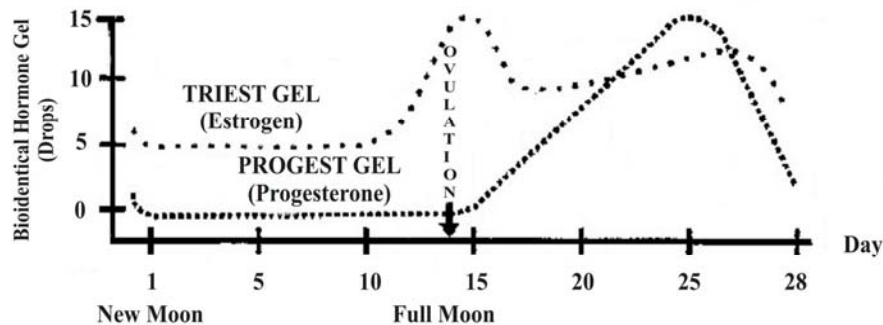
### Progest Gel

This Natural Progesterone Gel, carefully formulated by our Compounding Pharmacists, contains an average of 50mg / gram of Natural Bioidentical Progesterone to help maintain body balance, important to good health for women young & old.

### Suggested use:

12 drops (0.25 gram) average quantity is equal to the recommended dose of an average of 12.5mg of Bioidentical Progesterone per application. Use the index finger to spread the Gel over a four inch area of application. Rotate area of application each day between face, hands, chest, inner arms and thighs. It is preferable to apply this Gel about 1 to 2 hours before your desired bedtime as it can help induce deeper sleep. If you wish, you can try applying a slightly larger dose to induce deeper and longer sleep and to obtain complete relief from symptoms of Hormone Imbalance like Hot Flashes, Mood Swings, Anger and Irritability, Water Retention, Breast Tenderness, Insomnia, Loss of Memory, etc.

A Woman's Typical Normal Cycle & Lunar Cycle



### Menstruating (Ovulating) Women:

Apply 1 to 2 hours before bedtime, starting on the 12<sup>th</sup> day after the first day of menstrual flow thru the 27<sup>th</sup> day. You may vary the number of drops applied daily as per the chart given above to mimic the natural rise and fall of Progesterone levels in a woman's body or daily apply a fixed dose of 12 drops which equal an average quantity of 0.25 gram or 12.5 mg of Natural Progesterone.

**Peri-menopausal Women:**

Apply 1 to 2 hours before bedtime, starting on the 7<sup>th</sup> day after the first day of menstrual flow thru the 27<sup>th</sup> day. You may vary the number of drops applied daily as per the chart given above to mimic the natural rise and fall of Progesterone levels in a woman's body or daily apply a fixed dose of 12 drops which equal an average quantity of 0.25 gram or 12.5 mg of Progesterone.

**Menopausal or Non-menstruating Women:**

Apply 1 to 2 hours before bedtime, for a maximum of 23 consecutive days. Resume after a five – day break. If you wish, you may follow the 28 day cycle of the Lunar Calendar to decide when to start and stop applying the Gel and how to vary the quantity applied on a daily basis or daily apply a fixed dose of 12 drops which equal an average quantity of 0.25 gram or 12.5 mg of Progesterone.

**Ingredients:**

Aloe Vera Gel, Bioidentical Progesterone USP (micronized) derived from natural sources like Wild Yam / Soy and Lavender.

This product is for topical application and is made from recognized Dietary Supplements which do not normally require an FDA approval. All materials used are Natural, from plant origin and / or are Generally Recognized As Safe (GRAS).

***This is an “Over The Counter Preparation” and does not require a prescription for its sale.***

This product and these statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Consult a health care professional before using this or any product during pregnancy or if you have a serious medical condition.

No animals were used in the testing of this product.

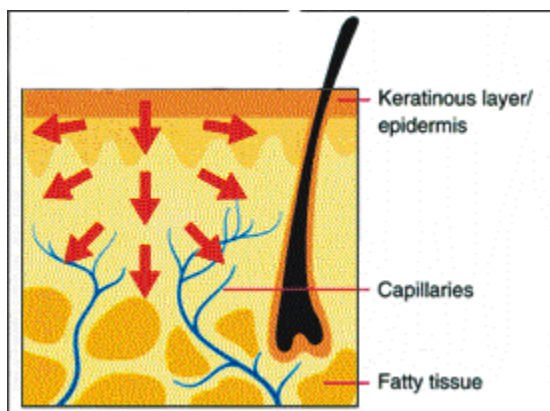
**Menstruation and the Moon (Lunar Cycles)**

Numerous traditional sources agree that the menstrual cycle in a woman's body is linked to the cycle of the moon (Lunar Cycles). These sources generally indicate that women menstruate at the time of the new moon, and ovulate at the full moon. Although scientific evidence for this has been weak, the problem may be that most women today live in urban environments where the moon is no longer a significant contributor to nocturnal light. The fact that women who work on night shifts, where they are exposed to strong light at night, often experience menstrual irregularities, is just one example of how rhythms of light and darkness do influence hormonal physiology, including the menstrual cycle.

Those of you who wish to follow these Lunar Cycles, and especially those who are menopausal or have undergone hysterectomy may find this a better option which is easier to follow and remember as it refers to an internationally accepted Lunar Calendar.

In any case, always listen to your body and do what feels right for you.

## Transdermal Application Of Bioidentical Hormone Gels



### How do Gels deliver Hormones into the Blood Stream?

A Hormone Gel uses a transdermal method of delivery - allowing the skin to absorb the ingredients within the Gel. This can eliminate or diminish several disadvantages commonly experienced by users of pills. A transdermal Hormone Gel delivers medication to the body at even, consistent levels over several hours.

### Why is using a Hormone Gel better than capsules?

Unlike pills which must be taken several times a day, the transdermal method requires only a single application. The Transdermal System has also been shown to reduce bloating, gas / flatulence and other gastric disturbances as the ingredients of the Gel bypass the intestinal tract and are absorbed directly into the bloodstream. Best of all, the Hormone Gel can provide a consistent dose of medication for 12 to 24 hours.

### Do Hormone Gels cause Slimming of the Body?

Amazingly, Slimming is only one of the many benefits associated with the use of Hormonal Gels. This is how it is done. Hormonal Imbalance results in water retention at cellular level. This causes the whole body to bloat and body dimensions go up - the face looks swollen and in females the breasts also can get tender. The use of Hormone Gel corrects the Hormone Imbalance and the water retention disappears. The body can then slim down. Normally this takes 3 to 4 weeks of continuous use of the Gel to show some encouraging results.

### Am I really overweight?

Most women who think they are overweight, actually have a Hormone Imbalance. This causes their Body to swell and they appear to look over weight. This can be easily corrected by properly using Bioidentical Hormones in a regular manner.

### Other Benefits:

Regular use of the Hormone Gel will nourish your muscles, remove toxins, and even reduce cholesterol levels; just to name a few!

### Directions:

Vary the location where you apply the Gel. Use the index finger to spread the Gel to different area of skin each day.

### Safety:

Hormone Gels are 100% all natural and is made with many high potency herbs, minerals and vitamins. They are so safe that you could actually eat them, because they are made from food items.