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## An Electronic Journal for NSP Distributors

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### Wild Yam

By Steven Horne

Wild Yam is a very useful medicinal plant whose healing abilities are often misunderstood and misrepresented. The confusion about wild yam's action began a little more than 50 years ago when a chemist discovered that he could use a compound from the Mexican wild yam called diosgenin to produce a synthetic form of the hormone progesterone. This discovery made it possible to start producing progesterone based birth control pills. Wild yams are not the only source of raw material used for making synthetic progesterone. Progesterone can be synthesized from compounds in soybeans, sisal, and from cholesterol (which is how the body produces it).

Unfortunately, the use of compounds in wild yam to synthesize progesterone gave rise to a popular myth that wild yam itself was a natural source of progesterone. There is no progesterone in wild yam, and there are no metabolic pathways to convert diosgenin into progesterone.

Although wild yams are seldom used to make progesterone for birth control pills, wild yam continues to be associated with progesterone. It is typically used as a base for progesterone creams because of its emollient properties. (See the handout on Pro-G-Yam cream in this issue.)

Wild yam is also used as a natural contraceptive. This started in the 1980s when a midwife named Willa Shaffer wrote a book called *Wild Yam: Birth Control Without Fear*. Willa found that taking six capsules of wild yam per day (3 capsules twice daily) proved to have a contraceptive effect in women. According to her book this dose should be taken consistently for 6-8 weeks before being relied upon as the sole means of birth control. Other forms of contraception should be used during the initial period. Also, this dose has to be very consistent. If you miss a day or two, it won't work.

I've talked to women who say the method works. I've also read about women who found the method didn't work. From what I can gather, wild yam does reduce fertility somehow (the exact mechanism is still unknown), but I would not rely on it as a sole means of birth control.

Before all the progesterone stuff got started, wild yam was used traditionally for indigestion, gas, colic, bloating, arthritis and rheumatism, muscle spasms and pain, and as a diuretic and



Photo by Steven Foster

sudorific agent. In fact, it's most popular use was as a digestive remedy for "bilious colic" (bloating and indigestion). Wild yam is both anti-inflammatory and anti-spasmodic.

Wild yam's ability to reduce intestinal inflammation and cramping explains why it is an important ingredient in digestive and intestinal formulas like CLT-X, Gall Bladder Formula and Anti-Gas Formula with Lobelia. CLT-X has a similar action to

Intestinal Soothe and Build, but also relieves intestinal cramps and pain. Gall Bladder Formula relieves indigestion, bloating and gas. It also eases gall bladder pain and stimulates the flow of bile from the gall bladder. Anti-Gas Formula is for bloating, indigestion and intestinal cramping. All three of these formulas were designed by the famous herbalist Dr. John Christopher long before wild yam started being touted as a hormonal herb.

Wild yam's ability to relieve inflammation and cramping do make it a useful female remedy for cramping and pain associated with periods. This is why it is a valuable ingredient in Cramp Relief (a formula for menstrual cramps that is also useful for any type of cramping, including spastic colon) and Wild Yam/Chaste Tree (another female hormonal regulator). Wild yam also eases ovary and labor pain. Wild yam is an ingredient in another female formula, DHEA-F, a combination of the hormone DHEA and herbs that help to regulate female hormones.

#### Selected References

- The Encyclopedia of Medicinal Plants* by Andrew Chevallier  
*Wild Yam: Birth Control without Fear* by Willa Shaffer  
*Weiner's Herbal 1990 Edition* by Michael A. Weiner  
 "Hormones and Yams: What's the Connection" by Steven Dentali, *The American Herb Association Quaterly Newsletter*, Fall 1994.

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## Steven Horne's Ramblings and Ravings

# About That "Time of the Month"

Okay, I'll admit it right from the start. I am a man. So, I probably have no business writing about problems with periods, since I'm never going to have any personal experience with them. Maybe I should have let a woman write my column this month.

On the other hand, I see a lot of women advising men about men's issues when there's no way any woman is ever going to possibly understand what it's like to be a man. So, I guess it's all right for a man to be advising women about women's issues. Also, while I may not have directly experienced PMS or menstrual problems, I have indirectly experienced the effects of these problems on men!

We can just blame it on hormones, or can we? If hormones are completely to blame, then there are some male behaviors I'd like to justify on the grounds that "I can't help it, it's just my hormones!"

It's something we can all kid about (hopefully), but PMS can really be a serious problem for a woman. Fortunately, there are natural ways to help PMS without resorting to drugs, divorce, or murder. (Relax, it's just a joke.)

Seriously, research continues to demonstrate that hormones do influence our moods and the way we view the world. Furthermore, women have a monthly hormonal cycle during which levels of various hormones rise and fall. This hormonal "tide" also creates a fluctuation in emotional states at various times of the month that is perfectly natural and normal.

Throughout a woman's cycle, levels of estrogen, progesterone, follicle stimulating hormone, and luteinizing hormone are going to cause shifts in mood and perceptions. So, a part of what takes place in the monthly cycle is something men just need to accept, even if they don't understand it. I also believe that testosterone influences those of us in the male sex in ways that women need to just accept, even if they don't understand it, either.

That's where the first problem comes in. In modern society, we seem to have lost touch with the fact that part of these mood and behavioral cycles people experience are perfectly normal and natural. We're just "under the influence" of powerful natural chemicals. Understanding this automatically allows for greater tolerance and respect.

I think traditional people understood these things. Living closer to the natural cycles of the earth, they understood the natural cycles of the body better. As a result they were more accepting of natural differences between men and women, and

normal biological processes. As a result, they made cultural allowance for these differences and used them as opportunities for both teaching and celebration.

For instance, when the time for their periods drew nigh, Native American women would retire to the moon lodge, where they would talk and interact with each other apart from the men (and the children). They could do this because their menstrual cycles were regular and all occurred roughly together at the same phase of the moon, hence "moon lodge." (Moon, month and menses are all derived from the same Latin roots because a healthy woman's cycles work in harmony with the phases of the moon.)

The men wisely withdrew and left the women alone during the time of their period. This was not because women were considered "unclean" (as they were in Hebrew culture). Quite the contrary. This was thought to be the time of a woman's greatest power. The men left the women alone during this time because it was a sacred and powerful time that men needed to respect. I don't know of too many women who would complain if they got to be free of their responsibilities as wives, mothers, etc. for 4-5 days each month while the men took care of the home and kids. I think that alone would make women look forward to their period, don't you?

### Emotional Remedies

We need to get back to respecting the body we've been given. This includes recognizing that a woman's monthly cycle is a natural, and even sacred thing. The period is not something for either men or women to be ashamed of, embarrassed about, or worse yet, disgusted by. In many traditional cultures, the tribe held a celebration when a girl had her first period. If we returned to the custom of celebrating when a girl had her first period, and honoring the time of a woman's period as special, women would automatically have less PMS problems because their mental attitude about the process would be more positive and healthy.

I know some women who have started holding "coming of age" parties for their daughters. I think this is a wonderful practice and I wish my daughters could have had such an experience. However, it is women who need to do this for women.

Before I get into a discussion about herbs that can help women with "that time of the month," I want to talk about a flower essence that can help women heal from feelings of guilt and shame associated with their periods. In *Seven Herbs: Plants*

as *Teachers*, Matthew Wood discusses using Easter Lily as a remedy for cleansing the female reproductive organs. It helps women resolve feelings of uncleanness about sexuality or their reproductive organs. He has seen this remedy help with physical health problems such as cysts and fibroids, as well as the emotional issues that may be contributing to them.

## Physical Remedies

Having addressed some of the mental and emotional issues that may surround a woman's periods, let's look at some herbal remedies for specific physical problems. I'm going to deliberately skip PMS because there is a handout on PMS in this issue. I want to focus on more specific problems.

**Heavy Menstrual Bleeding.** There are several possible causes of heavy menstrual bleeding. These include: excessive estrogen and deficient progesterone, low thyroid, infections in the reproductive organs, stress, excessive weight, fibroids, polyps, and endometriosis. In order to completely remedy the problem, the specific cause will have to be identified and corrected. However, there are some general remedies for heavy bleeding.

Menstrual Reg was formulated primarily for heavy menstrual bleeding, although it may have some benefits for other menstrual problems. It works primarily in two ways. First, it helps to directly control bleeding through an astringent action that tones tissues. Secondly, it helps to adjust hormone levels from the pituitary.

Menstrual Reg is very effective by itself, but it can be augmented by other herbs. Yarrow is particularly helpful for excessive bleeding in women due to uterine fibroids, and extra yarrow (2 capsules 3 times daily) can be taken along with Menstrual Reg. For extremely heavy bleeding, bayberry and capsicum can be used to help slow the blood flow. Use 2 capsules of bayberry and 1 capsule of capsicum every 2 hours along with 2 capsules of Menstrual Reg until the bleeding subsides.

Another thing that can help stop severe bleeding is to do a retention douche with a decoction made of bayberry rootbark or white oak bark. I've also seen a douche using Colloidal Minerals (1 oz. per pint of water) arrest excessive menstrual bleeding.

If the problem is severe or persistent, consult with a medical doctor for a proper diagnosis. Heavy blood loss can be a serious condition causing severe anemia. If a woman is experiencing some anemia from heavy blood loss, herbs like I-X, yellow dock, alfalfa and nettles can help restore blood iron levels. The Chinese Blood Build Formula is actually very specific for use with women who are anemic and experiencing heavy bleeding. I've seen it work effectively in a number of cases.

**Painful Periods (Dysmenorrhea).** Pain during periods typically comes from one of two sources—muscle cramping or inflammation. A slight amount of cramping during the period is normal. This is due to the release of the hormone oxytocin, the

same hormone that causes labor pain. Native people considered this slight cramping the body's way of practicing for childbirth.

When cramping is severe and painful however, antispasmodic herbs can be used to ease tense muscles and relax the cramps. Cramp Relief is a formula that contains a number of these herbs and will help to ease these cramping pains. Severe menstrual cramps are often a sign of magnesium deficiency, so women who experience severe cramping pains during periods should consider taking Magnesium Complex on a regular basis. A good program for menstrual cramps would be 2 Magnesium Complex 2-3 times and 2 Cramp Relief 3 times daily.

The other kind of menstrual pain is associated with congestion and inflammation in the pelvic region. This kind of pain is relieved by herbs that decongest pelvic circulation and reduce inflammation. This kind of pain usually occurs just before the period and is relieved once the period starts. Monthly Maintenance is usually very helpful for this type of menstrual pain. It is taken during the 10 days just prior to the start of the period. Other helpful herbs include ginger, yarrow, dong quai, and, believe it or not, Vari-Gone. Using herbs to cleanse the liver (Enviro-Detox or LIV-J) can also be helpful.

**Lack of Periods (Amenorrhea).** When periods are scanty, infrequent, or absent, we again need to try to identify the cause. The most common causes are vegetarian diets (or diets low in fats and protein), excessive exercise, stress, general poor health, thyroid imbalances and medications. Some possible remedies for amenorrhea include Super GLA for essential fatty acids, protein supplementation, and remedies for stress. Female Comfort or FCS II with Lobelia may be helpful for balancing hormone levels for both heavy and scant periods. Herbs that may stimulate menstruation by bringing blood flow to the pelvic area include wormwood (found in Artemesia Combination), blue cohosh, rosemary and yarrow. The essential oils of fennel, geranium, sweet marjoram, rose and yarrow may also be helpful.

Well, that wraps up my short discourse on herbal aids for problems with women's periods. Oh, just to let you in on a little secret—the reason I trust the information I've presented here is because I learned it from some very talented *female* herbalists. (See, it is possible for a man to actually *listen* to a woman now and then, which proves it can't all be blamed on hormones.)

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## Kimberly Balas' Clinician's Corner

# Answers to Women's Health Issues

### Melatonin and Hot Flashes

*A client has just returned from a trip to Europe. She took melatonin to help with jet lag. She says it worked wonders for her hot flashes and wants to continue to take it. Do you know anything about this? What's the impact of long term use of melatonin? I suspect this is not a good idea and we should be looking at other alternatives for hot flashes. I may have a difficult time with her on this—she's so relieved.*

*Kathy*

Recent studies have shown that melatonin is hypothermic (heat lowering) at physiological levels. This means that it would control heat or hot flashes. Zinc also acts as catalyst for this, so I would suggest she takes zinc with the melatonin.

Melatonin also modifies the functions of the thyroid and the adrenal cortex. It has been shown to inhibit the thyroid hormone secretion rate and the secretion of adrenal steroids. It seems likely that the pineal gland participates, through the secretion of melatonin, in the control of certain neuroendocrine and neurophysiological rhythms. It may also mediate some of the effects on gonadal maturation, the ovulatory cycle, and the secretion of pituitary hormones.

The effect of melatonin on circadian rhythms, and on visual, cardiovascular, and reproductive function is believed to be mediated primarily through activation of G-protein linked melatonin receptors. Melatonin helps with intracellular signaling.

Less commonly known are some of the other well-established functions of melatonin. It has strong antioxidant effects, helping us to battle the daily wear and tear effects of free-radicals and thereby slow cellular aging. It is also a powerful regulator of sex hormone production; so powerful, in fact, they are manufacturing a female contraceptive in Holland that has high levels of melatonin.

As for the long-term safety of melatonin, it is important to remember that melatonin is not an herb, vitamin, or nutrient. It is a hormone, in the same category as estrogen, testosterone and thyroid hormones. In general, hormones are some of the most powerful regulatory chemicals within the body. Therefore, all hormone-containing supplements and medications should always be used judiciously.

Understand that disturbances in sex hormones can have potentially powerful effects on mood, immunity, reproduction, bone

health, cancer risk, heart disease risk, etc. Do elevated melatonin levels have the capacity to disturb reproductive hormones in this manner? It seems logical to suspect that they might, particularly at higher supplemental doses. Regarding hormones in general, an elevated level will usually at some point begin to exert negative effects, some more immediate, and some more subtle and long term. Is melatonin an exception to that rule? It is very unlikely. There are no studies on the long term safety of melatonin as a supplement. It is perfectly safe for short-term use, but we do not know what the longer term effects are.

I have used melatonin successfully. I consider melatonin for men with any chronic prostate problem, whether it is inflamed, enlarged, or chronically infected. It is also useful to consider melatonin for women who have PMS, endometriosis, fibroids, fibrocystic breasts, and menstrual disturbances, but I would also look at taking minerals like magnesium. I also get good results combining melatonin with alfalfa.

In addition to some of the commonly recommended remedies for hot flashes, such as Flash-Ease, black cohosh and Super GLA (evening primrose, black currant and borage oil), I have successfully used American ginseng and Intestinal Soothe and Build for hot flashes. Another aid for hot flashes is to put rose and peppermint oil together into a hydrosol and spray it around the face to cool hot flashes. You can also mix 10 drops clary sage oil, 10 drops geranium oil and 5 drops of lemon oil into 50 ml. of Super GLA and massage it onto the abdomen.

### Breastfeeding Mom with Acne

*I am working with a breastfeeding mom who is trying to control acne. I thought of using the Irish Moss lotion externally but don't know if Skin Detox or the Tiao He Cleanse would be all right for her to take internally while breastfeeding?*

*Gudrun*

Try spraying the Nature's Fresh on topically and using more probiotics to clean the terrain of the colon. Hormonal issues can be a factor, especially after pregnancy. Try using a little rose oil in the Nature's Fresh and a small amount of Pro-G-Yam cream on the face.

Address the root cause. The key is essential fatty acids and breaking them down efficiently for hormone combustion. I would use chickweed internally instead of major liver cleansers. Also,

try encouraging her to get more protein by taking spirulina.

### Excess Progesterone

*What do you suggest for hormone replacement therapy options for a woman who has 2.5 times the normal amount of progesterone in her system? She is bothered by hot flashes, but is leery of taking progesterone because of her abnormally high amount.*

Lisa

Progesterone needs to be balanced with estrogen, so I wouldn't use more progesterone. I would use estrogenic substances. I would recommend using Evening Primrose oil (or Super GLA), Phyto-Soy and the essential oil of geranium. Hormones require cholesterol for combustion and transportation. I would also check her cholesterol levels to see if they are too low.

### Irregular Periods

*Received a call from a manager who is working with a 16-year-old girl with menstrual problems. She has been having bleeding for a month at a time and then NO periods for several months. They did a test of her hormones and then put her on birth control pills. Here are her hormone levels as tested while she was in her bleeding cycle: LH 26.9 (Normal 0.5-9.0), FSH 5.2, Estradiol 109 pg per ml.*

Marilyn

The anterior pituitary controls all of this.

The pituitary and hormones are affected by the intake of inorganic, pesticide-laden foods as well as chemicals. Suggest using Nature's Fresh in a bath and Enviro-Detox to help the liver detoxify. I would also look at Menstrual Reg for some symptomatic relief when the bleeding is heavy.

If she is an O blood type, I would work with the Super Algae and add the B-12 liquid for pituitary. Chaste tree berries, found in the Wild Yam/Chaste Tree combination, can also help the pituitary regulate irregular periods.

### Vulvodinia

*I have a client coming to me with vulvodinia. This is a disease where the vulva is inflamed and red to the point where even clothing hurts to touch it.*

*I was thinking of recommending IF-C and Nature's Fresh internally, and possibly marshmallow or noni. I was also considering using Nature's Fresh or golden salve externally.*

Tonja

I have used red raspberry topically along with the IF-C and red clover internally for one lady and she had good success. That is the only person that I have seen with vulvodinia. From what I have researched (it is really hard to find stuff on

it), vulvodinia can be from steroidal activity and xenoestrogens from pesticides.

Have her discontinue all laundry detergents and softeners as well as any perfumes and such. Also, I have found that the aluminum zirconium in talc powder will aggravate it. She could make a poultice out of bulk slippery elm to wear at night. Also look at reducing acids in the diet and balancing her pH.

### Prolapsed Uterus

*The following question came up in a class today: "Can a prolapsed uterus be corrected naturopathically?" I know about prevention, but not reversal. Any answers for our class?*

Sharon

The slant board exercise is good for this problem. There is also an exercise you can do by lying them down and placing one hand on the pelvic area, then bending the opposite knee and pulling it up to the chest. Rotate this around while gently applying pressure to the pelvic area. Better yet, have a chiropractor do this! In the meantime, use lots of Red Raspberry. (I find that it takes 12-18 capsules per day in this situation) I have also added Collatrim when working with this. Some professional herbalists use white pond lily for uterine prolapse.

### Ovarian Cancer and Soy

*If someone has had ovarian cancer and their ovaries have been removed is it OK to use soy products?*

Laura

Soy can induce more of an estrogenic effect. In small amounts, it could be okay as long as it is not a genetically modified soy product (GMO). While soy can be good, I still wouldn't use it daily as a protein source. Try some other organic proteins sources such as almond milk, eggs, whey protein shakes, etc. I would also recommend using the Pro-G Yam cream. It is always necessary to work on adrenals when ovaries are removed as they pick up the job of manufacturing reproductive hormones when the ovaries are not present.

**Kimberly Balas is a board certified naturopath and an instructor for Tree of Light. She is also a certified iridology instructor and a board member with the International Iridology Practitioners Association (IIPA). She is available for personal consultations in her Melbourne, FL office or by phone (321-725-7731).**





# Natural Relief from PMS

## Herbs and Supplements to Ease a Woman's Monthly Cycle

PMS is short for *premenstrual syndrome*. A syndrome isn't a disease; it is a collection of symptoms with no distinct cause. So, both symptoms and therapy for a syndrome like PMS will vary from one situation to the next. However, the most typical symptoms of PMS are irritability, emotional instability, insomnia, fatigue, anxiety, depression, headache, bloating, fluid retention, sugar craving, and abdominal pain. Also, while specific supplement needs will vary, Magnesium Complex, Vitamin B6, and Super GLA will help a wide variety of PMS symptoms.

PMS is generally connected with nutritional imbalances, toxicity, and hormonal imbalances. While a certain degree of hormonal fluctuations and mood changes is natural in women, serious symptoms are an indication of general health problems, and are best treated with dietary and lifestyle changes, supplements and herbs, instead of drugs.

The specific supplements and changes needed will vary depending on the type of PMS symptoms involved. There are four main types of PMS—A, C, D and H. The following is some basic information about each type.

Type A PMS is associated with anxiety. Symptoms include nervous tension, irritability, mood swings and anxiousness. In this type, estrogen levels are high, while progesterone levels are low. This is often due to congestion in the liver, which is responsible for breaking down excess estrogen.

Helps for PMS Type A include reducing consumption of fats and dairy foods, and using liver cleansing herbs to clear congestion from the liver. Liver formulas helpful here include Enviro-Detox and Blood Build. Because progesterone levels are low, Pro-G-Yam cream may also be beneficial. The basic PMS supplements—B6, magnesium, and Super GLA—are also helpful.

Monthly Maintenance combines magnesium, B6 and other nutrients helpful for PMS with a Chinese herb formula that eases PMS symptoms. It is taken during the last ten days of the period (the ten days prior to menses) and is particularly helpful for PMS Type A.

Type C PMS is associated with food cravings, especially cravings for chocolate and sugar. This type is linked with hypoglycemia and may involve symptoms such as headache, fatigue, dizziness, heart palpitations. Prostaglandin production is low in this type.

Remedies for hypoglycemia are helpful for PMS Type C. These include licorice root, Super Algae, or HY-A, which help stabilize blood sugar levels and reduce sugar cravings. Cravings for chocolate often indicate magnesium deficiency and essential fatty acid deficiencies, so be sure to use Magnesium Complex and Super GLA. It is also helpful to avoid salt.

Type D PMS is associated with depression. This type of PMS is caused by the opposite problem as the A type—estrogen is low and progesterone is high. Magnesium levels tend to be very low in with this type. Heavy metal toxicity from lead may be another factor. Symptoms include depression, crying, forgetfulness, confusion and insomnia.

Magnesium Complex is critical with this type of PMS. Black cohosh is very helpful. Other sources of phytoestrogens such as Phyto-Soy and Breast Assured may be helpful, too. The essential oil of clary sage is also useful because it raises estrogen levels. Nutri-Calm, an antistress vitamin supplement in an herbal base, can support the nerves and supply essential B-vitamins. Chinese Mood Elevator can be helpful for easing depression and feelings of sadness, while the amino acid L-tyrosine can help to lift the mood by helping to increase the levels of the neurotransmitter dopamine.

The final type of PMS is the H type. This is associated with hyper-hydration or fluid retention, caused by elevated levels of the hormone aldosterone. Symptoms include abdominal distention, breast tenderness, swollen hands and feet, and weight gain.

Diuretics, such as Kidney Activator or JP-X are helpful for easing fluid retention. Vitamin E and Super GLA are also helpful for this type PMS. Magnesium and phytoestrogenic substances like black cohosh and Phyto-Soy may be helpful.

It is possible to obtain relief from PMS symptoms with natural remedies. For help in selecting the supplements that are right for you, consult a qualified herb specialist.

### Selected References

- The Complete Woman's Herbal* by Anne McIntyre
- Herbal Remedies for Women* by Amanda McQuade Crawford
- Balancing Hormones Naturally* by Kate Neil and Patrick Holford
- Hormone Replacement Therapy: Yes or No?* by Betty Kamen, Ph.D.

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# 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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# The New School of Natural Health

Tree of Light Publishing is now in charge of The School of Natural Health. Many NSP Managers have used this program to train their Distributors and help build their business. Revised and updated materials for the School of Natural Health will be completed in early June. We have trained instructors: Susan Gingrich, Janey Higginson, and Tonja Wells who can teach these schools in your area. We'll start scheduling classes for this fall and next year starting in June. If you are interested in sponsoring a School of Natural Health program in your area, please call 88-707-4372 or email David Tanner (davidt@treelite.com) and we'll send you a sponsor packet.

Many of the NHC and CHC courses can also be sponsored for face to face instruction in your area. We'll also be scheduling travel for Steven Horne and Kimberly Balas for 2005. Contact us at 888-707-4372 for information.

## The Fastest Growing Crime in America...

Did you know identity theft is the fastest growing crime in America, affecting millions of people every year?  
Call 435-627-2336 for free information about how you can protect yourself against identity theft.



## Class Schedule

### Tree of Light Classes Call 888-707-4372 to register.

For a listing of Dr. Mom/Dr. Dad classes taught by our independent instructors, go to [www.treelite.com/schedule.php](http://www.treelite.com/schedule.php)

### Kim Balas' Classes Call 321-243-6855 to register.

#### Biochemical Blood Analysis

June 12-13	Nashville, TN	\$225 before 5/15 \$295 thereafter
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#### Biochemical Blood Analysis

June 26-27	Scottsdale, AZ	\$225 before 5/15 \$295 thereafter
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#### CLEAR

Aug 14-15	Casper, WY	\$495
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## Subscription Information

The *Nature's Field* E-zine and website are published by Tree of Light Publishing, a division of Kether-One, Inc. A year's subscription is \$29.00 USD for both domestic and foreign subscribers.

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Tree of Light Publishing is an independent educational organization dedicated to research, writing, and education in the field of natural health. Our approach discusses health on all levels: physical, mental, emotional, spiritual, social and environmental.

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In an effort to offer you a variety of viewpoints and to broaden your understanding of health, body systems and natural healing, *Nature's Field* selects a variety of writers. The viewpoints expressed by each writer do not necessarily reflect the opinions or philosophies of Steven Horne or Tree of Light and its staff.

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