

## Hormone Balancing

Hormone Balancing - Men and Women. First, if this is an area of concern for you - go to a reputable clinic and request a complete Saliva & Blood Hormonal Panel Test. (Pregnenalone, Cortisol, Progesterone, Testosterone & Estradiol) According to Dr. John Lee - certain hormonal readings are only accurate in the saliva. Once you know where you're over/under then you can take the most accurate action. When considering balancing hormones there are multiple areas to address. The food we eat, personal care products, environmental toxins, thyroid function and natural body changes over time.

Food - Eat the food as close to how nature created it. No pre-packaged food. Soy is getting more difficult - most is GMO. No soda pop, ice cream, dairy, any thing with preservatives and meat that is not hormone free organic. Dr John Lee states that the #1 cause for hormonal disruption (and acne) among teenagers is the food they eat. Unfortunately its true for us adults also. The preservatives in these foods, sugar & refined starches are major hormonal disruptors.

Personal Care Products - The chemicals in our soaps, deodorants, hair care, tooth pastes, mouthwash, lotions, shave creams, and make-up are loaded with chemicals that penetrate through the skin and cause our bodies to become estrogen dominant. Yes, even men are estrogen dominant. It is too much estrogen that causes prostate problems /cancer. Please use Young Livings personal care products. They are proven to balance hormones & are harmful chemical free. In other words be a part of the solution not contribute to the problem. Don't be fooled by health food store claims of natural products. Read the ingredients. Not just what the label says. Even women's sanitary and contraceptive products are loaded with hormonal disrupting chemicals

Environmental - Cleaning products, herbicides, pesticides, bug sprays weed killers, room fresheners, rug deodorizers etc. all contain hormone disruptors. Please everyone, use a diffuser in your home, office etc. The **Travel Diffuser** is silent and sits quietly on your desk. Diffuse **Purification**, **Lemon** or any of the **Citrus** oils, **Clarity**, **Thieves**, **Christmas Spirit**, **Harmony**, or any of your favorite oils. Also taking **Longevity** Capsules internally and **Chelex** is proving to remove chemicals from our bodies and the **H2Oils** in water is also effective

Thyroid - **Berry Young Juice** 3 oz daily in water, **Thyromin**, **Endoflex**, **Myrtle** or **Myrrh**, and **Coristop** are working wonderfully to balance thyroid function. Remember it takes 90-180 days to balance our thyroid. Basal temperature testing is the most accurate. Follow the directions in the desk reference.

Blood tests are questionable. The BEST TEST is taking your temperature.

Take first thing. BEFORE you even get out of bed, roll over, grab the thermometer and place under your armpit for 5 min. Do this for 7 days in a row. Record your temperatures and average them.

Use this chart for a Guideline for help in balancing your thyroid, using Young Living **Thyromin**.

When using this approach, the correct range is (97.8-98.2)

96+	1 in am on an empty stomach
95-96	2 in am
94-95	1 in am and 1 in pm.
93-94	2 in am and 2 in pm.
93	1 in am and 6 in pm.
92	Danger

If you are taking too much **Thyromin** you will suffer from HEADACHES!!

Balancing Natural Body Changes - **Berry Young Juice** 3 oz daily in water, **PD80/20** capsules 1-2 every morning, or **Prenalone** plus, or **Prenalone** cream used every morning 1/4-1/2 tsp of cream on going. **Progressence cream** 1/4-1/2 tsp. at night 3wks on 1 week off if not cycling. If still having a menstrual cycle stop day 1 of cycle thru day 13 and resume **Progressence cream** cream day 14 till start of cycle. Any one or combination of **Lady Sclaerol**, **Dragontime**, **Clary Sage**, **Sage**, **Frankincense**, **Myrrh**, **Idaho Balsam Fir**, **Mister**, **Vitex**, **Estro Tincture Femalin**, **Cortistop**, and **Ultra Young+** are to be added in as needed internal or topical application. Check your Desk Reference on the specifics of each one. Here is a formula that is being tested at the Young Life Research clinic. So far results are excellent in the double blind studies.

Men - 1 capsule up to 3x daily of **Sclar Essence** or 8 drops **Conayza**, 8 drops **Frankincense**, 8 drops **Idaho Balsam Fir** in a "oo" capsule - 1 capsule 2xday. 4 weeks on 1 week off. **ProGen** as directed

Women - 1 capsule up to 3x daily of **Sclar Essence** or 2 drops **Black pepper**, 8 drops **Conayza**, 8 drops **Clary Sage**, 4 drops **Anise** 1 drop **Peppermint** in a "oo" capsule - take 1-3 caps daily. 4 wks on 1 wk off. Also **Myrrh** and **Idaho Balsam Fir** 10 drops each in a capsule 1-2 times daily is being tested with promising results.

\*Remember it takes 90-180 days or more to balance hormones. These changes often take time. I recently attended an excellent class by Dr. John Lee. He shared new and indepth research on hormonal issues for men, women, teens, and children. Everything from Cancer, Depression, Infertility, Acne, Mood Swings, Brain Function and more. If you'd like a set of the audio tapes please contact me. The information is so valuable.

**Clara Derm** excellent Essential oil blend spray producing great results with vaginal dryness, jock itch, Candida yeast & fungus, herpes, rectal fissures and other intimate and skin conditions. Also use four weeks prior to and following child birth to prevent tearing and swelling.

### Children & Infants

**Essential Omegas** - just 1 tsp. daily supports proper brain development. Combine it in 1 tsp. **Berry Young Juice** with breakfast. You'll be ecstatic with the results.

### Teenagers

**Lemon H2 oils** in water work great to relieve Acid Reflux and **Detoxzyme** digestive enzymes are so important in supporting the body to release toxins and maintain the ability to think clearly and of course **Clarity** oil.

### Seniors

**Regenalone** rubbed on stiff arthritic areas relieves pain and inflammation. To speed up results take internally **Sulfurzyme** and stop drinking coffee.

# Progescence Cream

Progescence Cream (Code #3725) 1.4 oz

## Body System Supported

Skin

## Benefits

Progescence Cream is made with the highest quality ingredients designed to moisturize and nourish dry skin. This fragrant blend of richly antioxidant wolfberry oil, herbs, vitamins, and therapeutic-grade essential oils nourishes and protects skin from the harsh environment we live in today. While many skin care products are loaded with petrochemicals that can cause allergic reactions, skin irritation, and clogged pores, the natural ingredients in Progescence Cream will rejuvenate environmentally stressed skin.

## Ingredients

Deionized water, MSM (methylsulfonylmethane), caprylic/capric triglyceride, sorbitol, wolfberry oil, shea butter, glyceryl stearate, aloe vera gel, sodium PCA, stearic acid, calendula extract, chamomile extract, rosebud extract, orange blossom, St. John's wort extract, Ginkgo biloba extract, grapeseed extract, algae extract, tocopheryl acetate (Vitamin E), hydrolyzed wheat protein, locus bean gum, allantoin, lecithin, kelp, retinyl palmitate, tocopheryl linoleate, ascorbic acid (Vitamin C), lecithin, progesterone (from soybean extract), eleuthero (*Eleuthero coccus senticosus*), trace mineral complex, ylang ylang (*Cananga odorata*), clary sage (*Salvia sclarea*), and Canadian fleabane (*Conyza canadensis*), flax seed oil, wheat germ oil, wild yam extract, black cohosh, blue cohosh, and the essential oils of geranium (*Pelargonium graveolens*), fennel (*Foeniculum vulgare*), yarrow (*Achillea millefolium*), and sage (*Salvia officinalis*).

## How to Use

Apply 1/4 to 1/2 tsp. one to two times daily for 21 consecutive days. Discontinue use for 7 days, then repeat. Massage cream thoroughly into soft tissue areas of the body until absorbed. Individual needs may vary.

## Directions/Precautions

Application intended for external use only. Store in a cool, dry place. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician.

## Historical Information

The moisture cream base for Progescence is brimming with all-natural and chemical-free ingredients. Since hair and skin are comprised of sulfur-bearing amino acids like cystine and methione, MSM has been included in the formula as a rich source of organic sulfur.

Vitamins A, E, and C are potent antioxidants which can protect the skin from free-radical damage. Vitamins A and E also nourish skin depleted of moisture by sun, wind, and the effects of aging. Other nutrients and skin nourishers include the herbal extracts of calendula, chamomile, rosebud, orange blossom, grape seed, and algae. Wolfberry oil enhances skin elasticity along with aloe vera gel and shea butter. And with the addition of the essential oils listed above, eleuthero and lethicin, this skin care product will nurture and rejuvenate your skin.

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- All natural, chemical-free progesterone cream scientifically formulated to penetrate quickly and deeply into skin cells.

