

What all women over 28 should be using Progesterone Cream

Jacqui Moskovitz, anti-aging consultant, uses Solal Progesterone cream to balance her hormones.

The first hormone to decline in women is progesterone, NOT estrogen!

- A woman's progesterone levels begin to **decline in her late twenties**, 15-20 years before estrogen levels begin to decline. You have been given **poor medical advice** if you have been told that the only function of progesterone is to maintain the uterus. The truth is that you have progesterone receptors throughout your body -including your heart, brain, bones, nervous system and immune system.
- Therefore progesterone has benefits throughout your body: it not only **protects against endometriosis** (which affects women mainly in their 20's and 30's), but also relieves **menopause, PMS, depression, insomnia** (poor sleep is often the first sign that your progesterone levels are low), **infertility, PCOS** (Poly Cystic Ovarian Syndrome), builds **bones**, maintains youthful **skin** condition, enhances **cognitive function** and protects against many **cancers & heart disease**. The body also uses progesterone to make other hormones, including estrogen, DHEA and many more.
- Progesterone also helps **protect from environmental toxins**, such as **preservatives, pollution** and some **plastics**.

Therefore **it is essential for ALL women to use progesterone from about the age of 28. This is especially important if you are on hormone replacement therapy (HRT)** because progesterone also helps protect against the cancer-risk associated with conventional HRT. Even women who have had their uterus removed (hysterectomy) need to use progesterone.

Bio-identical vs Artificial Progesterone

Solal Technologies' Progesterone contains only bio-identical natural progesterone.

There is a big difference between bio-identical (natural) progesterone and artificial progesterone-like prescription medicines (more correctly called "progestins"). Bio-Identical Progesterone is identical to what the body makes naturally. It protects against breast cancer & reduces the risk of heart disease. Progestins, on the other hand, found in oral contraceptives and **conventional hormone replacement therapy, have the opposite effect: they increase cancer risk and cause heart disease.**

Wild Yam Scam

There is confusion about Wild Yam cream. Some marketers claim that Wild Yam has the same effects as Progesterone. This is untrue. Wild Yam is NOT Progesterone, nor can the body convert Wild Yam into progesterone. Wild Yam is useless.

Liposomes are essential for effective delivery through the skin:

Solal Technologies' Progesterone Cream is the ONLY brand that uses liposomes for transdermal penetration.

The best way to take progesterone is to absorb it through the skin. This is because orally administered hormones first go to the liver where they are converted into metabolites that can cause blood clots. Delivering them rather through the skin, directly into the blood stream, bypasses the liver and is much safer. To do this one needs to incorporate the progesterone into liposomes which carry them through the skin. **Unless progesterone is incorporated into liposomes, it will NOT penetrate through the skin, remaining instead on the skin surface -useless.**

How to use Progesterone

Apply 1 scoop to the inner arms twice a day. Can be used alone or in combination with conventional HRT. Younger women who have not yet entered menopause, should apply progesterone from day 10-25 of cycle. Women who are post-menopausal should use progesterone continuously, taking a break from use for the last 3 days of each month. No prescription is required.

References:

Murray JL. *Natural progesterone: what role in women's health care?* Women's Health Primary Care 1998 Sep;1(8):671-87.
Lian T, Ho R. *Trends and developments in liposome drug delivery systems.* J Pharm Sci 2001;90:667-80

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- ▶ View/download Solal chart titled "Correcting Pharmaceutical Induced Nutritional Deficiencies". If you are taking the contraceptive pill, pharmaceutical hormone replacement therapy or any other medication, these may be depleting your body of important nutrients.
- ▶ Download comprehensive product information & a pricelist of our full range of 200 nutraceuticals, dermaceuticals and bio-identical hormones for men and women.

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