

# Wild Yam Cream

*It's all about balance!*

*Acceleration of the aging process*  
*Autoimmune disorders such as lupus*  
*Breast tenderness*  
*Decreased sex drive*  
*Depression with anxiety or agitation*  
*Fat gain-abdomen, hips, thighs*  
*Fatigue*  
*Fibrocystic breasts*  
*Hair Loss*  
*Headaches*  
*Hot Flashes*  
*Inability to focus or memory loss*  
*Insomnia*  
*Irregular menstrual periods*  
*Irritability or mood swings*  
*Menopause*  
*Osteoporosis/ Pre-menopausal bone loss*  
*PMS*  
*Prostate inflammation*  
*Sluggish metabolism*  
*Vaginal Dryness*  
*Water retention/bloating*

**Other reported benefits include:**

*Diminished muscular aches and pains, improvement in skin problems including acne, seborrhea, rosacea, psoriasis and keratoses and improved sleep pattern.*

***It's all about the CREAM!***

## **Wild Yam (*Dioscorea villosa*)**

A perennial twining, tuberous vine native to North America, Northern China and Northern Japan. It is one of an estimated 600 species of the genus *Dioscorea*, many of them wild species that flourish in damp woodlands. It is the dried root, or rhizome that is used in medicinal preparations.

In the 18<sup>th</sup> and 19<sup>th</sup> centuries, herbalists used wild yam to treat menstrual cramps and other problems related to childbirth. The sub-sequent discovery that many species of *Dioscorea* contain steroidal saponins led to their use in the preparation of steroids by the pharmaceutical industry until they were synthesized in 1970. One species Mexican Yam (*D. macrostachya*) was the sole source of diosgenin for contraceptive pills.

Chinese Yam (*D. villosa*) is often referred to as a source of 'natural progesterone' as it is believed to possess dehydroepiandrosterone (DHEA)-like properties and acts as a precursor to human sex hormones. It is very similar to the North American Yam (*D. quaternata*) also known as 'Aluka' that is widely used in Ayurvedic medicine for sexual and hormonal problems related to low progesterone levels.

The Late John R. Lee, MD, author of a number of books on hormonal health, defined the signs of progesterone deficiency in women over 30 to include swollen breasts, depression, low thyroid, fibrocystic breasts, water retention, weight gain and loss of libido.

Jerilyn Pryor MD, an endocrinology professor at the University of British Columbia, found through testing that an estimated 50% of women in North America are severely deficient in progesterone by age 35. During menopause, progesterone levels decrease to almost zero while estrogen levels only decrease by 40%, leaving an "estrogen dominance". When this happens, the estrogen becomes toxic to the body, treatment with 'natural progesterone' helps to restore the balance.

Hormones when administered orally are difficult to absorb and the ones that are absorbed, are metabolized by the liver and secreted through the bile back into the digestive tract. However, when applied transdermally-through the skin, the pathway is entirely different, permitting distribution throughout the body without interference by the liver.

## **KETTLEBY'S Wild Yam Cream**

Our all natural cream contains: 10% North American, wild crafted Wild Yam (*Dioscorea villosa*) extract in a cream base of almond oil; calendula oil; distilled water and Vitamin E. It is moisturizing, non-greasy, non-staining, unscented and readily absorbed.

Available in a 60m(2oz) jar - approximately 1 month supply.

### **APPLICATION:**

It can be applied to the face neck, chest, inner arms, inner thighs, palms of hands and soles of the feet. It can also be applied directly on problem areas like brown spots, varicose veins, acne etc. Usually best to rotate locations of application every few days for maximum absorption. For vaginal dryness and vulvar atrophy associated with aging, it can also be applied vaginally.

### **USAGE:**

1/16 to 1/8 of a teaspoon two times per day as follows:

**PMS:** Start 12 days after the first day of your period and continue through days 26 to 28.

**Irregular Periods:** Start 10 days after first day of your period and stop on day 28. If your period begins before day 28, discontinue use and resume after 10 days. It may take 3-6 months to regulate the cycle.

**Pre-menopausal:** Start applying cream 8 days after the first day of your period and use until day 26-28

**Hysterectomies, Menopause, Post-menopause or**

**Osteoporosis:** Apply to 25 consecutive days. Stop for 5 days and resume use. Repeat monthly.

**Men:** Use 1/16 tsp two times per day, all the time. No break is needed.

\*Please note: Everybody is different, some women and men require more wild yam extract to help with symptoms than others. For the first three months use one 60ml jar per month. Then start cutting back each month until symptoms re-occur. Then return to your last symptom free dosage.

*This product and these statements are not intended to diagnose, treat, cure or prevent any disease. Application intended for external use only. Always consult a health care professional before using this or any product during pregnancy.*

**What is a hormone?** Hormones are produced by several glands and organs in your body, such as the ovaries; testes; thyroid; pancreas; pituitary; liver; adrenals etc. They are secreted directly into the blood stream and travel to where they interact with receptors to do their intended work. They initiate reactions in the body- they regulate fluid retention, mineral metabolism, sexual function and libido, reproductive functions, growth and development, aging and numerous other functions.

**What is progesterone?** Progesterone is an important hormone manufactured by the adrenal glands in men and women and in the ovaries in women. Extra amounts are manufactured by the placenta during pregnancy. Progesterone is responsible for many bodily functions necessary for optimal health.

**What is 'natural progesterone'?** Natural progesterone is the term used to identify the progesterone-like substance found in wild yams or soybeans whose active ingredients are a molecular match for the body's own progesterone.

**What is estrogen?** Estrogen is a hormone produced in the body. Estrogen is to women what testosterone is to men. However, both women and men have some of each, but women have more. It is the basic female sex hormone and is responsible for the development of female characteristics. It is balanced in healthy individuals by progesterone.

**What are progestins?** Progestins are synthetic compounds that are intended to mimic the actions of natural progesterone. However, they can cause serious side effects.

**What is DHEA (dehydroepiandrosterone)?**

Most hormones, particularly the male and female hormones and the anti-stress adrenal hormones are made in the body through metabolic synthesis that begins with the basic cholesterol molecule. It is changed into DHEA, which is the precursor to numerous hormones including progesterone.

**Do plants containing 'natural progesterone'**

**also contain estrogen?** No. However, they do contain phytoestrogen compounds which act as precursors to estrogen. They are not like synthetic estrogen and do not build up in the body.

**How can you tell your progesterone level?**

Generally speaking how you feel is a good indicator. However, blood or saliva testing is available through your health care professional.

**How much should you use?** 'Balance' is the goal. Progesterone is stored in fat tissues, and if not used by the body, over time, it can build up. Progesterone excess can cause disruptions in the adrenal hormones. The current recommendation is to use 1/16 to 1/8 of a teaspoon of a 10% cream as directed on the reverse side.

**What is HRT?** HRT is an abbreviation for 'Hormone Replacement Therapy'. Several years ago it became popular for doctors to prescribe estrogen hormones for women with menopausal symptoms. The theory being, that they were replacing the hormones lost with the advent of menopause. However, the most current awareness is that it is progesterone that is dramatically reduced, not estrogen. So, when synthetic estrogen was given, it actually aggravated the symptoms. Later, these products were formulated to include synthetic progestins to help offset some of the effects of estrogen dominance. This cycle is just now beginning to be understood with the advent of 'natural progesterone'.

**Can you discontinue HRT?** If adequate levels of 'natural progesterone' are present any needed estrogen could be made from it. Also, progesterone sensitizes estrogen receptors so that lower amounts of estrogen are necessary. If you begin taking natural progesterone and do not lower your estrogen dosage, you may experience symptoms of 'estrogen dominance'. Talk with your doctor about reducing your HRT and using progesterone.

**What about menopause or hysterectomy?**

The simplest way to describe a hysterectomy is 'instant menopause'. What is not really understood by many, is that the body continues to produce about 40% of the estrogen it had before - even if the ovaries have been removed. However, progesterone levels decrease severely! The symptoms usually attributed to low estrogen levels are often due to low progesterone or a low level of progesterone relative to the available level of estrogen. So progesterone does a lot more for women who are beginning menopause, completed it, or for women that have had hysterectomies. Occasionally, a post-menopausal woman could experience some breakthrough bleeding when they start using wild yam cream, this is a normal response as the body regains balance and should stop within a few of months.

**Should you use 'natural progesterone' if you are pregnant or on birth control pills?**

It is not recommended during pregnancy as the placenta produces extra progesterone. It is also not recommended to take progesterone and birth control pills-which usually contain synthetic progestins.

**What about PMS?** There are numerous benefits to using 'natural progesterone' for PMS. Estrogenic dominance is usually associated with PMS. In the first parts of your cycle and just before it begins progesterone levels are usually low while estrogen levels are beginning to increase. Applying progesterone is a great way to level out your hormones while not decreasing the natural amount occurring in the body.

**What about emotions?** It may be a bit of a roller coaster ride for the first month or so, depending on your starting progesterone level, but most women notice a leveling during their second month of using natural progesterone.

**What benefits can you expect from 'natural progesterone'?** Optimal progesterone levels can help fight depression and anxiety, increase libido, prevent bone loss (osteoporosis), help stabilize blood sugar, reduce or eliminate hot flashes, fight aging skin, wrinkles/brown spots, help oxygenation of cells, control acne, alleviate sleeplessness, protect against breast fibroids; reduce thinning hair, to mention a few.....

**What about for men?** Definitely! Progesterone and DHEA are very important for men as well. Men have levels of progesterone throughout life similar to levels in women after the age of 50. While women experience menopause, men experience andropause with declining levels of testosterone and all the associated degenerative processes including osteoporosis. It has been demonstrated, that natural progesterone cream applied to men leads to increased DHEA levels and improved libido. All of the benefits mentioned, with the exception of menstrual issues, can be applied to men's health and well being too.

**What about for the elderly?** One of the most important benefits of natural progesterone supplementation is in the prevention and treatment of osteoporosis. The most common cause of death in elderly women is from complications of hip fractures. Such fractures are also quite common in men as well. Dr. Lee believed that treatment with Natural progesterone cream along with Calcium, Magnesium, Vitamins C & D lead to better treatment and prevention of osteoporosis than any other known approach. Also it is interesting to note that in a study done on older men and women from ages 77 to 79 years of age, the higher functioning subjects all had higher levels of DHEA and many fewer psychiatric symptoms. Many authors have also reported low levels of DHEA in diabetes; coronary artery disease; various cancers; obesity; lupus erythematosus; hypertension; A.I.D.S.; viral infections; Alzheimer's disease; and multiple sclerosis

**What about contraindications?** There are no significant reported complications to using natural progesterone cream. However, it is not recommended during pregnancy as the placenta produces extra progesterone and should not be used in conjunction with birth control pills-which usually contain synthetic progestins. Its use is also not recommended for women with breast, ovarian and uterine cancers or men with prostate cancer, as these are hormonally influenced cancers.

**It's all about balance!**