

Thank you for requesting additional information from Progesterone Advocates Network.

We have enclosed for your review information regarding: testimonials, detailed information regarding progesterone and related symptoms, estrogen and related symptoms, hormone balance testing and frequently asked questions. Though we are not doctors - we do provide our customers with personalized and detailed guidance to ensure optimal results when using our products – so you let us know your specific needs and we will work directly with you to meet them! You can order our products on line at www.progestnet.com or by calling toll free (877) 583-9346, or direct (949) 713-6936. Be sure to check out our volume discounts! (You can also fax or mail in the enclosed order form to: fax (949) 713-7258 or mail PAN P.O. Box 1004 Trabuco Canyon, Ca 92678.

Please let us know what you think of our products as well as how you are doing using them! Looking forward to helping you feel better, improve your health and achieve balance!!

What our customers have to say:

“From day one, I felt a dramatic difference – I was absolutely euphoric for the whole day! My migraines were stopped cold and in the first month my periods went from 8 days to 3 ½ days. I want to thank you for giving me my life back!

Kim, MA

“The headache that I have had for the past 20 years is gone – after just a few days of using Natural Progesterone Cream- unbelievable!

Anne M., age 35, OH

“My co-workers can now bare to work with me at ‘that time of the month’ as I’m no longer suffering from raging emotions. I also don’t suffer from painful cramps anymore – previously they have always been completely debilitating. My periods have gone from 10 days to 3 days and my painful fibrocystitis is gone!”

Nicki P., age 31, CA

“I haven’t felt this great since I was 25 years old! I have more energy than I thought was possible and I sleep ‘like a log’ all night long – THANK YOU!”

Sandra B., age 64, CA

“Before I used Natural Progesterone Cream I had hot flashes as often as every 20 minutes, I was depressed, had unpredictable mood swings. I tried everything that traditional medicine had to offer. After just 3 days of use, I slept through the night and my hot flashes were cut in half. I now enjoy each and every day of my life - happily”

Audrey B., age 54, OH

“I have had irregular periods for the last 2 years and also had mild cramping for 3 out of 4 weeks of the month. After one month using progesterone I was relieved of the cramping and I got on a regular 28 day cycle.”

Maria B., age 42, UT

“4 ½ years ago I suffered with fibroids and had heavy hemorrhaging- with the use of Natural Progesterone Cream they are no longer an issue and I’ve saved my uterus!”

Susan W., WA

“My mom’s been on it for 3 months. She had gone for her annual pap last year and her results came back with ‘irregularities’. Her recent examination showed she passed with flying colors.”

Sylvia J., NV

What is Natural Progesterone?

Natural progesterone is derived from Mexican yams (diosgenin) or other plant sources. It is identical in molecular structure to the progesterone produced by the human body. No prescription is required for its purchase because it is classified as a natural product.

Under the normal, healthy circumstances of a woman's monthly cycle, estrogen is the dominant hormone for the first two weeks and is balanced by progesterone, which is the dominant hormone for the latter two weeks.

One of progesterone's most important and powerful roles in the body is to balance or oppose estrogen. When our progesterone levels are in balance, excess estrogen is better handled.

Natural Progesterone Cream™ is beneficial for symptoms of: PMS, Peri-menopause, Menopause and Post-menopause.

Natural Progesterone Cream™ maybe beneficial for the following:

- Protects against breast fibrocysts
- Helps protects against endometrial, breast, ovarian, and prostate cancer
- Normalizes blood clotting
- Helps prevent hypertension
- Acts as a natural diuretic
- Acts as a natural antidepressant and relieves anxiety
- Helps normalize blood sugar levels
- Helps thyroid hormone function
- Helps use fat for energy
- Is thermogenic (raises body temperature)
- Increases new bone formation
- Maintains normal cell membrane functions
- Has beneficial anti-inflammatory effects
- Reduces incidence of autoimmune disorders
- Prevents yeast (candida) infections at physiologic doses
- Maintains the lining of the uterus for nurturing a possible fertilized ovum
- Makes the cervical mucus accessible by sperm
- Stops ovulation by the other ovary
- Prevents rejection of the developing baby
- Allows for full development of the fetus throughout pregnancy
- Increases libido at time of ovulation

Synthetic Progestins are not the same as Natural Progesterone

Medical literature tends to equate natural progesterone with synthetic progestins, this assumption is altogether incorrect. Progesterone is a specific molecule made by the adrenal glands or by the ovary during of ovulation. Natural progesterone is natural because it has the same molecular structure to that manufactured by the human body. Synthetic progestins are drugs that are manufactured by drug companies and are normally available by prescription only. Synthetic progestins are not natural to the body and can cause undesirable side effects.

In fact natural progesterone is essential through out pregnancy, whereas synthetic progestins carry a warning that there use in early pregnancy may increase the risk of miscarriage.

Some of the side effects from synthetic progestins include; cardiovascular complications, suspected links to uterine and breast cancer, blood clots, insomnia, menstrual irregularities, depression, masculinizing effects, breast tenderness, fluid retention and edema.

Pharmaceutical companies (who manufacture and market synthetic progestins) do not market natural progesterone because natural products cannot be patented; therefore they do not provide funding for clinical research, nor do they promote it to healthcare professionals.

Natural Progesterone Cream™ contains the natural hormone, which has been accurately synthesized from wild yams and is molecularly identical to the progesterone produced in the human body. Supplementing with natural progesterone has NO side effects - even during pregnancy.

About Estrogen and Estrogen Dominance

There are multiple forms of estrogen. These include human estrogens, animal estrogens, synthetic estrogens, phytoestrogens, and xenoestrogens. The three human estrogens are estradiol, estrone, and estrinol.

Estrogen dominance is a term coined by Dr. John R. Lee. It describes a condition where a woman can have deficient, normal, or excessive estrogen but has little or no progesterone to balance its effects in the body. Even a woman with low estrogen levels can have estrogen dominance symptoms if she doesn't have any progesterone. The symptoms and conditions that can be caused or made worse by estrogen dominance are:

- Aging process accelerated
- Allergy symptoms
- Autoimmune disorders
- Breast cancer
- Breast tenderness
- Cervical dysplasia
- Cold hands and feet as a symptom of thyroid dysfunction
- Decreased sex drive
- Depression with anxiety or agitation
- Dry eyes
- Early onset of menstruation
- Endometrial (uterine) cancer
- Fat gain, especially around the abdomen, hips, and thighs
- Fatigue
- Fibrocystic breasts
- Foggy thinking
- Hair loss
- Headaches
- Hypoglycemia
- Increased blood clotting
- Infertility
- Irregular menstrual periods
- Insomnia
- Memory loss
- Mood swings
- PMS
- Polycystic ovaries
- Pre-menopausal bone loss
- Prostate cancer
- Sluggish metabolism
- Thyroid dysfunction
- Uterine cancer
- Uterine fibroids
- Water retention, bloating

The overall health and wellbeing of a woman can be greatly effected by too much or too little estrogen.

In industrialized advanced countries such as the United States, diets are rich in animal fats, sugar, refined starches, and processed foods, which leads to estrogen levels in women twice that of those in women of third-world countries. We are also constantly exposed to xenobiotics (petrochemicals), xenohormone-laden meats and dairy products, many forms of pollution, and prescriptions for synthetic hormones (such as the 'The Pill' and Premarin). So it isn't too surprising that estrogen dominance has become an epidemic in industrialized countries. The over exposure to these potentially dangerous substances causes significant consequences, one of which is passing on reproductive abnormalities to offspring.

When a woman's menstrual cycle is functioning normally, estrogen is the dominant hormone for the first two weeks and is balanced by progesterone, which is the dominant hormone for the latter two weeks.

After menopause, estrogens are still found in fat cells. If estrogen becomes the dominant hormone and progesterone is deficient, the estrogen becomes toxic to the body. Progesterone has a balancing effect on estrogen. Few women are deficient in estrogen; most become deficient in progesterone.

Most menopausal women have too little estrogen to support pregnancy, but sufficient amounts for other normal body functions. The estrogen "deficiency" that is quite often used as an explanation of menopausal symptoms or health problems is not supported by the facts of research, only by the drug companies profiting from the sale of synthetic estrogen – mainly; Premarin.

Supplemental estrogen, even in the slightest amounts, in a woman who doesn't need it, or who has no progesterone to balance it, leads to many serious side effects, including hormone related cancers. When a woman complains of even the slightest menopausal type symptoms, conventional medical doctors will recommend a prescription of estrogen. It is irresponsible and dangerous for conventional medical doctors to be routinely prescribing estrogen for any type of pre-menopausal or menopausal symptom, and this practice can have tragic consequences.

Unfortunately, in mainstream medicine, doctors have been bombarded with advertisements of the claimed benefits of estrogen. The advertisers know that the typical doctor rarely reads the whole article and instead follows the lead of the drug sales representatives. Be extremely skeptical of the medical information you get from mainstream media. Natural phyto-estrogens are the safer choice for severe menopausal symptoms. Please read our additional information regarding Estro-All™ cream, the safer form of supplemental estrogen.

Hormone Level Testing

The usual way to test hormone levels has been with a blood test that measures the blood serum or blood plasma content of the hormones. These tests have been somewhat unreliable because they do not give your biologically active hormone levels. Saliva testing is quicker, less expensive, and less painful than blood tests, and is a reliable way for you or your doctor to measure hormone levels and test for hormone deficiencies.

Protein-bound progesterone is more soluble in the watery component of the blood. While protein-bound, only a small percentage of the hormone is active. This is also true of estrogen, testosterone, and the corticosteroids. For this reason, blood serum concentration of these hormones is not an accurate measure of the amount of active hormone in the body because it misses the larger amount that is riding on red blood cell membranes.

Blood tests measure protein-bound hormone. Transdermally absorbed progesterone is not protein-bound but is most certainly biologically active. It's riding around in the bloodstream on red blood cell membranes and other fat-soluble constituents of the blood. Blood testing for progesterone levels simply isn't a reliable measure. A far better test for bioavailable progesterone (and other steroid hormones) is by

saliva assay. The World Health Organization has been using the saliva assay with good results for over five years.

Saliva testing can be used to determine your current hormonal state as well as monitor your supplementation with our natural hormone products. The optimum hormone levels to have tested are: progesterone, estradiol, DHEA, testosterone and cortisol. If you only wish to test the minimum hormones then you would test for: estradiol and progesterone.

Timing of when to take a saliva sample for testing is crucial. For menstruating women, the test needs to be performed in the luteal phase (the later half of the menstrual cycle). In a normal 28 day menstrual cycle, this is usually about one week before the menstrual period, or days 19-21 of the cycle, counting the first day of your menses as day #1 of the cycle. Men and Postmenopausal women not taking hormones can take the test at any time during the month. Women taking hormones should be tested towards the end of a hormone treatment cycle.

The cost is \$30.00 per hormone and our kits are for 2 hormones. Included in the kit is a form to request the additional hormones. The test results will be sent directly back to you. We are available to assist you with any questions that you may have regarding your results.

Most Often Asked Questions...

1. What exactly is natural progesterone and how does it differ from a synthetic progestins?

Progesterone is a steroid hormone made by the corpus luteum of the ovary at ovulation and in smaller amounts by the adrenal glands. In a normally cycling female, the corpus luteum produces 20 to 30 mg of progesterone daily during the luteal phase of the menstrual cycle.

Natural Progesterone Cream™ comes from a wild Mexican yam plant. It matches exactly the chemical composition of our body's own progesterone. *Products that list yam extract among their ingredients may or may not include the saponin, a rich portion of the yam root.* In other words, not all progesterone creams are created equal. Our progesterone cream contains the pharmaceutical grade natural progesterone created specifically to Dr. John Lee's specifications - at least 400 mg. per ounce.

Progesterone is preferable to the synthetic progestins because it is natural to the body and has no undesirable side effects when used as directed. The placenta produces 300-400 mg of progesterone daily during the last few months of pregnancy, so we know that such levels are safe for the developing baby. But, progestins, even at fractions of this dose, can cause birth defects. Progestins may also cause many other side effects including breast cancer in test dogs, loss of vision, increased risk of strokes, fluid retention, migraine headaches, asthma, cardiac irregularities and depression.

2. Who should use Natural Progesterone Cream™?

Those women who suffer from PMS or menopausal symptoms such as: mood swings, cramping, weight gain, bloating, acne, insomnia, decreased sex drive, decreased energy, depression, water retention, heavy and/or irregular periods. Also any women concerned about osteoporosis or female related cancers. (More detailed information available upon request or at www.progestnet.com)

3. How safe is progesterone cream?

As mentioned above, the placenta produces 300-400 mg daily, so we know that a one-time overdose of the cream is virtually impossible. If you used a whole tube at once it might make you sleepy. However, Dr. Lee recommends that women avoid using higher than the recommended dosage to avoid hormone imbalances. More is not better when it comes to hormone balance.

4. Do I need a prescription for natural progesterone?

No. Natural progesterone in a cream is derived (through a laboratory process) from a wild Mexican yam plant, which is technically a food product.

5. Why do women need progesterone?

During menopause estrogen levels drop only 40%-60% while progesterone levels drop to nearly zero in some women. Progesterone is the precursor to so many other steroid hormones, its use can greatly enhance overall hormone balance. One of progesterone's most important roles is to balance or oppose the

effects of estrogen. Unopposed estrogen creates strong risk for breast cancer and reproductive cancers.

In the ten to fifteen years before menopause, many women regularly have anovulatory cycles in which they make enough estrogen to create menstruation, but they don't make enough progesterone, thus setting the stage for estrogen dominance.

6. What is estrogen dominance?

"Estrogen dominance", a term coined by Dr. John R. Lee in his book "What Your Doctor May Not Tell You About Menopause", refers to what happens when the normal ratio or balance of estrogen to progesterone is changed by excess estrogen or inadequate progesterone. Both women who have suffered from PMS or menopausal symptoms will recognize the signs of estrogen dominance: mood swings, irritability, weight gain, headaches, fatigue, bloating, tender breasts, depression, hypoglycemia, uterine fibroids, endometriosis, and fibrocystic breasts

7. I'm already on hormone replacement therapy from my doctor why should I switch to Natural Progesterone Cream™?

Natural progesterone is simply a NATURAL ALTERNATIVE to hormone replacement therapy. Synthetic estrogens and progestins have many side effects. Women with a history of hypertension, diabetes, weight problems, and/or varicose veins should not be on chemical estrogen and progestins. Synthetic estrogen is a potent and potentially dangerous hormone. Estrogen dominance is known to cause and/or contribute to cancer of the breast, ovary, endometrium (uterus), and prostate.

8. How do I get off synthetics and on the natural?

If someone is taking both synthetic estrogen and progestins, a gradual step might be to at least substitute natural progesterone for the synthetic progestin. Do not go off synthetic estrogen suddenly. You need to wean off slowly; otherwise the symptoms will return (hot flashes, night sweats, mood swings, etc.).

9. Wouldn't it be easier to just take a progesterone pill?

Dr. Lee recommends the transdermal cream rather than oral progesterone, because some 80% to 90% of the oral dose is lost through the liver. Thus, at least 200-400 mg daily is needed orally to achieve a physiologic dose of 15 to 24 mg daily. Such high doses create undesirable metabolites and unnecessarily overload the liver.

10. Why is transdermal absorption so good?

Natural progesterone being small, fat-soluble molecules is much better absorbed through the skin than if given orally. It goes across the skin to subcutaneous fat layers, then to blood circulation. It first goes into body fats and then the blood, *avoiding first pass loss through the liver*.

11. Where is the best place to apply Natural Progesterone Creme™?

Natural progesterone cream can be applied to any area of the body; however, it is best to apply it to thinner, softer skin such as the chest, breasts, neck, inner area of forearm, or anywhere that you blush. It is recommended that you periodically rotate the area of the body where natural progesterone cream is applied. Natural progesterone is a very effective skin moisturizer and has been used in skin creams in lesser concentrations for years.

12. How long before I notice maximum benefits?

Some women feel better within a couple of days of using Natural Progesterone Cream™, for others it may require 2-3 months of use before maximum benefits are experienced.

13. What do I say to my physician who thinks this is silly?

There is nothing new under the sun. This formula is the same *base* as 400 FDA drugs, just without chemicals. Also, as an informed individual you have the right to choose ... and the choice should be yours. Remember that physicians only recommend what they know best. Possibly your physician will want to study this further if he or she sees positive results with you. A good starting point will be a careful reading of Dr. John R. Lee's books; "What Your Doctor May Not Tell You About Menopause" and "What Your Doctor May Not Tell You About Pre-Menopause".

Progesterone Advocates Network

www.progestnet.com

Toll Free (877) 583-9346

Product Line

*** Prices Effective 04/01/04 ***

Balancing Creams	<u>Single Tube Price</u>	3 Tube Price	6 Tube Price	12 Tube Price
Natural Progesterone Cream	\$19.95	\$56.00	\$95.00	\$130.00
Estro-All Cream	\$23.00	\$63.00	\$101.00	\$159.00
DHEA Plus Cream	\$23.00	\$63.00	\$101.00	\$159.00
Feminine Moisture Plus Cream	\$19.95	\$56.00	\$95.00	\$130.00
Andro Power	\$29.95	\$75.00	\$102.00	\$150.00
Fem Power	\$15.00	\$40.00	\$60.00	\$96.00

<i>Books and Test Kits</i>	Price
"What your Doctor May Not Tell You About Menopause" by John Lee, M.D.	\$12.95
"What your Doctor May Not Tell You About Pre-Menopause" by John Lee, M.D.	\$12.95
"The Estrogen Alternative" by Raquel Martin	\$12.95
Saliva Test Kits (2 Hormone kit) – ZRT Labs	\$60.00

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www.naturesmanna.com

Progesterone Advocates Network & Nature's Manna

From PMS to Menopause and Beyond!!

Order Form

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Special

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PAYMENT INFORMATION

FORM OF PAYMENT: (check one)

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Authorized Signature: _____ Date: _____

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Subtotal:	
Sales Tax (in Ca.)	
Shipping & Handling	
TOTAL	

Shipping And Handling Charges:

<i>Subtotal</i>	<i>Domestic Rate</i>	<i>International Rate</i>
Up to \$63.00	\$5.50	\$10.00
\$64.00 to \$101.00	\$7.00	\$12.00
\$102.00 to \$360.00	\$9.00	\$15.00
\$360.00 and up	Call or write for quote	Call or write for quote

Return Policy – 30 days from date of invoice.

Please return unused portion for an exchange or refund.

Thank You for Your Business!

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