

Top 7 Female Health Concerns

and Real Solutions for:

- 1) Menopause
- 2) Heart Attacks
- 3) Breast Cancer
- 4) Fibromyalgia and Chronic Fatigue Syndrome
"Both relate to Pituitary Gland dysfunction" _Dr. Purser
- 5) Osteoporosis
- 6) PMS
- 7) Menstrual Migraine Headache
- *8) Alzheimer's Disease

_by Dr. Dan Purser MD

Top Ten Signs of Hormone Imbalance:

1. Hot flashes/Night Sweats
2. Fatigue
3. Insomnia
4. Dry Everything
5. Increased Wrinkles
6. Thinning Hair
7. Weight Gain
8. Muscle Loss
9. Memory Loss
10. Irritability

Regarding the Number One Female Health Concern: Menopause...

Page 11: Real Solutions from the Top 7 Female Health Concerns_ Dr. Purser
...."I teach Physicians all around the country that the decline of estrogens, though important, is not the cause of women's acute menopause symptoms. Instead, it's the lack of progesterone that's the real cause. Oddly, most caregivers have never even heard this basic point - we are taught incorrectly in medical school and residency. You get progesterone from your ovaries (see my book on progesterone-*Progesterone: The Ultimate Woman's Feel Good Hormone*) which are stimulated by Follicle Stimulating Hormone (FSH) from the pituitary. If, from trauma like a car wreck or a baby delivery or some other problem, you have a damaged pituitary then you may not produce enough FSH and so do not produce enough progesterone. Menopause is really failure of the ovaries which have timed obsolescence (remember -age 51 for white females in USA) and then they quit producing progesterone. To add to this confusing state for most physicians (ahem, not me) some women have a lot of pituitary damage and so they go through menopause prematurely - a bad situation as I've seen a 19 year old gymnast doing this (I see a lot of gymnasts and cheerleaders with pituitary damage - go figure) and that is not good. So whether young or old - if you are having peri-menopause or menopause symptoms, new *Progressence Plus tm* is worth a try - just apply some on your neck.



The Number One Young Living Supplement for Menopausal Symptoms is Progressence Plus™

Progressence Plus allows women to have natural balance the way nature intended. Specifically formulated by Dr. Dan Purser and D. Gary Young it is the first-ever progesterone "serum" on the market. This can be used by all menstruating females over the age of twelve. Begin using one day after your menstrual cycle ends. Apply 2-4 drops twice daily on neck area (carotid artery). For added effect, apply 1-2 drops along forearms for 21 consecutive days. Discontinue for 7 days then repeat. (Individual needs may vary.)

Caution: Should not be used in conjunction with contraceptives containing progesterone, if pregnant, nursing, taking medication or have a medical condition. Consult your health care practitioner prior to use.

Ingredients: Copaiba, Frankincense, Cedar bark oil, Caprylic Triglycerides, Vitamin E, Bergamot (furano coumarin free), Peppermint, USP Progesterone from Wild Yam extract, Rosewood, and Clove.
Formulated by D. Gary Young
100% YLTG essential oils.

Note: California's Proposition 65 warnings which are legally required to be on our Progressence Plus product. Proposition 65 requires that products sold in California which carry any ingredients deemed to the CA legislature to be hazardous to health must carry the warning you see on our label. In the case of Progressence Plus, California requires the warning on all progesterone-containing products. However, California law does not distinguish between the synthetic medroxyprogesterone which is the cause of California's concern, and the natural progesterone which we derive from yams and which are widely used in the health industry. Both are generically referred to as "progesterone," which is the ingredient name in California's list. Young Living's product formulation team has a great deal of experience in formulating safe progesterone products, and assures you that we would never place any product on the market that would compromise your health. We recommend you contact your healthcare professional for further clarification on this topic if necessary.

Hot Girl Talk “Hormone Balance”

For the last few years I have been on a challenging healing journey. **Becoming sensitive to Electro-Magnetic Fields** was a huge obstacle for my system to overcome. I could be meeting at a coffee shop and feel my energy zapped if someone next to me was on WiFi. I couldn't go into a major electronic retail store. My home was not my refuge either. It was built with an electrical heating system with wires in the ceiling. I began putting myself back together again with **Young Living products and adding EMF filters** to our home. The last piece of the puzzle has been resetting my **hormonal balance** and recovering my mental clarity.

I take many YL supplements, including Sulfurzyme, Multi-greens, True Source, Omega Blue, Thyromin and NingXia Red daily. I also added Vit D³ to my regimen the past Fall, taking 5,000 IU's 6 days a week. (Weeks when I have been run down I took 10 -20,000 IU's.) Vitamin D³ is also needed to jump start the thyroid. Natural progesterone (Progessence Plus) is also a piece of the puzzle for improving brain function and mental repair. My brain has been on the mend, but I was still having hormonal issues. According to Dr. Purser MD this could be from low pituitary gland function that may be caused from child birth trauma. Without the pituitary working properly, the ovaries do not receive the hormonal signal to produce proper amounts of progesterone.

I usually have one day of very heavy, painful flows during my period since the birth of my first child (9 years ago). I started having increased breast tenderness a few years ago. Some months it would last for 2 weeks! Essential oils did help, but since June 2010, after using the Progessence Plus 2-4 drops 1-2 times a day, I have noted many positive results! No heavy flow day, no breast tenderness, improved mental clarity... almost a calming sensation in my brain, improved muscle tone and decreased cellulite. The skin on my face appears visibly younger and the blemishes have gone away. All I can say is “try it, what do you have to lose!” *_Star Moree, Bellingham, WA*

I have severe Endometriosis and have used pain medications to get me through my periods since I was 16 years old. Two weeks ago I had severe cramping, grabbed my Progessence Plus and rubbed it on my lower abdomen/pelvic area and the cramps were completely gone in 5 minutes. *_Vicki Burg, Albany, MN*

I have been suffering from TMJ since I was 16. I use a mouth guard every night when I sleep and replace them yearly. It is disgusting to have to pack this guard every time I spend an overnight somewhere. So, when Dr. Purser mentioned at Convention this year that TMJ is a hormonal issue I jumped right on board. I bought a bottle and started putting it on my neck right before bed. I sometimes fall asleep with it still in my hand. Needless to say I tossed out my mouth guard. My husband says he does not hear me grinding my teeth nor do I wake with the terrible headache from clenching on my mouth guard. I have to once again, thank this wonderful company for helping me stay healthy the natural way. A side note: I have three teenage daughters that are also using this oil for their menstrual issues. *_Karla Scapanski, Sauk Rapids, MN*

Before using Progessence Plus, it would typically take 1-2 hours for me to fall asleep at night. I would also wake up a few times during the night to use the bathroom. I very seldom felt well rested the next day. The first time I used Progessence Plus I applied 1 drop to each side of my neck on the carotid artery, and 1 drop to my forearms and abdomen before going to bed. My roommate at Convention will attest to the fact that I fell asleep within minutes and slept through the entire night without waking to use the bathroom. *_Carol Teasdale, St. Croix, MN*

At convention I had very **bad menstrual cramps**. I bought a bottle of Progessence Plus Serum and applied it to my lower abdomen right away. The cramps were gone in a half hour! The next month I started getting severe breast tenderness about mid month. I applied Progessence Plus to my breasts and the tenderness was gone overnight! Thank goodness Young Living came out with this product. *_Jen Crippen (Springer), Fargo, ND*

A typical menstrual cycle for me was a 10 day dreaded process each month. My very first cycle after using PPS lasted only 4 days, involved no PMS and literally came and went without inconvenience! I had started noticing menstrual cramps on day 1 of my cycle, I massaged 3 drops of PPS topically over my ovaries and within just 3 minutes the cramps were gone and did not return for the duration of my cycle! *_Melissa Poepping, Melrose, MN*

I call Progessence Plus my boyfriend's best friend. I recently had surgery that removed my uterus. After the surgery my hormones were a mess, I had terrible hot flashes. I attended a wedding with my boyfriend and began crying when the bride walked up the aisle... and I have never even meet her! I tried the Progessence Plus and it was a life saver. I am back to normal and have noticed that when I put it on at night I get the most amazing sleep. This is one of my favorite products! *_Rebecca Precious, Manassas, VA*