



## Is it Hot in Here or is it Just Me?

Cool off those “power surges”  
without synthetic hormones

Call them what you will, hot flashes or power surges can drive almost any woman to drugs for relief. HRT or Hormone Replacement Therapy is the usual prescription to manage uncomfortable menopausal symptoms. Further, HRT has been widely prescribed for disease prevention in the belief that it offers some protection against heart disease, stroke, osteoporosis and breast cancer.

### Hormone Replacement Therapy Found Unsafe

Due to unacceptable health risks, the Women’s Health Initiative (WHI) Hormone Program—Estrogen-plus-Progestin\* study was cancelled on July 9, 2002, nearly four years earlier than planned. The study revealed that women face serious health risks<sup>1</sup> each day when they take the most commonly prescribed post-menopausal hormone therapy for women who have a uterus (estrogen plus progestin is taken by more than six million U.S. women daily).

### Findings of WHI Estrogen-plus-Progestin Study<sup>1, 2</sup>

- 26% higher risk of heart disease
- 29% higher risk of breast cancer
- 41% higher risk of stroke

“The study’s main conclusions are that the hormone combination studied does not prevent heart disease and the risks...outweigh the benefits.”<sup>1</sup>

\*Study participants took conjugated equine estrogens 0.625 mg each day and medroxyprogesterone acetate 2.5 mg each day.

<sup>1</sup><http://www.whi.org/> and <http://www.nhlbi.nih.gov/whi/>

<sup>2</sup>Lee, John R. Hopkins, Virginia. What Your Doctor May Not Tell You About Menopause. Warner. New York. 1996.

<sup>3</sup>Meisler, J.G. Toward Optimal Health: The Experts Provide a Current Perspective on Perimenopause. J Womens Health. 12(7):609-615.2003.

<sup>4</sup>Institute of Food Science & Technology. Phytoestrogens. Information Statement. October 2001.

<sup>5</sup>[www.clinicaltrials.gov](http://www.clinicaltrials.gov)

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Nancy Fugate Woods, R.N., Ph.D., founding director of the Center for Women’s Health Research at the University of Washington concluded,

“Given the results of the WHI study, I do not believe there is a risk-free period of use of hormones. The WHI data demonstrate the appearance of serious complications of use, for example, thrombotic changes **IN THE FIRST YEAR OF USE.**”<sup>3</sup>

[emphasis mine]

### Plant-Derived Hormones May Offer Safe Relief

Fortunately, because women have demanded drug-free options to HRT, plant-based remedies which contain natural progesterone or phytoestrogens are now widely available. Phytoestrogens, such as those found in dietary soy and red clover, are plant-derived hormones that are often able to provide many of the actions of natural estrogens.<sup>2</sup> Several Young Living products such as **SclarEssence™**, **Progressence™** and **EndoFlex™** are also sources of phytoestrogens and natural progesterone.

While many clinical trials are underway to further clarify the health benefits of plant-derived hormones,<sup>5</sup> their effectiveness is evidenced by the abundance of testimonies from women who have successfully managed symptoms of PMS, perimenopause and postmenopause with them.

Many women discover what works for them simply by trying different products. Consulting with a knowledgeable health provider can save you time. If you wish to test your hormone levels first to determine what hormones need to be supplemented, a saliva hormone test is the most accurate, according to the late John R. Lee, M.D., renowned women’s health expert and author.<sup>2</sup>

# RADIANT HEALTH NEWS

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## Young Living Products Trusted by Women's Health Experts

Young Living has long had an impressive line of health products for women. Their effectiveness has earned respect from women's health specialists such as Carolyn DeMarco, M.D. Dr. DeMarco has used Young Living products in her medical practice for everything from PMS to pre-natal health to post-menopausal symptoms. Those experiences led her to develop a general protocol for those who wish to avoid or switch from synthetic HRT, one of many health topics she addresses in her books Everything You Ever Needed to Know About Women's Health and Take Charge of Your Body.

### Ahhh! Cool off with Women's Balance Kit with Brand New Oil Blends

Dr. DeMarco's typical first recommendation for "power surges" and other menopausal symptoms is **Progressence™**, a natural progesterone skin cream. If you're still cycling or in perimenopause, the average dose is about 1/4 tsp. at night for about two weeks of your cycle (day 12 to day 25). She recommends rotating the site of application each night, per Dr. Lee: face, palms of hands, soles of feet, inner thigh or inner arm, then back to the face.<sup>2</sup> Individual needs may vary.

### Soothe, calm and restore your sense of harmony with this trio of beautiful new essential oil blends from Young Living.

**SclarEssence** essential oil blend includes **Clary Sage** and **Fennel** (both sources of phytoestrogens) plus the calming action of **Sage Lavender** and **Peppermint**. For topical and internal use.

**Lady Sclareol™** captures the most sensual of nature's fragrances: **Jasmine**, **Ylang Ylang** and **Sandalwood** in a blend of rejuvenating **Rosewood**, **Vetiver** and **Idaho Tansy**. Is it a perfume or is it an essential oil treatment? Perhaps it's both.

**ClaraDerm™** comforts stressed skin with the gentle essential oils of **Myrrh**, **Lavender**, **Frankincense**, **Roman chamomile** and **Helichrysum**. Spray on irritated, itching skin to speed healing. Especially soothing before/after childbirth.



**Where did he get those names?**  
**Sclareol** is the chemical constituent in Clary Sage which stimulates the body to produce its own estrogen. (CRC Handbook of Medicinal Herbs)

### NEXT MONTH

#### The Change of Life— It's Not Just for Women Any More

Men also experience symptoms and face greater health risks as their testosterone levels decline with age. We'll devote our next issue to men's health during "andropause".

Product Name	Code # Size	Prices Customer Pref Cust Wholesale
SclarEssence oil blend	#3418 15 ml	\$29.28 \$25.76 \$22.25
Lady Sclareol oil blend	#3376 15 ml	\$52.30 \$46.03 \$39.75
ClaraDerm spray	#3750 2 oz	\$39.14 \$34.45 \$29.75
Progressence Cream	#3725 1.4 oz	\$34.87 \$30.68 \$26.50
Subtotal		

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