

# Natur-Elle

## *Wild Yam Cream*

**Code:** 514

**Package Size:** 2 oz.bottle

**Suggested Use:** 1/2 tsp. twice daily.  
Apply to fatty tissue (inner thigh, stomach, etc.)

This is the first product of its kind to include the tremendous skin nutrient, MSM. We have combined progesterone, Wild Yam, pregnenolone and MSM, as well as other natural ingredients, to make Natur-Elle. It is formulated with the highest amount of progesterone (5 mg per ounce), and still considered a cosmetic. Not only will it be good for the typical uses of a progesterone cream, but also, it will be good for your skin.

*When adequate levels of progesterone are present,  
libido is increased, skin stays hydrated, hair thinning is prevented,  
less depression occurs, fat burning is encouraged  
and blood clotting remains normal.*

### **Natural Progesterone**

Progesterone is a precursor of essential hormones including the anti-stress hormones produced by adrenal glands and both female and male sex hormones, estrogen and testosterone.

Natural progesterone does not have any side effects and no toxic levels are known.

Up to 60 percent of all western women experience premenstrual syndrome (PMS). Natur-Elle is made with natural progesterone, made from wild yams, whose active ingredients are an exact molecular match of the body's own progesterone. In Asia and South American where women eat quantities of wild yams, the term "hot flash" doesn't even exist. They rarely experience most of the female problems plaguing western women.

### **What is PMS?**

Many doctors believe that PMS is either caused by a deficiency in progesterone or a relative deficiency of this hormone in relation to an excess of estrogen.

To overcome this hormonal imbalance, doctors tried prescribing progestogen pills (synthetic progesterone). One of the problems with the synthetic progesterones is that they inhibit a woman's natural progesterone production. Also, some of the synthetic progesterones have testosterone activity which can have masculinizing effects on women.

The side effects associated with the synthetic progesterones include:

- ♦ breast tenderness
- ♦ cardiovascular complications
- ♦ fluid retention and edema
- ♦ suspected links to uterine and breast cancer
- ♦ blood clots
- ♦ insomnia
- ♦ menstrual irregularities
- ♦ depression
- ♦ masculinizing effects

### **Bone Preservation**

*The New England Journal of Medicine* reported that osteoporosis occurs in athletes to the degree they become progesterone deficient. It was apparent that loss of bone (osteoporosis) can be the result of progesterone deficiency.

### **Adequate progesterone in the body:**

- ♦ Helps Prevent Uterine cancer
- ♦ Helps Prevent Osteoporosis
- ♦ Fights Depression
- ♦ Retards Facial Hair Growth
- ♦ Reduces Water Retention
- ♦ Encourages Fat Burning
- ♦ Reduces Hot Flashes
- ♦ Reduces Vaginal Dryness

## Ingredients / Purpose

**Aloe Vera** - helps to soothe skin conditions of various types because of its slight astringent quality on this skin. It helps the formula to penetrate the skin.

**PPG-3 Myristyl Ether** - a mild emollient made from Myristic fatty acid, a coconut fatty acid. A light emollient, with excellent characteristics to help carry yam extract and other actives into subcutaneous tissue.

**Glycerin** - an efficient humectant helping to moisturize the epidermal layers.

**Soybean Oil** - a naturally occurring vegetable oil that has been found to be particularly compatible with Wild Yam Extract and to enhance its effects.

**Wild Yam Extract** - a stabilized extract from the Mexican Wild Yam (*Discorea*). Tests have shown that the use of this product transdermally moderates hormone levels in the body.

**Pregnenolone Acetate** - a natural hormone that is effective when applied to the skin. It helps to catalyze the effects of the Wild Yam Extract. Pregnenolone is the direct precursor to DHEA.

**Progesterone** - a natural hormone derived from the Wild Yam. It also helps to catalyze the effect of the Wild Yam Extract.

**Burdock, Ginseng, Chamomile and Black Cohash** - a package of herbs that together have a large amount of anecdotal information published as to how they modify the hormone production and utilization in the body. In this formula they are extracted directly into Aloe Vera prior to inclusion in the product.

**Cetyl Alcohol, Glyceryl Stearate, PEG-100 Stearate and Carbomer** - part of the emulsifiers and stabilizers.

**Wheat Protein** - a special protein derived from wheat, but which has been modified to mimic mammalian protein.

**Methylsulfonyl Methane** - works with Aloe Vera to help the hydrophilic portions of the formula penetrate. MSM is also an extremely beneficial skin nutrient and has tremendous healing properties.

**Vitamins A & E** - excellent antioxidant and benefit the skin as such.

**Other preservatives and fragrances** - help to hold the product together so that it can be applied to the skin without running or separating.

## Questions

### How long can I use Natur-Elle?

Because there are no side effects to the cream, it is safe to use indefinitely.

### Can natural progesterone help with osteoporosis?

Studies by John Lee, M.D., indicate that natural progesterone may help osteoblast function (new bone formation), which is integral in bone rebuilding.

### What results can I expect for increase in bone density using natural progesterone?

One study by a physician in California over 11 years with 100 postmenopausal women aged 38 to 83 showed that 97 of them had 5% to 40% new bone density within 6 to 48 months. Some women have attained as much as 105% of the average bone structure of a 35-year-old female. The incidence of pathological fractures dropped to zero.

### May natural progesterone be used during pregnancy?

In his book *PMS: Premenstrual Syndrome and You*, Dr. Niels H. Lauersen, MD, from Mount Sinai Medical Center, NYC, states that natural progesterone may be helpful to maintain pregnancy. Synthetic progesterone should NOT be used because it may adversely affect the developing fetus. Dr. Lauersen says studies on offspring of women who took natural progesterone during pregnancy show they gave birth to babies who were calm, non-colicky and good nursers.

If approved by your healthcare professional, natural progesterone may be used from conception to delivery, applied as a cream to the abdomen, breast, low back, and upper thighs (where it will help minimize stretching of skin). For many women, post-partum depression often occurs 12-30 days following delivery. Apply Natur-Elle twice daily during this period to help with this condition. Using the cream during nursing may also aid milk production. Always consult your physician before using anything while pregnant.

### Is natural progesterone suggested for women who have had a hysterectomy and/or oophorectomy?

Osteoblastosis (new bone formation) results from progesterone only. Estrogen may slow bone deterioration (osteoclastosis), but has no part in osteoblastosis.

### What do I do if I am currently on ERT or HRT?

Because different women use different amounts of estrogen and progestin in ERT (Estrogen Replacement Therapy) or HRT (Hormone Replacement Therapy), you should consult your health practitioner.

### Why are Vitamin E and Aloe Vera Gel added?

Recent studies prove that Vitamin E applied topically to the skin very substantially increases skin Vitamin E content. Aloe is often called nature's moisturizer. As a major ingredient in Natur-Elle, aloe functions to enhance skin penetration. It works so well that clothing can be worn right after the cream is applied.

### How quickly will I notice results?

Some people notice results immediately, and others may not notice results for two to three months. This is because if you have a progesterone deficiency, the natural progesterone will initially be absorbed by fat. When the progesterone level in the body is satisfactory, the natural progesterone will diffuse into the blood.

### Special Notice

*"For ♦Mor makes no representation or warranty, expressed or implied, including warranties of fitness for a particular purpose and of merchantability of this product, except as indicated on its label."*

*If you are not fully satisfied with the results after using Natur-Elle, your full purchase price will be refunded by the distributor you purchased it from.*

*"This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease."*