



Life's Harmony, All-Natural Progesterone Cream

By Dr. Henriette Alban

For over 20 years, natural progesterone cream has helped women all over the world to balance their hormones and to live healthy, productive lives. Based on the research and pioneering work of Dr. John Lee, MD, natural bio-identical progesterone continues to solve many a variety of imbalances for both women and men.

With so many positive results, Xooma Worldwide created its own bio-identical, all-natural progesterone cream, **Life's Harmony**.

Before we take a closer look at Life's Harmony, let's explore the importance of progesterone and discuss the benefits of natural hormone replacement therapy.

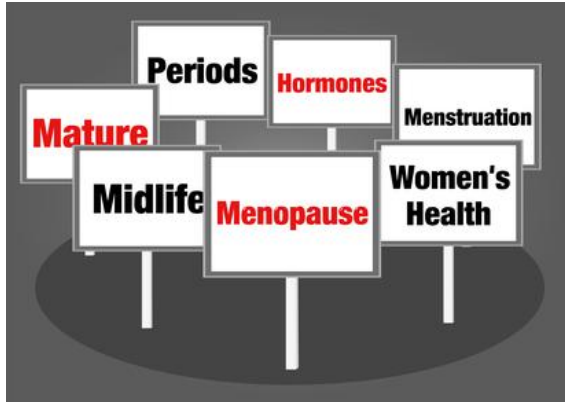
What is the importance of progesterone for our bodies?

Progesterone is one of the three best known sex hormones. The others are estrogens (estriol, estradiol, estrone) and testosterone. A woman's life cycles with the rise and fall of hormones. Progesterone is responsible for the shedding of the uterine lining, making way for new life through menstruation. It also plays a key role in a healthy pregnancy. Without it, a woman's body would reject the embryo. And it is an important component of healthy weight, as it assists in balancing thyroid hormones.

Progesterone is produced by the corpus luteum during a woman's ovulation, while a much smaller portion is produced by the adrenal glands, which are also the source of men's essential progesterone. Progesterone is manufactured in the body from the steroid hormone pregnenolone, which is made from cholesterol and is a precursor to most of the other hormones, including the estrogens and testosterone. As such, progesterone plays a vital lifelong role in the health and balance of our endocrine (hormone) system.



Progesterone throughout the lifecycle of a woman



Progesterone is produced by a woman's body generally at 15 to 24 mg per day in the second half of the monthly cycle. During pregnancy more and more progesterone is produced and in the third trimester of pregnancy, this amount increases to about 300 mg daily. Many women have reported a glow during pregnancy and a sense of unsurpassed wellbeing. This has been attributed to healthy progesterone levels.

During their childbearing years, menstruating women often go through excruciating problems every single month due to Premenstrual Syndrome. Premenstrual Syndrome is a name describing symptoms ranging from mild to severe cramping, irritability, blood sugar imbalance, bouts of crying, craving for sweets, sore breasts, tender abdomen, severe moodiness, bloating, and often followed by a heavy blood flow. Many women are even incapacitated and require bed rest during this time. The stories of these days of the month are legend. Bio-identical progesterone like Life's Harmony cream contributes to an easing of such experiences and helps balance the ration of progesterone and estrogen.

As a woman ages, her flow is less regular. Progesterone production decreases and eventually stops at menopause. Menopause is 'official' when there has been no menstruation for one year. The resulting decrease in estrogen production, about 40 – 60%, is exceeded by the eventual total cessation of progesterone production. Symptoms such as hot flashes, sleeplessness, loss of hair and libido, disinterest in male company, memory loss, night sweats, depression, migraine headaches, a change in bone density, a disconcerting sense of 'I don't recognize myself anymore,' matched by a distinct desire for solitude can surface at this time. For women who go through this, such experience is extremely disempowering, even more so if she is used to being in charge and successfully managing her life. In addition, a woman may experience weight gain and an increase in body fat around the middle, caused by the lack of progesterone, which affects thyroid hormones and therefore metabolism.



Hormone Replacement Therapy (HRT) was sold to women as a measure to promote longer youthfulness and vitality. With studies that showed positive effects of estrogen on bone density, the deal was sealed. It has since become extremely obvious that taking any estrogen without progesterone is a health hazard. For some women taking synthetic estrogen held back hot flashes and night sweats – but these were minor benefits compared to the thousands of women who experienced breast and uterine cancer, blood clots leading to strokes and heart disease. The road to medical Hormone Replacement Therapy has caused many families huge pain and loss of life.

In a study of 50,000 healthy nurses, healthy women were affected by invasive breast cancer, heart disease and strokes. Ending the study 3 years earlier than intended seemed a low point for synthetic HRT: Premarin (equine estrogen collected from pregnant mares) plus Provera a synthetic progestin. Synthetic hormones have worked for very few women compared with the majority whose reactions were highly detrimental. Unfortunately such knowledge is short-lived and to this day there are MDs who prescribe synthetic HRT to unsuspecting women.

However, word has gotten around and just like in the mid-90s, when the bio-identical progesterone research became known to many women across the world, natural progesterone cream continues to help build confidence in women once again.

So what's the difference between natural progesterone and synthetic progestin? Both types come from natural sources, either Mexican Wild Yam or Soy.



Mexican Wild Yam or Soy as source materials were chosen because of their high **diosgenin** content. A simple conversion of the diosgenin, the active plant compound identical to the progesterone made in our bodies, is effected in the laboratory – hence Progesterone USP (US Pharmacopeia) meaning according to pharmaceutical standards. Synthetic progestin has

been molecularly altered so it can be patented by the pharmaceutical companies and sold at high profits. This could be the cause for its damage to women's endocrine system and overall health.

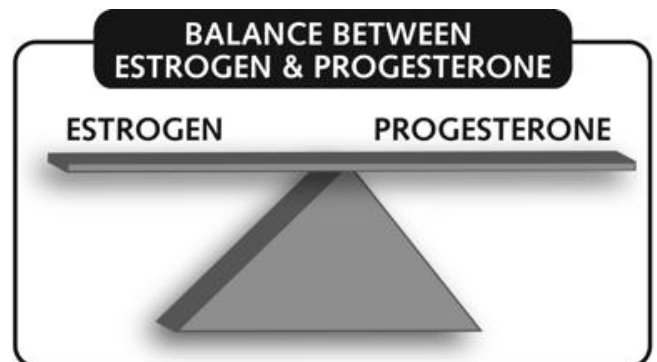
So there is really only one type of Progesterone you want to use – the natural kind.

The Formulation of Life's Harmony

Life's Harmony was formulated with people's best health in mind. From the very beginning, we wanted a product that was effective, would bring the results it was intended to produce, and did not contain artificial or synthetic ingredients. It contains no animal by-products and is cruelty free. It was also intended to be priced fairly and unique in its composition.

Xooma has succeeded in all these areas.

Life's Harmony is designed to accompany women throughout their cycles of life. It can soothe symptoms of PMS. It may help women who are on birth control to balance the estrogen. It may help women with low progesterone production to conceive and successfully carry a baby to term. For pre-menopausal years, a woman is supported by Life's Harmony through night sweats, hot flashes, sleeplessness, loss of libido, lumpy fibrous breasts,



weight gain, and irritability. It has a calming effect and helps to balance other hormones, which may assist you in keeping trim and fit. For post-menopausal women, Life's Harmony can be insurance against osteoporosis and continues to help with balance of the thyroid and any estrogen dominance that may be present.

In our informal field tests, women, after two cycles, reported a high rate of success and experienced a very positive change in their PMS, pre or menopausal symptoms. Additionally, increase of libido and renewed scalp hair growth were welcome results.

Women using Life's Harmony natural progesterone cream may experience relief from the following symptoms:



- Pre-Menstrual Syndrome (PMS)
- Sore and tender breasts
- Breast enlargement
- Cramping
- Abdominal pain
- Migraine Headaches related to PMS
- Mood swings and irritability
- Sugar cravings
- Irregular periods

Women in pre and during menopause may experience relief from:



- Insomnia
- Hot flashes*
- Hormone related migraine headaches
- Decreased libido
- Night sweats
- Irregular spotting turned to a flow or ceased
- Pain relief
- Hair Loss related to hormone imbalance
- Skin rashes

*Hot flashes as first experienced in pre-menopause may be attributable to a lack of estrogen or to excess estrogen in the body. In the case of hysterectomies and in uterine and breast cancer, it is an excess of estrogen.

You could do a saliva test as a baseline before using any kind of hormone therapy. However, how you feel seems to be the best indicator of your success with natural progesterone cream. And since it has no known side effects, you can safely try it for as long as your symptoms persist. A doctor and expert in the area of menopause offers this advice: "For hot flashes or night sweats crisis, apply ¼ teaspoon every 15 minutes until the flashes disappear." Using more at first and then tapering off to a

maintenance dose once symptoms have normalized seems the therapy of choice according to the experts.

Post-menopausal women, who are frequent users of natural progesterone, have reported positive results in these areas:

- Spider Veins
- Acute pain on arms and elbows – preventive on knees prior to garden work
- For severe bruising after a fall – pain relief and faster healing
- Migraine and other headaches – apply a bit of cream on areas where the pain is.

The Right Balance

Standard application is just a small pea-size amount (1/8-1/4 tsp). Each 2 oz. tube of Life's Harmony contains 1200 mg of Natural Progesterone which is biologically identical and easily absorbed through the skin. Most women report positive results within 30 days when used as directed, and even more so with continued usage. Remember, while you are encouraged to follow the suggested guidelines, your body is unique and your experience of your symptoms when using natural progesterone will also be unique.

How to Apply



This cream can be spread thinly over as much of each area as possible, such as the face, neck, chest, breasts, inner arms, palms of hands, abdomen, and inner thighs. For best results, rotate to a new area every 3 to 4 days.

As in all things personal, hormonal balance is different for individuals. Please observe your personal response and increase or lower the dosage as needed.

Natural progesterone cream can be an essential tool to balance excess estrogen in all women, especially women using synthetic birth control pills or synthetic hormone replacement therapy.

Suggested Use

Menstruating women: For menstruating women with PMS, recommended usage is a pea size amount, 1/8 to 1/4 tsp. applied twice a day from day 10 or 12 to onset of menstrual cycle. Day one is always the first day of the menstrual cycle. Life's Harmony is not needed during your menstrual cycle, but if you are experiencing cramping, try rubbing a small amount directly onto the lower abdomen until symptoms disappear.

For migraines: Try rubbing some cream on the back of the neck, on temples and forehead.

Pre-menopause: For women who are beginning their transition to menopause, and still have occasional menses, recommended usage is 1/8 tsp. of cream for 3 weeks on and 1 week off. In cases where cycles are not regular, you can choose a specific date to begin.

Menopause: And for women who are no longer menstruating but still have symptoms, use 1/4 tsp. once at bedtime for 3 weeks on and 1 week off. If you have had a hysterectomy, you may also follow this regimen.

To aid in the prevention of bone density loss, use 1/8 tsp. once a day at night.

Healthy and natural ingredients in Life's Harmony

Complementing the progesterone are many essential oils and natural ingredients that enhance this gentle and effective balancing cream.

Mexican Wild Yam 600 mg (per ounce) natural progesterone converted from Mexican Wild Yam.

Aloe Vera forms an effective moisture barrier and promotes supple and clean, healthy skin. Its capacity to transport other ingredients into the skin is matched by its excellent natural protective properties.

Jojoba Oil maintains smooth and supple skin, aids in the reduction of stretch marks, is a high-quality emollient and has a well-established record of benefits for skin.

Coconut Oil softens the skin, but also protects it against damage, promotes healing and gives it a more youthful, healthy appearance. It prevents and protects against destructive free-radical damage. Coconut oil can help keep the skin from developing liver spots, and other blemishes caused by aging and over exposure to sunlight.

Cocoa Butter forms a highly moisturizing protective layer on the skin. When applied topically, it creates a barrier between sensitive skin and the environment and also helps to retain moisture all over the body. Cocoa butter is one of the most stable fats known and contains high concentrations of the anti-aging polyphenol antioxidants that help to alleviate the signs of aging.

Almond Oil is an excellent emollient, softening and soothing. Moisture balancing properties make Almond oil suitable for all skin types. It helps relieve irritation, inflammation and itching.

Avocado Oil is a lipid base that penetrates the skin more deeply than other plant oils. Therefore, it's an ideal base for trans-dermal treatments and a natural carrier for added supplements to reach the deepest target areas. Avocado Oil has outstanding regenerative properties and restructuring powers to keep skin healthy. Containing high levels of essential fatty acids, which make skin more elastic, its high level of sterolins is reputed to reduce age spots, scars and sun damage.

Vitamin E Oil offers antioxidant protection to cell membranes, active enzyme sites and DNA. When applied topically with natural progesterone cream, Vitamin E is helpful in relieving vaginal dryness.

Tocotrienols have the power to inhibit or kill tumors. Tocotrienols can help to prevent skin aging and damage from free radicals generated by UV rays and from environmental pollutants. Melanoma, also on the increase, can be inhibited with the delta fraction of tocotrienols.

Licorice Root Extract is a traditional herb added to promote hormone balance.

Allantoin (comfrey root) is a hugely successful skin healer. Used in burn centers the world over, this humble ingredient is a powerhouse of restorative and regenerative qualities.

Broccoli extract has built-in hormone regulating properties in the form of sulphoraphane, promoting additional protection from proliferating cancer cells due to excess estrogen.

"Sulphoraphane glucosinolate (SGS) plays a role in boosting the body's natural Phase 2 enzyme antioxidant defense systems and functions as a powerful indirect antioxidant detoxifying carcinogen before they can damage cells."

Pure Natural Essential oil of grapefruit used for fragrance and as a preservative.

Health challenges and benefits of natural progesterone

Endometriosis, hysterectomy, uterine fibroids, breast fibroids, breast and uterine cancer. Women who have had surgery for the removal of ovaries, uterus or inflamed tissue can benefit from the use of natural progesterone. Often, such conditions are caused by an estrogen dominance or lack of natural progesterone production. Natural progesterone cream has been effective to protect the body from estrogen dominance and promotes protection against proliferating cancer cells. (For additional information, please refer to specific chapters in the books cited at the end as resources for this report.)



Prostate problems. Men with prostate problems, breast enlargement, osteoporosis can use natural progesterone like women do. They would use half the amount of cream than women do. Application is directly onto the testes, between thighs, abdomen as well as face, palms of hands and soles of feet. Rotate where you apply the cream every 3 – 4 days and stop usage for several days every month at the same time.

Osteoporosis. Osteoporosis has been successfully addressed with natural progesterone resulting in an increase between 7 – 12% in bone density during a three-year period of regular use, where an average bone loss of 4.5% per year was expected. Such treatment was accompanied by a healthy diet, weight bearing exercise, and supplements.

Estrogen retards osteoclast-mediated bone resorption. Excess estrogen slows down the osteoclast cells, responsible for the natural breakdown (resorption) of bone. Under healthy circumstances, the osteoclast cells scour bone to remove old cells thereby creating tiny holes.

Natural progesterone stimulates osteoblast-mediated new bone formation. To prevent bone density loss and to rebuild bone, natural progesterone cream has shown to affect the osteoblast - the function by which bone grows new healthy cells positively and effectively. Natural progesterone promotes the osteoblast, cells responsible to fill in the tiny holes, to create healthy new bone tissue.

This is vitally important to everyone with this condition, who can expect no help from any of the drugs currently offered. Using natural progesterone cream is safe and has no side effects for women who use the cream as suggested. This is also true for men who have bone density loss. Men would use half the amount of progesterone women use. (See Life's Harmony brochure for more details.)

Excess Estrogens, Xenoestrogens – where do they come from?



All petro-chemically derived products contribute to **xenoestrogens**. Xenoestrogens mimic estrogen in the body and are also known as **endocrine disruptors**, which mean they alter the normal function of hormones.

The natural lock and key system that allows specific substances to enter specific cells is mimicked by xenoestrogens and allows them free access to our receptors. This in turn compromises our immune system by reducing T-cell activity. It appears that

organochlorines are the worst offenders as tiny amounts create huge problems. They lead to an increase in reproductive cancer and have been found to inhibit the development of masculine traits in rat embryos. These findings are in keeping with results of studies performed over the last 30 years where male populations, along with the human population, are directly affected. There are more and more people whose hormone systems are off, who experience thyroid dysfunction, and who have trouble conceiving, where one or both partners are not reproductively able.

Xenoestrogens are present in many things including DDT and other pesticides, herbicides, plastic wraps around food, clothing, and plastics on sofas and in sleep wear. Solvents, glues, detergent breakdown products, many cosmetic ingredients, petroleum jelly, gasoline and diesel fuels, and their exhaust, PCBs, dioxin (bleach), formaldehyde and alcohols.

Such industrial practices continue unabated and will create an even greater hazard to human health in the next 25 years as damage only becomes obvious after 20 years of continued exposure. Agricultural practices and the mass management of livestock continue to use growth hormones and other substances that fall into the above category. This system of food production has created an overload of estrogens in our bodies.

Xenoestrogens, as described, act in all our bodies like female hormones. They mimic estrogen cells which contribute to the rampant increase in breast cancer as they proliferate freely, specifically in soft

breast tissue. Xenoestrogens are responsible for a decrease in fertility in men and women as well as in wildlife. Between 1940 and 1999, infertility increased from 10 – 25%. Decline in sperm density and a semen value decrease by 50% in the same years is due to xenoestrogens.

The use of natural progesterone cream has been shown to balance foreign estrogens and to bring our bodies into harmony. This is one of several paths, and when combined with a healthy, organic diet, clean water and trace minerals, will promote protection from environmental stress.

It is important to note that Life's Harmony was designed to allow for a slightly higher application of natural progesterone in view of such circumstances. We have added 600 mg per ounce, rather than the 500 mg, which was the standard 20 years ago with the intent of bolstering the body's natural balance. Please keep in mind that no progesterone cream, however carefully formulated, is single handedly able to counter these effects.

How does progesterone get into the blood stream?

Estrogen and progesterone share the same receptors. We have estrogen receptors all over the body in the fatty tissue under the skin. Since our bodies continue to produce estrogen but not progesterone, and receptor sites do not differentiate between natural and xenoestrogens, many receptor sites are full, having allowed the xenoestrogens entrance. *Applying Life's Harmony progesterone cream can be an easy and highly effective way to balance the hormones at the receptor site.*

When progesterone takes its place on the sites, excess estrogen is returned to the blood stream, which may be responsible for additional menopausal symptoms. Dr. Lee suggests that such removal and balancing may take 1 – 3 months. For women thought to be estrogen dominant, Life's Harmony can be helpful in removing excess estrogen from the receptor sites and supplanting them with the balancing and beneficial progesterone. Dr. Lee notes, "In pre-menopausal women who have been progesterone deficient for years, it's common that the initial application of progesterone may cause water retention, headaches and swollen breasts – symptoms of estrogen dominance. This happens because the estrogen receptors shut down by progesterone deficiency are 'waking up'. It's important to remember that these symptoms will disappear in as little as two weeks but could take two to three months." A similar effect happens to menopausal women with hot flashes and night sweats.



Testimonials for Life's Harmony Balancing & Moisturizing Cream

Judy M. "Before I began using Life's Harmony, I was experiencing a receding hairline at the temples or part and it was at an alarming pace. I had gotten to the point that I was having to pull a strand over that area to cover the skin where I part my hair. Since I've been using the cream, I seem to have new hair growth in that area, about 1/2 inch long. Just so you know, I have NOT been applying the cream to my head. LOL. It just seems to be a benefit of the hormones coming more into balance.

When I began to use Life's Harmony "correctly", skipping a week and then going back on it, the first night I was back on it I slept better than I had in years. It was so unusual that I didn't get up at night, even to go to the bathroom one time! I really do believe that to combine the X2O minerals and Life's Harmony to be the perfect products for women with PMS, going through pre-menopause, menopause, and those who are post-menopausal."

Marilyn H. "The Life's Harmony cream has virtually eliminated the uncomfortable Menopause symptoms. I have had a moustache all my adult life. It is GONE!!! It is completely GONE....I am SO HAPPY!

Rena gave a testimony on how it helped her spider veins, so I started applying it that night to mine. There are 2 that are gone and ALL of them are shrinking and becoming lighter along the way. I am thankful."

Henriette A. "I noticed a beneficial change in my sleeping pattern within a few days of using the cream. During the day I felt calmer. I love how this cream moisturizes my skin, makes it feel soft and smooth. My mother had osteoporosis, and I will keep using Life's Harmony for the rest of my life, as compelling research has proved that natural progesterone is highly effective against Bone Loss."

Lynn P. "Something different happened, since using the cream. Softer skin of the ENTIRE body, no premenstrual signs, (such as tender breasts, cramping, etc), easy blood flow (no blood clotting), healthy looking blood. Now this is very unusual and an extremely nice change. Thanks for including me in your test. I love it."

Rena B. "A few months ago, I fell and bruised myself very badly and I remembered that the progesterone cream would help with pain. So I applied it to the bruises on my legs and arm and not only did the pain go away, but within a few days there was no bruising at all. None!

Then very recently, I broke my wrist. It was a pretty bad break and needed surgery and a metal plate. When I came back from the hospital, I applied Life's Harmony again and found that it helped with the pain a lot. I used it every day on the whole arm and I also drank lots of X2O water to speed up the healing.

When it was time to see my doctor again, he was amazed at how well I healed and how completely my bones had knitted back together. He said that he'd never seen a woman of 'my age' have such incredible results and that my body acted like that of a woman in her 20's. I feel really happy about

having such great products to support me at all times in my life."

Sources used for this report

John R. Lee, M.D.

- Natural Progesterone
- What your Doctor may Not Tell you About Premenopause
- What Your Doctor may Not Tell you About Breast Cancer

Betty Kamen, Ph.D.

- Hormone Replacement Therapy Yes or No?

Theo Colborn, et al.

Our Stolen Future

John's Hopkins University research as reported by Nutra Ingredients USA 7.15.2004



Born and raised in Switzerland by health conscious parents, Dr. Henriette Alban, ND grew up using natural ways to achieve and maintain well-being. Building on this foundation from her youth, Henriette moved to New York City where she studied and received certifications in Shiatsu and Swedish massage therapy, as well as digestive and colon health therapies. She also became a researcher in vitamins, nutrition and hormone health – all of which was very helpful after she gave birth to a beautiful son whose allergies led to life-threatening asthma. While watching the ineffectiveness of the medical system in healing her son, she intensified her studies of the holistic field to avert the awful effects of asthma. Founding a group for parents of asthmatic children in NYC, she brought in experts in the field and offered much needed nutritional advice to parents who were challenged by how to take care of their asthmatic children.

Combining her 20 years of studies, Henriette Alban pursued and was awarded a Diploma of Doctor of Naturopathy from the Trinity School of Natural Health in 1997. The same year she opened her private practice in Maryland, with the intent of helping people in the community to eat better and learn how to heal themselves and their families. Almost immediately she began holding classes, lectures, and workshops. Thus, she brought to reality her desire to be a beneficial presence in the world. Henriette, now in Reading, PA opened her practice Living in Balance in 2004.

As part of Xooma's Advisory Board, Dr. Alban brings years of experience and a variety of modalities to support her work in helping others create positive changes in their health and their lives. This is coupled by a strong sense of quality and integrity in formulations and a desire to assist Xooma in making products as pure and effective as possible.

Note: The statements in this publication have not been evaluated by the Food and Drug Administration and are not intended to replace the services of a qualified health professional, nor are they intended to prevent, cure or treat any illness or disease.