

# Solutions to the Hormone Controversy

*...simple steps for balancing your weight, mood, and health!*

## **Hormones 101**

There are three major hormones: estrogen, progesterone and cortisol. It is important that you understand their interactions as we do, since this is the basis of our natural therapies.

**Estrogen** is a female sex hormone that we will say, for our intent here, is the bad guy when it comes to weight, mood and risk for disease. Estrogen causes you to hold on to fat and fluid and is also associated with certain neuro-chemicals (like serotonin) that will cause you to feel more anxious and eventually depressed.

**Progesterone**, the other major sex hormone in women that opposes estrogen, is considered the good guy when it comes to weight, mood and overall health. Progesterone is associated with GABA, which is a neuro-chemical that is very soothing, relaxing and aids in sleep. It is also a fat burner and diuretic, which helps to control weight and blood pressure.

**Cortisol** is the stress hormone produced by the adrenal gland when we are under chronic stress; it is needed to buffer the body from stress and keeps us alive.

When these hormones are in balance and each plays their role as directed, the body functions properly. However, due to us all being under chronic stress in our crazy modern society, the body needs higher output of the stress hormone cortisol to buffer us from this stress. The body, then over time, runs out of the reserves to make the constantly needed cortisol. This results in the need to steal from our valuable progesterone stores. It does so because progesterone is molecularly very close to cortisol and is easily converted into cortisol in a time of need.

The result is **too much estrogen in relation to progesterone**, which leaves us with varying PMS and menopausal symptoms and is called estrogen dominance.

All of the PMS and menopausal symptoms listed below as well as basic hypothyroidism, weight gain, female-related cancers and also rapid aging can be connected to this stress and basic hormone imbalance of estrogen dominance. The degree to which you are imbalanced will determine the actual severity of your symptoms. Mild imbalances may be acne, PMS, or mood swings. More serious imbalances may lead to full blown depression/anxiety, heavy or missed periods and the most severe imbalance can manifest in endometriosis, fibroids or eventually female-related cancers (if other factors are involved of course). It seems from my experience, weight and mood are almost always adversely affected with any hormonal imbalance.

If you want to avoid dealing with risky synthetic Hormone Replacement Therapy (HRT) or the use of the birth control pill (BCP) to alleviate your symptoms, we can help. Natural ways are available for you to eradicate your hormonal symptoms that come around your cycle or at menopause that are quick, effective and without dangerous effects.

Hormones can be balanced through the gentle and safe method of increasing progesterone levels so they become balanced with estrogen levels. The balance between estrogen and progesterone will diminish or eliminate PMS and menopausal symptoms (listed above) while making you feel better, allowing more efficient weight loss and slow aging that comes with hormone depletion. Female-related cancers have been linked with high estrogen levels and low progesterone levels so balance is the key to preventing these conditions as well.

This natural balance can be accomplished with a safe natural cream that uses natural USP\* progesterone, we suggest our **Pro Plus** progesterone cream to be used daily until symptoms are under control.

*\*government standardized per ounce*

There are ingredients in our **Pro Plus** progesterone cream that support the entire endocrine system such as DHEA and pregnenolone. These are master hormones that can be used as building blocks to make other sex hormones like estrogen and testosterone, if and when needed by the body (for some older postmenopausal woman). This is a much safer way to rebuild these hormones if needed rather than giving estrogen and testosterone directly to the body and forcing it to use them. Prescriptions are often needed to get estrogen and testosterone for this reason and then you need to be strictly monitored by your doctor while on these hormones.

We also suggest the **Soothe Stress** adrenal support cream to support the adrenal gland and aid the body in handling stress. This cream will allow the **Pro Plus** to work more efficiently by giving the body simple building blocks to make cortisol so that it does not have to steal your good hormone, progesterone, to make the cortisol in times of stress. This is important because if your progesterone is constantly being converted to make cortisol in times of stress, your reserves can never build up and you will not get the benefit of hormonal balance between estrogen and progesterone. Remember, this balance between estrogen and progesterone is needed to rid your body of the PMS and menopause symptoms you may suffer with.

We use a truly **trans-dermal delivery system** with our natural cream. This means they get right into the blood stream and then clear out in 18-24 hours, similarly to water-soluble vitamins B and C. Examples of trans-dermal delivery systems on the market now are the *Nicoderm* patch as well as various synthetic estrogen patches. The big advantage of this delivery system is that it by-passes the liver and digestive system for better delivery, and in the case of drugs – less stress on the liver. With natural creams that utilize a truly trans-dermal delivery system, no buildup can occur so you cannot overuse the creams and cause damage. Natural solutions do not have to be monitored by testing as there are no real side effects to speak of, unlike with synthetic hormones (HRT), the birth control pill (BCP) or other prescription drugs.

If you have tried bio-identical hormones in the past or had bought progesterone cream at the store and did not get results, we encourage you to try our combination of **Soothe Stress** with **Pro Plus**. The difference is the delivery system, additional endocrine support ingredients, and the adrenal support that other companies do not have. If you have previously used synthetic hormones and you feel that these are not safe to use long-term, consider switching over to our creams. You will soon see that relief of your symptoms can come without the use of the more risky hormones – estrogen and testosterone.

Of course, a TRUE test of a good fit is when your symptoms are relieved, which happens pretty quickly with our creams (*sometimes in less than a week you feel relief*). Then you know you are balanced!!!

For a full video on hormone balancing and our hormone creams please go to our website

**www.becominghcm.com** and go to the “**Hormone Imbalance**” tab. This will direct you to the video “**How Imbalanced Hormones Affect a Woman’s Weight, Mood & Health**”.

Our natural hormone balancing creams, **Soothe Stress** and **Pro Plus** are available at our online store under the “**Online Programs/Products**” tab.

## **Weight Gain/Inability to Lose Weight with Age**

Are you frustrated that your favorite diet or workout does not seem to work anymore?

Are you spending hours at the gym over-exercising to get results?

Do PMS and menopausal symptoms decrease your motivation?

Do you feel like you just need to settle for the weight you are now?

Correct your metabolism once and for all by finding the core issue that causes the weight gain - **hormones!** Reset your metabolism naturally and correct other subclinical reasons why you cannot lose weight – like hormones, digestion, food sensitivities and emotional stress.

**You will lose your weight fast AND keep it off this time!**

Try our **Becoming...Hormonal Metabolic Correction (HMC) program:**

**Becoming...HMC** is a corrective protocol used for a short time that gets to the **root cause** of a slow metabolism and the tendency towards easily gaining weight as we age. By addressing the hypothalamus and hormonal issues, the body is put back into balance and the weight can easily come off and stay off. Through this process, the body is triggered to live off of its own extra body fat. We safely see results of an average of 20 pounds per month for our female clients and 30 pounds per month for our male clients. During this time, hormones will balance as well, so most PMS and menopausal symptoms dissipate. No matter what your sub-clinical issues are or what you have tried before, this program can work for you.

If you need to lose weight AND balance your hormones, begin the **Becoming...HMC** program before using the natural hormone balancing creams mentioned above. The natural hormone balancing creams can then be used to maintain your weight upon completion of the program.

#### **Special advantages of this program:**

- You will lose only **abnormal fat (not muscle)** and it will be fast (from ½ to 1.5 lbs per day)
- There is little to no hunger or cravings on this plan making it easy to stick with
- You will have a steady stream of energy since there are no highs or low in blood sugar
- High blood pressure, high cholesterol, gout, and arthritis will seem to diminish or go away totally
- Your mood improves dramatically as well as improvements with depression/anxiety
- Your sleep will deepen, resulting in more energy in the morning
- Research from Fox Chase Cancer Center shows that hCG has a protective effect on breast cancers.

If you are interested in learning the science behind this fascinating program, please go to our website **[www.becominghcm.com](http://www.becominghcm.com)** and select the **“Weight Loss”** tab to direct you to the video, ***How the Hormonal Metabolic Correction Program Works***. If you are already familiar with hCG (explained in detail in the video) we use it as a PART of our program but it is unlike any other program you would have seen. Read below if you want to know how we, as hormone experts, use hCG in a unique way to kick-start your weight loss but then also ensure we help maintain your weight afterwards!

#### **What sets the **Becoming...Hormonal Metabolic Correction** program apart?**

We have taken the European doctor’s (Dr. Simeons) protocol and made it American. We have geared it to aid all women, especially those women in the menopausal years, who are stuck and cannot lose weight or who are losing it slowly. We know that hCG will cause rapid weight loss but it most likely will not allow you to sustain the weight loss if hormones become imbalanced again after completion of the program, or if other food sensitivities or digestive issues are still not resolved. We will handle all of those issues for you, so you lose fast, safe and **KEEP** it off forever because you found the root cause of those issues.

- 1) **We educate you on hormones first** - We help you understand the relationship between hCG, progesterone and cortisol. We explain how creating hormonal balance will help with your PMS and menopausal symptoms.

- 2) **We use hCG as a part of our overall homeopathic blend that supports the *entire endocrine system*.** Our Metabolic Correction blend is made in an FDA-approved lab for homeopathic medicine production. We also have statistics to show that the homeopathic blend works as well, if not better, than the real hCG. Homeopathic hCG burns body fat in the weight loss process, it does NOT burn muscle or cause you to lose water; as claimed by those who do not like hCG or do not agree with using it in a homeopathic form.
- 3) **We look for *digestive imbalances*** with a simple saliva yeast test. If you do not rid the body of excess Candida yeast and build up friendly digestive bacteria, then after the program you will have strong cravings as you begin to eat starches again which will cause excess bloating and eventual weight gain.
- 4) **We teach you how to find *food sensitivities***—mainly dairy and wheat—when you get into the maintenance and lifestyle phases of the protocol. We can also give you a test for any food to see if you are sensitive to it. This is essential because if you do not know what foods you are sensitive to, the resulting digestive disturbances will eventually cause weight gain.
- 5) **We also assist you on certain *detoxification aspects of cleaning the liver*** and even use a liver aid during the weight loss phase.
- 6) **We also know that *mental and emotional stress*** builds throughout the day and over the years contributes to bad habits such as overeating and inactivity. We offer a short 25 minute relaxation CD that uses *sound wave* therapy that literally relaxes brainwave patterns. This is a form of compressed relaxation, and when done daily, it will help open the liver, which will allow for faster weight loss, because it will be able to process toxins more easily.

So if you are struggling to lose weight, have tried everything with no success, or just want fast results that hCG can provide, work with us for the fast, safe results that will **LAST!** For more details and a full video on our **Becoming...HMC** program please go to our website [www.becominghmc.com](http://www.becominghmc.com). Our full, simple to use program is available at our online store, under the “**Online Programs/Products**” tab, in three different packages.

*Or call us at the number below to set up a free weight loss consultation.*

**The Rejuvenation Center**  
**(717) 569-3040**