

WILD YAM CRÈME

With Aloe Vera, Vitamin E, Pycnogenol Antioxidant
and Natural Progesterone

A Natural Solution

An Alternative Hormone Replacement Therapy

During a normal menstrual cycle estrogen prepares the ovaries for ovulation and causes the buildup of the endometrial lining and uterus. Estrogen also triggers the storage of fat, water, sodium, fiber and other nutrients necessary to prepare the body to sustain another life.

Estrogen levels are higher than progesterone during the first half of a woman's menstrual cycle, during the second half of the menstrual cycle progesterone levels should be higher than estrogen.

When estrogen and progesterone are not in their natural optimal relationship the imbalance can affect a woman in any season of her life. No matter is a woman is in her cycling years, experiencing menopause or is into post-menopausal years; the optimal balance of estrogen and progesterone is essential to her well-being.

Questions & Answers

How often should wild yam crème be used?

Use the crème twice daily. Most women prefer to use the crème after bathing in the morning, and then again at bedtime.

How much wild yam crème should be used?

An application of one-fourth TEASPOON is all that is needed. Our two-ounce jar should last at least four weeks.

Can more wild yam crème be used?

The ingredients in the crème are absorbed by fat cells in your body. Hormones are VERY powerful; a little goes a long way. Your fat cells typically reach overloads quickly. If you apply more than a one-

fourth teaspoon, your body probably will not be able to absorb it. However, the crème is good for your skin.

Can I put my hand directly into the jar of wild yam crème?

Yes, if you wash your hands first. If you are worried about bacteria growing in the jar, use a measuring spoon to scoop out the crème instead.

Can wild yam crème be used all month?

If you are male, the crème can be used daily.

If you are female, **absolutely not**. Menstruating women should start using the crème twice daily on day eight of their menstrual cycle (the day you begin your period \s day one).

Discontinue using the crème at the onset of your period, then resume using the crème on day eight.

Women who have had hysterectomies or have already gone through menopause use the crème three weeks each month. These women should start the crème on the eighth day of the month and take it daily until the end of the month. Once a new month has begun, use should be interrupted until the eighth day of the new month and so on.

Where is wild yam crème placed?

Your body absorbs the crème best when used on soft skin. For example, your hands and feet are too rough.

Users get the best results if they rotate where they place the crème. Research has shown the body can only absorb the ingredients in the wild yam crème once every fourth day. **It is very important to follow the four-day rotation period for best results.**

Here is a suggested rotation, but you can certainly devise a system that works best for you.

Day One	AM: Neck	Bedtime: Upper chest
Day Two	AM: Breasts	Bedtime: Torso
Day Three	AM: Stomach	Bedtime: Inner thighs
Day Four	AM: Buttocks	Bedtime: Inside elbows
Day Five	AM: Back knees	Bedtime: Inside arms
Day Six	AM Begin the rotation again	

Both men and women, using a four-day rotation period, can use the crème on genitals.

Can wild yam crème cause breast enlargement?

While there have been many documented cases of women who have increased one cup size using the crème, there are no guarantees. **Do not use the crème on your breasts every day. Once every fourth day is the maximum usage.**

Can wild yam crème be used without breast enlargement?

The use of the crème does not require it to be used on the breasts to achieve maximum effect. Simply skip the breasts in your four-day rotation.

Can wild yam crème affect pregnancy?

Progesterone can inhibit fertility. Begin the use of crème on day fifteen of your menstrual cycle (this is the day after you ovulate, and when it is biologically impossible to conceive). Discontinue using the crème when you start your period; then start use again on day fifteen.

What if I get pregnant while using natural progesterone?

Natural progesterone has proven to be helpful to pregnancies. In fact, it is one of the major factors responsible for the continuation of pregnancy. This is the reason it was named progesterone, “for-gestation.” If your ovaries are deficient in their production of progesterone, natural progesterone supplementation after ovulation is

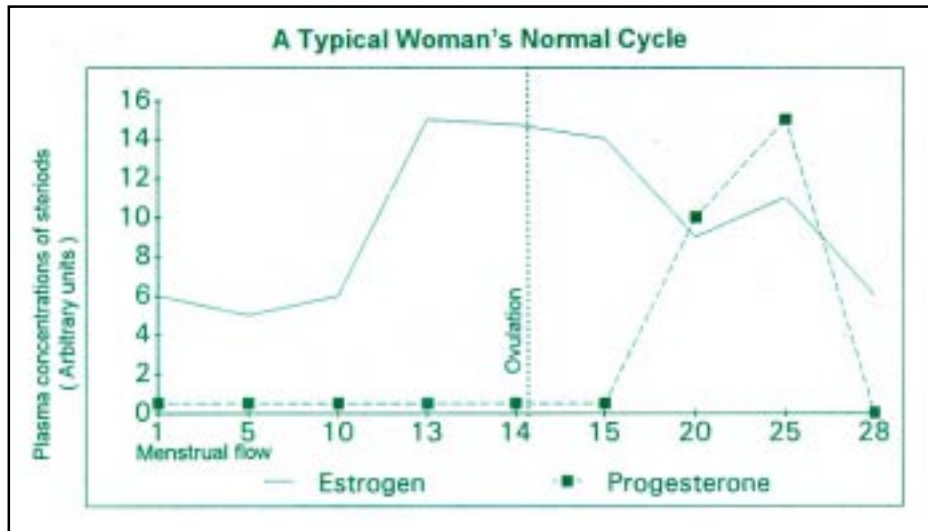
recommended until the placenta takes over and reaches sufficient production levels, which occurs in approximately three months.

Is wild yam crème a good form of birth control?

Progesterone is a natural form of birth control; however, we recommend you use another form of birth control, using the crème as a back up measure.

Can wild yam crème be used while nursing?

The crème will help your body return to normal hormonal levels. When using the crème on your breasts, use it right after nursing your baby.



Can wild yam crème relieve menstrual cramps?

Apply one-eighth of a teaspoon of the crème to the abdomen every thirty minutes until the pain subsides. The crème may be used for pain relief during days one through eight and is one exception to the rule that you do not use the crème during your period.

Can wild yam crème relieve muscular soreness?

Apply one-eighth teaspoon of the crème to the aching area every thirty minutes until the pain subsides.

Can wild yam crème relieve headaches?

Both men and women have reported that the crème is effective in alleviating headache pain, including migraines. Apply one-eighth teaspoon of crème to the back of the neck and temples every thirty minutes until you get relief. Apply the crème to the forehead for frontal headaches.

Can wild yam crème relieve hot flashes?

Hot flashes are caused when there is too much estrogen in relation to progesterone. Raising the progesterone level corrects the estrogen-progesterone ratio. Application of the crème should alleviate the discomfort of hot flashes.

Can wild yam crème mitigate mood swings?

Mood swings are caused by an estrogen-progesterone imbalance. Use of the crème will correct the ratio balance and mitigate mood swings.

Can wild yam crème be used while on birth control pills?

The crème will not work as quickly because birth control pills contain copper. Generally, copper is the cause of PMS and menstrual distress.

Can wild yam crème be used during hormone replacement therapy?

The crème may be used during therapy, although many women do so well they eventually choose to discontinue using manufactured hormones, using instead a **natural** solution, **wild yam crème**.

Can wild yam crème be used to stop taking hormones?

It is possible, however, **we do not recommend stopping “cold turkey.”** Hormone replacement therapy should be gradually decreased so that PMS, hot flashes or night sweats do not occur. **Start using wild yam crème immediately as recommended.** We recommend the following time frame to reduce hormone replacement therapy:

Now you can stop taking hormones without experiencing any of the discomforts.

<u>Weeks</u>	<u>Dosage</u>	<u>Skip dosage</u>
1 and 2	1 hormone daily for 5 days	on day six
3 and 4	1 hormone daily for 4 days	on day five
5 and 6	1 hormone daily for 2 days	on day three
7 and 8	1 hormone every other day	End of eighth week stop hormones

Can wild yam crème help prevent osteoporosis?

Cells called osteoblasts manufacture new bone tissue. These cells have special progesterone receptors that trigger them into action. If you lack enough natural progesterone, you can't build enough new bone to prevent osteoporosis. Estrogen stops bone loss. Only progesterone builds **NEW** bone. Estrogen helps fight osteoporosis because it reduces the rate of bone loss by slowing the activities of the osteoclasts, the cells that re-absorb or return calcium phosphate from your bones back into the blood plasma. After menopause, the osteoclasts sometimes work overtime, which is why estrogen replacement therapy helps.

How soon can results be obtained?

Many users experience results during their first menstrual cycle. Most women will enjoy noticeable benefits within sixty days.

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