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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 offered some protection against heart disease, stroke, osteoporosis and breast cancer.

Hormone Replacement Therapy Found Unsafe

However, on July 9, 2002, almost seven years after its launch, the Women’s Health Initiative (WHI) Hormone Program—the Estrogen-plus-Progestin Study, halted the study due to unacceptable health risks. It was found that women taking estrogen plus progestin*, the most commonly prescribed post-menopausal hormone therapy in the United States for women who have a uterus (used by more than six million women each day) face serious health risks.¹

Findings per 10,000 Women (Estrogen+Progestin Study)

7 more heart attacks	8 more strokes
8 more breast cancer	18 more blood clots
5 fewer hip fractures	6 fewer colorectal cancers
Fewer fractures in other bones	

The study’s main conclusions are that the hormone combination studied does not prevent heart disease and the risks...outweigh the benefits.¹ These results surprised the medical community by challenging widespread beliefs about the benefits of estrogen plus progestin.

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

²Meisler, J.G. Toward Optimal Health: The Experts Provide a Current Perspective on Perimenopause. J Womens Health. 12(7):609-615.2003.

³ Menn

⁴Lee, John R. Hopkins, Virginia. What Your Doctor May Not Tell You About Menopause. Warner. New York. 1996.

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.”³

Plant-based Hormones May Offer Safe Relief

Fortunately, over the past few decades, pioneers in women’s health have worked with their patients to discover effective, drug-free options to HRT. While these methods have not been formally tested for long-term efficacy, the abundance of testimonies from women who have successfully used them to manage menopausal symptoms is very encouraging.

The most well known **bioidentical hormones** are natural progesterone from wild yam and phytoestrogens from dietary soy and red clover. These natural hormones have molecular structures almost identical to those made in our own bodies. Thus, phytoestrogens are often able to provide many of the actions of natural estrogens.⁴ In contrast, synthetic hormones or those from another species (e.g. conjugated equine estrogen from horses) “differ in their activity at the receptor level,” according to the late, John R. Lee, M.D., women’s health expert and author.⁵

Certain essential oils have phytoestrogenic activity. For example, sclareol, a constituent of **Clary Sage**, stimulates the body to produce its own estrogen.

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

Young Living Products Trusted by Holistic Physicians

Young Living has long had an impressive line of health products for women. Their effectiveness has earned respect from women's health advisors such as Carolyn DeMarco, M.D. Dr. DeMarco has used Young Living products in her medical practice for everything from 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, Dr. DeMarco Answers Your Questions and Take Charge of Your Body.

Try YL's New Women's Health Trio

Now, Young Living has created three beautiful essential oil blends to soothe, calm and restore a sense of harmony for women.

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 most gentle essential oils: **Myrrh**, **Lavender**, **Frankincense**, **Roman chamomile** and **Helichrysum**. Spray on irritated, itching skin to speed healing. Especially soothing before and after childbirth.



Where did he get those names?

Sclareol is the chemical constituent in Sage which stimulates the body to produce its own estrogen.

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	Preferred Customer/ Wholesale Prices
SclarEssence essential oil blend	#3418 15 ml	\$25.00 22.50
Lady Sclareol essential oil blend	#3376 15 ml	\$33.00 \$30.00
ClaraDerm spray	#3750 2 oz	\$33.00 \$30.00
Subtotal		\$91.00 \$82.50

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Radiant Health News

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