



Benefits of Wild Yam Cream

What are bioidentical hormones?

Bioidentical hormones are hormones made in laboratories to mimic the actual human hormones (ones made by the human body) - mainly, estrogen, progesterone and testosterone. The whole concept here is to help balance the hormones that are either low or out of order in the human body. Bioidentical hormones were developed mainly as a safer alternative to conventional hormone therapy (HT) that comes with many side effects. They are generally sold as over-the-counter creams, lotions, gels, supplements, pills/drugs and injection.

The link between wild yam and progesterone?

"Natural" progesterone is derived from Mexican wild yam (no - not yams or sweet potatoes you see in the market). Wild yam's main compound used is diosgenin - a phytoestrogen (a plant-based estrogen) and it is converted by a laboratory process into progesterone cream. This is because of 2 reasons - wild yam does not contain any progesterone by itself, and human body cannot convert diosgenin into progesterone, thus making it important for laboratories to do the work in presenting progesterone creams to us. Diosgenin was used to make the first birth control pill in 1960s.

Benefits for Women:-

Reduces Perimenopause (less estrogen produced by ovaries) & Menopausal Symptoms - They help in reducing or eliminating hot flashes, vaginal dryness, fatigue, headaches and migraines, night sweats, reducing hair fall, helping with dry skin, better sleep and energy, better mental and emotional well-being.

For Healthy Mensuration & NO PMS! - Progesterone cream can help promote regular cycle, reduce cramps, nausea and vomiting that is associated with periods. This also helps with better, happier mood during the monthly cycles and also in reducing insomnia that can occur for many during periods. This is because progesterone is responsible for keeping PMS away! Yes! If you have enough progesterone in your body, you will have zero menstrual symptoms.

For Trying-to-Conceive (TTC), Healthy Pregnancy & Healthy Baby - For women who are trying to conceive and especially for those who have had miscarriages, progesterone cream has been a God-sent. This is because low progesterone has been linked to miscarriages and inability to deliver a healthy baby. However, you must work with your functional/holistic doctor to determine the right dosage and days to use the progesterone cream - a very important factor as too much progesterone can cause fetal abnormalities.

Inflammation, Rheumatoid Arthritis, Osteoporosis & Pain Issues - Low progesterone levels are one of the factors to loss in bone density, poor strength and poor joint health. Progesterone also helps in lowering inflammation. Applying progesterone cream might be a viable option for you if you suspect you have low progesterone or estrogen dominance.

Weight Loss & Cholesterol - That weight you just can't get rid of on belly or hips or thighs? Yep - that is because of imbalance in progesterone-estrogen ratio in the body. When estrogen is higher and takes over and simultaneously, progesterone is not there to keep estrogen in check, weight gain and inability to lose weight 'no-matter-what' is certain. This is why so many women, despite eating healthy and what-not, still can't lose the weight. Give progesterone cream a try - you might be in for a sweet surprise! Similarly, progesterone balance is also helpful in keeping cholesterol levels in check and healthy.

Estrogen Dominance - Thanks to pollution and heavy use of plastic and unhealthy diets, most of the modern day health issues can be related to estrogen dominance. Estrogen dominance happens when your estrogen is in excess and progesterone is low. Xenoestrogens (xenohormones that imitate estrogen and are found in pesticides sprayed on food & yards, animal products (like meat, dairy, cheese, etc), plastic water bottles/tupperware, cosmetics, laundry detergents, birth control, perfumes, etc) are the main culprit behind excess estrogen in a human body.

Estrogen dominance in women results in painful and heavy periods, hair loss, weight gain and inability to lose weight despite trying "everything," mood swings, dry skin, wrinkles, insomnia, fibroids, endometriosis, ovarian cysts, anxiety, water retention and breast tenderness.

Progesterone is the hormone that keeps estrogen in check and that is why progesterone cream can help both men and women suffering the symptoms of estrogen dominance.

Mental Clarity, Depression, Brain Fog, etc - Progesterone cream/wild yam supplement is known to help with better sleep and mood, better focus, and better clarity.

Benefits for Men:-

Andropause - Progesterone is a precursor to testosterone - the main male sex hormone. With age, as progesterone declines, testosterone declines and estrogen (estradiol) rises, leading to estrogen dominance (ED). Estrogen dominance is also a result of xenoestrogens in our air, water, lifestyle, food and so on as explained above. Low progesterone leads to symptoms like low libido, weight gain, moodiness, hair loss, fatigue, depression, gynecomastia ("man-boobs"), mid-life crisis syndrome, erectile dysfunction, prostate and bladder issues, frequent urination (esp. at night) and loss of mental clarity and good sleep.

Testosterone balance - Again, progesterone is a precursor to testosterone and this is why, men's hormonal support creams always have progesterone/wild yam to enhance the production of testosterone in the body.

Prostate health - If you are concerned about prostate enlargement (benign prostatic hyperplasia - BPH), benign or malignant prostate cancer, bladder health, frequent urination or urgency or pain, painful orgasm or painful urination, impotence, lower back pain or urinary infections, then progesterone cream is your new best friend!

Cancer - Progesterone (and testosterone) inhibit the cancer protective gene p53 whereas estrogen dominance activates the oncogene. This is because progesterone inhibits the enzyme 5-alpha reductase, which in turn inhibits the conversion of testosterone to di-hydro testosterone (DHT). DHT is responsible for male pattern baldness as well as allowing prostate cancer cells to flourish due to estradiol. This is where progesterone cream comes in - it helps prevent prostate cancer and prostate enlargement.

How to use & apply?

Your progesterone cream will come with simple instructions on how to apply. Usually you just take a dollop size and apply on arms, thighs, lower abdomen and so on. Make sure you buy from a quality company and that each pump is standardized.