Natural Balancing Cream

Product Summary
VerVita's Natural Balancing Cream product is a competitive standout among all the progesterone products in today’s healthcare marketplace because of its unique formulation and effectiveness in balancing estrogen and testosterone levels in both men and women. Progesterone has been called a “neutral or balancing hormone” as it is involved in creating or reducing other hormones as needed.

Key Ingredients
In addition to its 400 mg of natural progesterone, Natural Balancing Cream is comprised in part of precursor hormones such as pregnenolone and DHEA. Almond, coconut, and jojoba oils are rich in unsaturated and saturated fatty acids. They, along with Vitamin E assist in progesterone production and reducing excessive amounts of estrogen. Aloe vera is well known for its skin healing properties.

Think About It
Natural hormonal balance and replacement therapy have proven to be therapeutically superior to conventional hormonal drug therapy. This conclusion has been borne out by both preventive (osteoporosis, senility) and protective (cardiovascular disease, stroke, sleep apnea) outcomes, functional improvements (libido, muscle mass, mood, memory), and reduced risks (breast cancer and depression), not to mention the significant reduction of those dreaded hot flashes.

Research and clinical experience have also uncovered a host of important health benefits attributable to the topical application of natural progesterone cream for both men and women. While we typically think of estrogen and progesterone (and testosterone, too) in terms of their defining roles as sex hormones, we tend to overlook or seriously underestimate their widespread impact upon all the other systems of the body. These include the following:
Primary Benefits:

- **Endocrine (Hormone) System** – restoration of the body’s progesterone-to-estrogen ratio
- **Cardiovascular** – Minimizes LDL cholesterol levels and triglycerides
- **Skin** – Alleviate acne that is caused by excessive androgen production.
- **Hair** – Unwanted hair and hair loss due to an imbalance of hormones.
- **Immune System** – Optimal levels of natural progesterone have been shown to assist in the prevention of breast, uterine and endometrial cancers—not to mention prostate cancer in men
- **Musculoskeletal** – natural progesterone supplementation may prevent and possibly reverse osteoporosis by stimulating osteoblast (bone-building) activity.
- **Metabolism** – progesterone may aid the metabolism of adipose (fat) tissue by enhancing energy production.
- **Nervous System** – Innumerable neurological benefits result from natural progesterone therapy. Some of these may include allaying anxiety, reducing irritability, diminishing brain damage in head injury, improving concentration, alleviating some forms of depression including postpartum, helping with migraines, and restoring normal sleep patterns.

Symptoms and Syndromes caused by hormone imbalances:

- **Amenorrhea** – Restoration of the body’s progesterone-to-estrogen ratio
- **Endometriosis** – Reversal of endometrial tissue production
- **Infertility** – Improvement of the potential for pregnancy
- **Menopause** – Alleviation of many legendary discomforts including “hot flashes”
- **Fibrocystic Breast Disease** – Resolution within three or four menstrual cycles
- **Mammary Dysplasia** – Contribution to the prevention of this pre-malignancy
- **Chronic Menorrhagia** – Reduction of excessive or prolonged bleeding
- **Miscarriage** – Prevention of premature shedding of supportive endometrial tissue
- **Ovarian Cysts/Polycystic Ovary Syndrome (PCOS)** – Alleviation of these conditions
- **Pre-Menstrual Syndrome (PMS)** – Opposition to “estrogen dominance”
- **Sexual Desire** – Restoration and maintenance of healthy libido or sex drive
- **Uterine Fibroids** – Opposition to “estrogen dominance” causation
- **Vaginal Atrophy/Vaginitis** – Lubrication and support of vaginal mucous membranes

How to Use

- **Women** - Rub ¼ to ½ tsp of Natural Balancing Cream on the body; typically the breasts, lower abdomen, thighs or throat daily. Rotate areas every 3 weeks to prevent single site saturation.
- **Men** – Rub ⅛ to ¼ tsp of Natural Balancing Cream on abdomen or scrotum daily.
- **Note**: Progesterone therapy for postmenopausal women with acute osteoporosis requires a greater dosage: ½ tsp both morning and evening for the first two ounces of cream, followed by ½ tsp daily thereafter.