



**Dr. Dan Purser, M.D.
Answers
Frequently Asked Questions about
Progescence Plus**

Summer 2010

Hi,
My name is Dan Purser.

I'm an M.D. and I have written several books on wellness and disease prevention issues, including one on progesterone.

My preventive medicine practice is in Lindon, Utah (along with the world's best nurse practitioner – Sandy Knowles, CNP, and the best plastic surgeon in Utah, Kimball Crofts, M.D.

Young Living introduced a new progesterone formula at Young Living's 2010 International Convention this summer – it's called Progessence Plus®. Some of the best minds in medicine helped to formulate this product.

Progessence Plus® is what we call a highly micronized bio-identical (human) progesterone in that that is has a natural Vitamin E base with a set of special essential oils like frankincense, copaiba, and sandalwood. The base of essential oils enhance the absorption through the skin and has wonderfully calming benefit as well.

The response and enthusiasm for this product has been phenomenal. As you can imagine, with this tremendous response we've received thousands of questions.

So this FAQ (frequently asked questions) has been created to help answer as many of those as we can.

Here are just some of the questions we've received:

Is Progessence Plus® safe to take? Yes. It's just that simple. It contains a tiny amount of a biologically identical (to humans) hormone called progesterone that is not only safe, but incredibly beneficial to women. Natural progesterone has no long-term problems associated with it – even at high doses.

Are natural hormones safe to take? Yes, they are very safe to take. Studies have shown that synthetic hormones may have health risks that may exceed the benefits of HRT. A woman's body has trouble assimilating synthetic hormones effectively and the side effects that result are often much worse than the original problems being treated.

Why is there a statement about causing cancer on the package? This is an outdated statement which is required by law, in California. Proposition 65 is placed on anything brought into the state of California that contains hormones. Unfortunately, the law does not differentiate between synthetic and natural hormones.

Young Living has a Progessence cream, which also carries the required Prop 65 statement on the tube. This is because synthetic medroxyprogesterone acetate (which is found in so many products made for women) along with the synthetics in the various birth control pills, have all been shown to cause cancer. Research has proven that natural human progesterone does not.

Here is Young Living's official statement about the Warning on the label:

—There is no cancer causing agents in Progessence Plus®. This statement is due to an outdated California law that actually refers to the cancer known to be caused by the synthetic medroxyprogesterone acetate (MPA as in the drug Provera) which has been shown in a number of studies to cause breast cancer. But MPA is not the human P4 or bio-identical progesterone made from natural yam products that we used in Progessence Plus® – the generic chemical names are just similar. But the law is poorly written and mistakenly refers to any hormone as cancer causing when no naturally occurring human hormone has been associated with any cancer ever (not even estradiol – CEE has but no human 17-beta-estradiol). Human progesterone (even the compounded version like in Progessence Plus®) actually reduces breast and ovarian cancer risk (and reduces a lot of other risks such as CAD, stroke, DVT, etc). This can all be verified by searching on PubMed. If you live in California please lobby for the change of this law. Thank you for the great question. □

Does this mean I won't get cancer now that I'm using Progessence Plus®? No, it can and in some cases, will still happen. We just hope it reduces your risk. But California government still requires the Prop 65 statement on the bottle. Let me be clear – Progessence Plus® and progesterone will not cure you of cancer, nor do I want to give you any idea that it will. Medically & legally, I am ethically bound to say that if you indeed have cancer please follow the instructions of your allopathic (western) physicians (or physicians of your choosing) and have the proper surgeries or therapies. If necessary I would encourage you to visit with Dr. Young at his clinic in Ecuador. I have found that faith can also do marvelous things and I pray for those of you whose lives have been affected by cancer. God bless you.

I take birth control pills (or shots) and wonder why I can't take the Progessence Plus®? If or when you develop blood clots or breast cancer from the synthetics we don't want Progessence Plus® to be associated in any way or on the radar screen of possible causes when your attorney is looking for culprits. Natural progesterone does not cause clots or breast cancer, period.

Research has proven that synthetics are cancer causing and if you are using synthetics, it would be too easy for doctors to point the blame at the natural product. The safe and 100% natural human progesterone reduces your risks of clots, strokes, heart attacks and cools your arteries besides.

I've had breast cancer and my doctor says not to take any hormones – why? Because synthetic hormones have been associated with breast cancer and as all hormones can sometimes be lumped into the same category, this opinion of staying away from hormones has tainted natural hormones as well (There is no data that supports the connection between synthetic and natural hormones).

This is the like the Proposition 65 Statement law required in California where they combine all of the hormones in one category, then they make a broad sweeping and inaccurate statement about them. They are not even remotely similar. However; you should still talk to your doctor and get their approval to use Progessence Plus® if you have any questions about it.

If my doctor says not to take Progessence Plus®, what should I do?

Hopefully, your doctor is trained in preventive medicine, endocrinology, gynecology, or is well versed in natural and modern methods of prevention. Today there is so much information available about hormones that your doctor should be able to provide you with a well researched reason to avoid it. I would suggest you seek a second opinion. But always listen to your doctor FIRST

I've had progesterone receptor (PR+) positive breast cancer; can I take Progessence Plus®? Again, please talk to your personal physician first. If you were my patient, I would say that because of your experience with cancer, that it is even more reason to use a natural progesterone product. Research continues to prove that natural or human progesterone will connect to that progesterone receptor and cause apoptosis (see my book on Progesterone for more details) or —destruction□ of the cell.

Should I take Progessence Plus® while I'm pregnant? No. There is no need because you usually have high levels of progesterone when you are pregnant. Plus, we honestly don't know how the oils will affect your unborn baby. We encourage you not to take any risks with your baby, so please don't use this during pregnancy!

I have endometriosis – will Progessence Plus® be safe for me to take? Progessence Plus® is not only safe but from many studies we know progesterone will probably help your endometriosis maybe even dramatically reduce your symptoms.

I am 18 and have severe PMS – is Progessence Plus® safe to take? Progessence Plus® is not only safe, but we know from lots of studies that progesterone will probably help your PMS. We've found that it usually does help.

I have menstrual migraines -- is Progessence Plus® safe to take? Yes -- research has shown the positive effect natural progesterone has on migraine headaches.

I've had a hysterectomy so why would I take Progessence Plus®? Lack of progesterone can occur whether your ovaries are there or not – and as a woman you need a sufficient amount of progesterone to balance your hormones.

I've had blood clots from birth control pills – is Progessence Plus® safe to take? Synthetic progestins are known to cause clots, while human (natural) progesterone has been shown in a number of studies to not cause clots. I would consult with your physician to be sure, but I believe that you can safely take Progessence Plus® without increasing your risk of more blood clots.

I've had a stroke/heart attack -- is Progessence Plus® safe to take? Synthetic progestins are known to cause strokes or heart attacks (vascular disease), while human (natural) progesterone has been shown in a number of studies to reduce vascular inflammation and heart attacks/strokes. I believe that you are safe to use Progessence Plus®, but I would consult with your doctor if you have any concerns.

I have high blood pressure – is Progessence Plus® safe to take? Natural progesterone has been shown to lower blood pressure in women, so yes.

I have insomnia -- is Progessence Plus® safe to take? Yes, progesterone has been shown to cause somnolence (sleepiness) in women and you could find yourself sleeping deeper when using it.

I have hot flashes/night sweats -- can Progessence Plus® help? Yes, lack of progesterone has been shown to stop these 98% of the time. (You might try the Young Living product, FemiGen, to take care of the other 2% -- it increases estrone.)

I have no libido – will Progessence Plus® make this worse? No, research has shown that using progesterone should improve libido – so go ahead and try some, but warn your honey first!

The bottle of Progessence Plus® is clear -- why? I'm not exactly sure why, I do know that Young Living's product team didn't give me a scientific reason other than to distinguish it from the other line of essential oils.

What is the source of Vitamin E that Progessence Plus® uses? Is it wheat germ? Yes, and we only use natural means to get it.

Can Progessence Plus® be taken with thyroid medications? Absolutely! And they do not cross react.

Can a cancer patient use Progessence Plus®? Yes, always, since your ovaries make natural progesterone. But of course, it is best to consult with your oncologist first.

I have had a breast removed, can I use Progessence Plus®? What if I am currently being treated for breast cancer? Always ask your doctor first before adding anything to your routine, but we, of course, would encourage you to use Progessence Plus® (as long as they approve).

Is Progessence Plus® safe for breast cancer survivors taking tamoxifen? Ask your doctor of course, but yes, we believe so.

What are the implications of using Progessence Plus® on MS patients? The implications are really good—and so I suggest taking more. I know from the literature and our experiences that the top teaching hospitals advise all kind of hormones for their patients (like testosterone) and progesterone because it is thought to be quite beneficial in remyelinating nerves. It's unfortunate that a lot of docs don't read the research or literature, but instead let drug companies influence their opinions on medical issues.

The symptoms for low progesterone seem to be very similar to the symptoms of Lupus. Could this be the hidden cause of Lupus/SLE? Maybe—and it definitely won't hurt to try Progesterone Plus, especially if you have symptoms of low progesterone.

How would you recommend taking this serum? Begin with just a drop on your neck or the hairless part of your arm each night and let your body adjust to the intake of progesterone. You can increase the amount as you feel the need, but I would advise you to start with a small amount and increase it over time. Remember that every woman will react differently to the increased progesterone levels in her body, so be aware that you may have some kind of reaction too. Sometimes women using Progessence Plus® experience an increase in hot flashes and that sometimes indicates an increase in application of Progessence Plus® is needed before they subside.

Can Progessence Plus® be taken orally? No, we don't recommend it and yet, we know some women will do it anyway and we don't think it will hurt them (especially if under the tongue), but still, just don't do it.

How should menopausal women use this serum? Probably daily, I suggest that they rub it on their neck or hairless parts of their forearms.

What do you mean by no cycling? Is the information given at <http://en.wikipedia.org/wiki/File:MenstrualCycle2.png> correct? Could we still use the chart to know if we need to give more support to the Pituitary Gland, Thyroid or Adrenal during days 10 though 14? Sure.

Cycling is a male idea that came about in the 1960's when they developed the birth control pill – the researchers - (all male of course) thought it would be more comfortable for the women if they hemorrhaged once a month so they'd feel more natural. So they created the idea of cycling. It was a bad idea when it was introduced and in my opinion, it still is today. Also, the website really refers to normal women and none of these are normal women who don't desperately need this just to make it through the day.

http://en.wikipedia.org/wiki/Combined_oral_contraceptive_pill

Is there a maximum amount a day that I should use? Follow what the instructions on the bottle say however; I say take as much as you feel that you need. (Remember that your serum progesterone levels can get 400X higher with pregnancy.)

What would cause my headaches and hot flashes to increase? Should I discontinue my use of Progessence Plus®? No, the symptoms are a result of your hormones adjusting and as I sometimes call it, a --fighting back of sorts (we don't know what else to call it but we see it on occasion in our office). In these rare instances, we advise women to step on the gas pedal and increase your dosage because you can beat it!

How many milligrams (mg) of progesterone are in a drop of Progessence Plus®?

Well, Progessence Plus® has less than 15 mg per ml of progesterone (about 14.2 or so – just about the max allowed by the FDA) but the secret is in the quality of the progesterone we used. One milliliter (ml) has about 30 drops total in it and so one drop has about 0.5-1.0 mg of progesterone.

All of this may be technical talk and is meaningless when compared to the quality of this product and absorption properties. There are a number of poor quality progesterone's out there for oral or sublingual use, and thankfully we will never keep company with any of them.

Just try it and see for yourself – everyone is a little different and your results will probably vary. What we do know is that as you are testing this, your body will appreciate your daily applications.

Can Progessence Plus® replace my oral or sublingual progesterone completely?

Possibly but it's according to the quality and amount of the progesterone that you're taking at night. Remember to check with your doctor before changing over. Progessence Plus® is certainly good to take in addition to sublingual or oral progesterone.

What if a person is predisposed to Pituitary Adenoma's could they still use this product? Absolutely. Could it possible exacerbate this problem? No.

I was so excited to try this Progessence Plus® that I put ten drops on at convention (10 drops every hour!) and now I'm dizzy or feel a little wobbly. What's up with that?

Some women are really sensitive to progesterone and I would advise you to be careful to only use Progessence Plus® right before bed and only in small amounts to start off with (such as one drop) – keeping in mind that this is not a cure all and that you may have a number of other medical issues or problems to deal with too and all of these affect your physiology (blood pressure, balance, etc) to a certain extent. Remember that progesterone also tends to lower blood pressure in some women too – this should also be considered.

Why do I get a headache whenever I use Progessence Plus®? This is a little uncommon but it can occur, especially if you have a lot of vascular inflammation – it's kind of a way your blood vessels fight back against the relaxation and reduction in inflammation going on after you apply Progessence Plus®. If you have this symptom then only apply small amounts before bed and build up slowly over a matter of months.

My high cholesterol problem went away (or improved) when I used Progessence Plus® – my doctor is mystified by this – what happened? We know from a number of good studies that in women increasing progesterone often causes a drop in cholesterol levels sometimes returning them back to normal. It's a cool benefit (literally for your arteries)

and is one of the reasons why progesterone has been shown to reduce the risk of stroke and heart attacks in women.

Can I use Progessence Plus® with Depo-Provera? These synthetic hormones cause vascular inflammation and thus blood clots and strokes/heart attacks – human or natural progesterone does not. So when or if you have these side effects we do not want our wonderful Progessence Plus® being associated with these in any way shape or form – that’s all. We’re being protective of our product and don’t want to be colored with the same brush as the synthetics.

Can men use Progessence Plus® for any reason? NO! We get asked this all the time so let me answer it again – HECK NO! It causes a decrease in libido and vascular inflammation (mild) in men – so best to be avoided by men.

How is low thyroid related to menopause? And, will the Progessence Plus® help with both thyroid and hormonal adjusting? Low thyroid is not specifically related to menopause – a lot of women just tend to have it by then. No thyroid improvement or adjusting is necessary with progesterone (appears to be an old wives’ tale) though it helps balance estrogen levels (when you have an estrogen dominance problem).

Progessence Plus® seems to be working on old whiplash injuries! How could this be? Whiplash can cause pituitary damage (which I shared on my Progesterone DVD) which could cause a decline in FSH (Follicle Stimulating Hormone) which would lower progesterone levels. Also, progesterone aids in demyelination repair. It does nothing but help!

I get up every morning and apply my Progessence Plus® and then I feel dizzy all morning – why? Progesterone lowers blood pressure (by relaxing arteries) – this is why, if you have just started using Progessence Plus® and have had years of low progesterone you should not use Progessence Plus® in the morning (start at night until your body gets used to it again).

It also makes some women very sleepy so again another reason to take before bed. After you’re used to it again for a while THAN you can start adding it in the morning.

Can Progessence Plus® make my hair loss worse? Definitely not, (though I guess anything could) and many studies have shown that women who have been deficient in progesterone will typically have more luck re-growing their hair when they use progesterone.

Is Progessence Plus® safe to use with my regular BHRT (Bio-identical Hormone Replacement Therapy)? Absolutely and may help with your regular BHRT (can’t hurt) but ask your doctor before you do this.

Is Progessence Plus® safe to use, with synthetic progesterone (sic – progestins)? Yes but we’d prefer you didn’t because, again, we don’t want Progessence Plus® caught in the blame game when women start having the blood clots, strokes, breast cancer and other side effects that are common from the synthetics.

Can Progessence Plus® replace my oral/sublingual progesterone in my regular BHRT (Bio-identical Hormone Replacement Therapy)? Possibly – in my experience, most of the compounded hormones out there, are not of a very good quality. But if curious, get your doctor to check levels before and after. And make sure they approve this first.

Is Progessence Plus® safe to take with DHEA or Young Living products containing DHEA? Sure, why not? These are not mutually exclusive in any way and both are natural hormones produced in your body so they work together – remember though, do not take DHEA if you have a personal breast cancer risk factor.

Will Progessence Plus® balance my estrogen dominance issue? The natural Progessence in Progessence Plus® should help or may actually do it if it's not too severe an imbalance.

If I have high estrogen levels, how can I lower my levels of estrogen? You don't try to lower estrogen levels in estrogen dominance, but instead you raise your progesterone level to balance it out. Use Progessence Plus® to do this and if you would have any questions, check with your doctor while you are balancing your hormones.

Is Progessence Plus® safe with any cancer? Sure, why not? It's a natural hormone not associated with causation of any cancer (though the lack of progesterone has been associated with a higher risk of a number of cancers). Remember though to talk to your doctor first.

I'm not losing weight on Progessence Plus®, why? Well, there's not a perfect weight loss idea that's guaranteed to work 100% of the time. I wish there was, but it just isn't so. Sorry. Studies have shown that women deficient in progesterone do tend to lose weight in general when you start them back on natural progesterone. So no promises, but that's the best we can say. Also, watch what you eat when you use Progessence Plus® – avoid carbs and eat more protein because progesterone tends to be a little anabolic (muscle building and fat burning) in women.

Is Progessence Plus® safe with prolactinomas and adenomas of the pituitary? Yes, sure, why not? There's no connection between the two at all. If a woman makes progesterone in her ovaries and develops a pituitary tumor or brain tumor, doctors don't start ripping out ovaries usually (hopefully never). So it's safe – but make sure you talk to your doctor first.

I have endometriosis and my doctor wants to do a hysterectomy – in light of this is Progessence Plus® safe to take? Yes. They are taking out the uterus probably because with endometriosis you're bleeding and are miserable. I believe that they're just doing the best they can to try to help. I disagree with encouraging women to have hysterectomies. I personally like to treat endometriosis with lots of progesterone until symptoms resolve, but I'm not your doctor so talk to them first.

I have really high blood pressure that is difficult to treat – is Progessence Plus® safe to take?

I have received hundreds of emails from women saying —WOW - my blood pressure has gone way down□ and that is what the medical studies show as well.

In almost every study I have read, the women taking progesterone have experienced lower blood pressure.

So yes, take it and chances are very good that you will have lower blood pressure sometime soon.

I have heavy menstrual bleeding, is Progessence Plus® safe to take in this situation?

Yes, progesterone has been shown to reduce crazy heavy bleeding – this is why gynecologists use synthetic birth control pills to control this kind of periodic bleeding, so try the natural progesterone instead – safer and equally beneficial results.

I'm 60 years old and still having periods – can I use Progessence Plus®? If you have the need or feel like you need it – sure it's safe and may actually be very beneficial, whether you're 25, 35 or 75.

My daughter has menstrual migraines, should she try cycling Progessence Plus® to see if this assists? Sure, it may help (probably will).

My daughter is 12 and suffers with severe PMS and migraines – how should I use Progessence Plus® with her? When she has any signs or symptoms just try a drop on her neck (over her carotids) – you'll see if it gives her some relief.

My daughter is 11 and complains of stomach aches low down in her abdomen once a month – I think she's almost ready to start her cycles – can I use Progessence Plus® with her? Sure – these are probably early or pre-menarche PMS symptoms – so give her a little to see if she benefits.

I started using Progessence Plus® and started breaking out – why? I thought it was supposed to clear up my skin. Well, usually progesterone does clear up skin dramatically but on occasion, some women break out when using it. In our office practice we advise taking more to see if you can get past all of this and get your skin to clear up – if this does not work just stop the use (better than acne).

My doctor says I have uterine polyps/fibroids/ovarian cysts – can I use Progessence Plus®? Uterine polyps/fibroids/ovarian cysts have all been shown to be caused by low levels of progesterone over long periods of time – so it does not hurt to take Progessence Plus® now.

Does taking Progessence Plus® reduce my own production of progesterone? No, no, no. Never! Topical progesterone does not cause negative feedback loop suppression like birth control pills cause. The serum just adds to your levels.

How do I know I really need Progessence Plus®? You can get levels checked -- 99% of women we checked at the Young Living International Grand Convention of 2010 in Salt Lake City effectively had zero levels (<0.20 ng/ml) of progesterone in their blood – no matter what their age. This was appalling. Plus if you have symptoms of low progesterone (hot flashes, night sweats, migraines, loss of libido, depression, etc) you may benefit.

How does Progessence Plus® compare to oral or sublingual progesterone my doctor gave me? This is a common question we've gotten – they don't really or it's kind of like comparing apples to peanuts – there's no way other than by the way you feel and following blood levels can you tell for sure. Maybe your progesterone you're using is not very well micronized or maybe it's very well micronized and you're running optimized levels – either way there's no way of knowing without blood levels or symptom alleviation.

Does Progessence Plus® help women get pregnant? Anything that increases progesterone levels in pre-menopausal women who have chronically low progesterone levels may benefit attempts to get pregnant. We don't know for sure but our guess it might indeed.

Is Progessence Plus® safe to take with other medications besides BCPs? Always ask your doctor but we'd say yes. It's a just a little low dose topical progesterone in Vitamin E (with a few critical essential oils) so we'd say sure – no problem. But please ask your doctor first.

I started having really bad headaches, which sometimes developed into a migraine headache right after I started using Progessence Plus®, can you please help me understand why? Well, normally in our office with patients starting sublingual progesterone we occasionally (rarely actually) see some develop new headaches. We believe this to be a result of having low progesterone for years and it seems like the opposite reaction you should get – and it is.

We think the blood vessels (arteries) are very reactive and sensitive to any progesterone, so they don't know how to react and are caught between two worlds (one of rich progesterone levels and one of no progesterone) so they spasm a little (or a lot) causing the headache.

We usually advise these patients to use more – push their progesterone levels higher. If this happens to you or anyone using this product, please advise them to do the same and/or have them see a doctor experienced in the use of hormones to obtain larger doses of sublingual or oral progesterone (they may also want to be evaluated for some other more serious cause of their headaches – we'd advise it).

I've started having periods again, and some of them are heavy, since starting Progessence Plus® – why and what should I do? This may be because of a fibroid or polyp. Try taking a little more but if this does not work see a doctor experienced in hormones ASAP or your Ob-GYN to evaluate this. In our practice when we get this we often do find fibroids or polyps (occasionally tumors) more often than not, the woman did not even know she had any.

Resources

If you would like more information about Dr. Dan Purser and his research on the powerful effects of natural progesterone, order his book: **Real Solutions for the Top 7 Female Health Concerns**. In this book, he also suggests several *Young Living* products to improve your health and balance your hormones.

Order this book from www.CrownDiamondTools.com

I hope this helps answers some of your questions. I was on the team that helped formulate this product at Young Living and I know with great confidence that Progessence Plus® will help women of all ages. Thanks to all of the women who submitted these questions and I pray that all of you will enjoy good health.

God Bless,
Dr. Dan Purser, M.D.
Lindon,

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