

GOOD HEALTH

Local doctor develops hormone replacement cream

By LAURIE PUSCAS

Special to The Oakland Press

There has been a great deal of confusion lately concerning hormone replacement therapy, in large part because of a report released in 2002 about a clinical trial called the Women's Health Initiative.

According to mayoclinic.com, the study reported that hormone therapy actually posed more health risks than benefits for women in the clinical trial. It found that women taking the combination of estrogen-progesterin (Prempro) used in the study had an increased risk of developing certain serious conditions. See Table 1.

Shortly after its release, up to two thirds of women taking hormone replacement therapy discontinued its use, often without talking to their doctors.

"Women want solutions that are safe and that work," according to Drs. Nedra Downing and Laura Kovalcik of The Downing Clinic in Clarkston.

"Starting around age 40, women may begin to have symptoms from hormone changes. They often suffer from hot flashes, mood changes, vaginal dryness, depression, bone loss, heavy and irregular periods, tender breasts, fluid retention, fatigue, thickening waistlines, poor sex drive, mental dullness and just not feeling like themselves," Downing said.

In the past, doctors often prescribed Premarin — made of urine from pregnant horses and Provera — a synthetic progesterone substitute, Downing explained.

"Preamarin is many times stronger than human estrogen and is probably one of the worst. Provera doesn't protect the breast the way natural progesterone does," she added.

"There are safer options with bio-identical HRT," Downing said. "Bio-identical hormones made from plants have been safely used since the 1980s. They are identical to those produced by the human body."

Downing, who was a pharmacist before becoming a doctor, recently developed a natural progesterone cream as well as a moisturizing cream with estriol. The creams are commercially made from all-natural premium ingredients by a pharmaceutical manufacturer.

"By age 50, almost all women could benefit from progesterone," said Kovalcik. "Progesterone can be used by itself, but estrogen has to be balanced with progesterone."

The body makes three estro-

Women's Health Initiative study findings

- 41 percent increase in strokes
- 29 percent increase in heart attacks
- Doubling of rates of blood clots
- 22 percent increase of total cardiovascular disease
- 26 percent increase in breast cancer
- 37 percent reduction in cases of colorectal cancer
- One-third reduction of total fractures
- No difference in total mortality (all causes)

Source: the National Institute of Health

On the Web

■ To learn more about The Downing Clinic, visit www.the-downingclinic.com.

■ For more information on the Women's Health Initiative study and report, visit www.nhlbi.nih.gov/health/women/

■ To learn more about hormone replacement therapy, visit www.mayoclinic.com

gens (E1, estrone; E2, estradiol; and E3 estriol) and one progesterone," Downing said. "E1 and E2 are strong hormones and are associated with cancer. E3, the weaker hormone, may prevent cancer."

The yam-derived progesterone cream has aloe vera, shea butter, red clover, liposomes, oils, allantoin and vitamins E and A. The moisturizing lipos-

somal facial cream with estriol includes aloe vera, green tea extract, CoQ10 fat-soluble and water-soluble vitamin C and vitamins A, D and E.

The creams do not have parabens, petroleum products, perfumes or toxic chemicals.

"I'm sure there are other people in the industry using liposomes, but not with estriol," Downing said.

What is a liposome and why is it important?

"A liposome is a tiny little bubble with a very fat-soluble membrane that can penetrate easily through the skin," Downing explained. "That is what makes this cream different from others. It is a vanishing cream that doesn't leave residue on the skin."

Downing stressed the importance of meeting with a doctor to review your health history and to perform hormone testing



Special to The Oakland Press/LAURIE PUSCAS

Dr. Nedra Downing and Dr. Laura Kovalcik of The Downing Clinic in Clarkston with progesterone and moisturizing estriol creams developed by Downing.

prior to beginning any form of HRT. "We do hormone testing to establish a baseline then test again every six months," said Kovalcik. "I think saliva testing is more reliable than blood testing. Blood tests measure free (active) and bound hormones. Saliva only measures the free hormones."

Kovalcik stressed that it is important to look at the whole picture. She said an initial visit usually takes about an hour.

"It is important to look at the person as a whole and to ask questions," she said. "When an individual mentions menopause-type symptoms, there may be other underlying factors. We

test the liver, thyroid and adrenal deficiency to rule out other causes."

HRT is not for everyone. "Women with breast cancer, heart disease or a history of blood clots should not take hormone therapy for relief of menopause symptoms," according to www.mayoclinic.com.

Man believes eating plankton stopped his cancer



Kelly Barrows, a stucco contractor in Nanaimo, BC wants to tell everyone who is suffering from cancer that his colon cancer did a complete positive turnaround in only two weeks after eating Marine Phytoplankton. "I did nothing else to my lifestyle or diet except eat phytoplankton. I know for sure it wasn't anything else," says Barrows.

It all started in May 2006 when I noticed a little bit of blood in my stool. I thought maybe I just lifted something too heavy and that it would go away.

After watching the bleeding get continuously worse my wife finally convinced me to go see the

doctor. I was really disheartened when I saw the picture of the tumor inside my intestine. I felt that I had to prepare myself to die.

When I got home from seeing the tumor, my wife reminded me of a person we know who had kidney cancer and coincidentally received a clean bill of health after using phytoplankton.

I put the word out I was looking for phytoplankton and my brother Paul ended up getting in touch with Nutrition500 and arranged delivery of a bag of phytoplankton powder.

Everyday I mixed a teaspoon into a glass of water and within a week and a half my bleeding, and the pain, went down by 80%. A week after that the bleeding completely stopped and the agonizing pain in my stomach area had completely vanished.

I asked my doctor and some of the nurses about this and they told me they have never in their careers seen bleeding stop from my type of cancer.

The funny thing is that after I told them about eating phytoplankton they just totally dis-

counted it and didn't want to look into it any further.

Regardless of what they say I attribute 100% of my recovery and my new found well being to the marine phytoplankton powder.

I want to encourage everyone who is suffering from cancer to call and try some phytoplankton powder.

I am going to make it my mission to tell cancer sufferers everywhere about this powder because I know for sure my recovery came from eating phytoplankton.

I am strongly recommending that if you have/or know someone who has cancer to contact them today.

Everyone who has cancer has a right to know about phytoplankton. Something that works on cancer should not be held back.

Their number is 1-888-659-2279 You can find their website at: www.GetWELL77.com

Yours truly,

Kelly Barrows

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