

THE OLD-FASHIONED ESTROGEN SHOT

Not too many years ago a monthly estrogen shot was common in every community and given to post-menopausal women either in a doctor's office or taken at home. Women and physicians have become overly afraid of cancer due to estrogen. The fact is that the only estrogen cancer cases were in women who took daily high doses of only certain, synthetic estrogen derivatives. There has not been a single reported case of cancer caused by a monthly injection of bioidentical estrogen.

OBSERVATIONS

An old-fashioned bioidentical estrogen injection given monthly seems to prevent and reduce pain. After menopause the production of estrogen shifts from the ovaries to the adrenal glands. If the adrenal glands have been overly stressed from the constant pain of IPS, estrogen production can be greatly hampered. The addition of supplemental estrogen, along with supporting the adrenal glands can greatly improve the healing of tissues, and pain.

THERAPEUTIC TRIAL

It is our belief that every female with IPS should try a monthly, bioidentical estrogen injection. An alternative is oral bioidentical estrogen to be taken 2 to 3 days a week.

NATURAL HERBAL PRODUCTS

All women, pre-and post-menopausal, who have IPS may benefit from a natural estrogenic herbal extract or blend of herbs. Herbs and plant derived hormonal agents that are very helpful are siberian rhubarb, chaste tree berries, dong quai, black cohosh, red clover, maca, shatavari, and the hormonal precursor DHEA.

Here are some natural estrogen products and sources that are worth a month-long trial from Life Extension. These products have estrogenic compounds: 1) "Menopause 731[®]", contains extracts of the siberian rhubarb plant, and 2) "Estrogen for Women[®]", contains- Dong quai extract, soy, Estro8PN[®] hops extract, and chaste tree extract, etc. [proprietary blend of *Angelica gigas*, *Phlomis umbrosa*, *Cynanchum wilfordii* extracts 5:1.

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