

Hi- I received this message on the 23<sup>rd</sup> April 2009 and after using Naturone the following 2 letters.

My name is R. I am 25 years old. (name withheld for privacy)

I was recently diagnosed with hypothyroidism and I have been on eltroxin for 3months. My thyroid hormone levels have since stabilized but many of my symptoms remain along with a few other ones.

My symptoms include:

exhaustion

mood swings

depression

anxiety

breast swelling and tenderness (with occasional sharp pains) Headaches water retention

weight gain extreme PMS abdominal swelling Excess body hair almost constant

infections lack of concentration memory loss

I am also quite prone to allergies. I get sinus problems from anything like dust, deodorant, cleaning materials to dairy products. Every once in a while my eyes will swell up from something irritating it.

I have been back to my GP in regard to this issue and he is not concerned because my menstruation is normal and he prescribed a magnesium supplement. I already take calcium tablets with added magnesium everyday so I don't think that is the problem. He also added that it might be an emotional problem. IT IS NOT!!

I am very concerned about this issue because I have a very BIG family history of breast cancer. My mom, all three of her sisters and my dad's sister all had breast cancer. My mom was diagnosed when she was 29 and pregnant with me. She died two years later.

It feels like I am losing my mind. This is not me!

How/where can I get proper treatment or at least someone who will ask the right questions?

Please help. My work is suffering tremendously and I constantly feel awful. I also noticed that I feel better around day 15 - 19 of my cycle and then I feel worst directly after around day 20 - 23(my cycle is only 23days long).

I look forward to hearing from you.

Regards

R

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**Sent:** 29 June 2009 10:39 AM

**To:** Ann Miller [ann@hormonehealth.co.za]

**Subject:**

Dear Ann

It has been 27 days since I started using the progesterone cream you recommended. I want to thank you, you have made such a dramatic difference in my life. I am very happy to say that I feel GREAT!!!

My mood has improved tremendously! No more mood swings, no more crying or feeling depressed. I feel like a sane person again.

As for the other symptoms I experienced:

- My cycle was 28days long this past month.
- The pain I had during menstruation is back to normal. (From 3 days of extreme pain to 1 day of relative pain)
- Both my sinus and hair loss has decreased dramatically.
- I don't have a problem with my breasts swelling up anymore however I am also taking evening primrose oil capsules for that, my hands and feet still swell up allot though.
- I haven't had any abdominal swelling.

All in all I really feel great and just having my emotions back under control is amazing! Feels like I can take on anything again.

I do have one question.. Is there any form of birth control that I can use with the cream?

Regards

R

...and later....

**Sent:** 9 Feb 2010 1:39 PM

**To:** Ann Miller [ann@hormonehealth.co.za]

**Subject:**

Dear Ann

I have been meaning to send you message just to thank you again!!

The only problem that I have experienced is due to my own forgetfulness. It has happened that I forget when I am suppose to start using the cream and within two days I feel it. My breasts swell up and they're sore and I get depressed. But after the first day that I do use the cream all that's gone.

Since I started using the cream my cycle hasn't been off by one day! I still feel great!!!

I told you last time that my hands and feet still swell up but I have since discovered that this had nothing to do with my hormones. I am allergic to Sodium Lauren Sulphate as well as Sodium Laureth Sulphate (chemicals used in practically all shampoos, lotions, shower gels etc.). I started using only organic products and now the swelling is gone to. Guess I'm just a little sensitive.

My sister-in-law is also using the cream now and I have no doubt that it will change her life just as it changed mine.

Thank you so much!!

R