

**ANGEL FOOD DISTRIBUTORS
Is Proud to Announce that**

“Guardian Angel” Natural Estrogen Cream

**A Non-prescription Pure Natural Estrogen (Estriol USP) is now available.
Not to be confused with phyto-estrogens.**

Estriol: A safer replacement Estrogen

Excerpts from “What your Doctor may NOT tell you about Breast Cancer” by Dr. John R. Lee M.D.

When you deliver estriol to your body via a cream, it’s delivered in a much steadier fashion than if taken orally, when it’s subject to all the variables of how the digestive system and liver are working from hour to hour...Although estriol does not absorb through the skin as rapidly as estradiol or estrone, studies have shown that topical delivery of estriol is about 20 times more efficient than oral delivery.

The Best SERM Nature Has to Offer

Estriol fits the bill as a very useful “designer estrogen,” or SERM, since it prevents or reduces bone loss, alleviates menopausal symptoms, improves skin texture, prevents vaginal atrophy and urinary tract infections, improves blood lipids, and helps prevent cancers of the breast and uterus.

Estriol has been used in Europe for years instead of Premarin®

Following excerpts are from Health and Healing by Dr. Julian Whitaker.

Estriol’s anti-cancer effect is thought to be due to its anti-estrone characteristics. It apparently blocks the stimulatory effect of Estrone on the breast. Estriol is weaker in that it requires 2 to 4 mg of estriol to equal the effects of 0.6 to 1.25 mg of Premarin®. But that is inconsequential when one considers that the more estriol a woman takes, the less likely she gets breast cancer, which is exactly the opposite of the dosage relationships of commonly used estrogens.

Estriol is giving Multiple Sclerosis patients relief.

Hormone Treatment for Women with MS>

Pat Sullivan doesn’t know from day to day if she’ll be strong enough to perform simple exercises. Ten years ago, she was diagnosed with multiple sclerosis, “I had weakness in my legs. It was hard to walk, I would fall and stumble quite a bit,” she says. Sullivan is in her last trimester of pregnancy. During this time, women carry a hormone that’s been found to make MS better. In the third trimester, the hormone estriol is at high levels. Sullivan says, “I would be happy if my disability would stay exactly where it is right now and not get any worse,” MS strikes when white blood cells escape from blood vessels in the brain and attack nerves. Doctors say estriol stops those cells from escaping. Dr. Voskuhl M.D. says, “if you ask them, they will tell you that they get better during pregnancy. The MS does better.” Dr. Rhonda Voskuhl, a neurologist at UCLA Medical Center, has used the information that she has from many female MS patients to initiate a study on the effect of estriol on Multiple Sclerosis. Dr. Voskuhl gave estriol to mice with MS. They regained strength in their legs and appeared to feel much better. Doctors stress that estriol is not a cure, but just another little piece of the jigsaw puzzle that might arrest the progression.

Estriol is not phyto-estrogens

Natural Estriol USP is made the same way natural progesterone USP is made. Sterol analogues found in many varieties of plants (Mexican Wild Yam) are combined with specific bacteria and the resulting hormone is bio-identical in chemical structure to the hormone produced by the human body.

Premarin®, conjugated equine estrogen, has been the most commonly prescribed estrogen supplement in the United States. Premarin®, Prempro®, Premphase® and Prempac® are synthesized from pregnant mare's urine.

Excerpts from “What Your Doctor May Not Tell You About Menopause” By Dr. John R. Lee, M.D.

If a three-month trial of progesterone plus proper diet and supplements of magnesium and B6 do not relieve hot flashes or vaginal dryness, then low-dose natural estrogen may be helpful. All the available evidence we have so far indicates that estriol is the safest estrogen to use to control menopausal symptoms, and that it may even be protective against breast cancer. If you need to supplement some estrogen, you can use a natural estrogen in a cream.

We can't emphasize strongly enough that no woman, with or without a uterus or ovaries, should ever take estrogen alone. It should *always* be combined with natural progesterone. There are no exceptions to this.

Excerpts from “Estriol, the Forgotten Estrogen?” The Journal of the American Medical Association.

In our country it has been labeled as a weak or ineffective estrogen and difficult if not impossible to obtain. Actually it is not weak if given in adequate doses. A dose of 2 to 4 mg is the equivalent of .6 to 1.25 mg of conjugated estrogen and is just as effective. It has been available in Europe for many years. Importantly, estriol does not lose its unique identity, as does estradiol. It remains estriol. Lemon, reporting on chemically induced rat mammary carcinoma, demonstrated a notable inhibition of mammary carcinogens with estriol therapy compared with therapy using estrone and estradiol. According to an unpublished study by Henry M. Lemon, John F. Foley, and M. Anne Kessinger, 2.5 to 5 mg of estriol, equivalent to a little more than .65 and 1.25 mg of conjugated estrogens were used, with the informed consent of patients, in post-menopausal women with breast carcinoma and metastases. The preliminary investigation was initiated as a trial of the safety and estrogenicity of the hormone in post-menopausal women with breast cancer and not primarily to test its activity as an alternative therapeutic estrogen for breast cancer. Thirty-seven percent receiving this small dosage had remission or arrest of metastatic lesions.

Guardian Angel Natural Estrogen Creme

Active Ingredient: 50 mg Micronized Natural Estriol USP.

Inert Ingredients: Purified water, Lanol (vegetable origin), Sepigel, Essential Omega Oils, Liposome Delivery System, Germaben (FRAGRANCE FREE).

Directions: Apply cream to soft tissue areas. Use 1 – 4 mgs. Start with 1/4 tsp. 3 x per week or as recommended by your health care professional.

1/4 teaspoon contains 1 mg. micronized natural estriol USP.

2 to 4 mgs= .6 to 1.25 conjugated estrogen.

Must use in conjunction with Classic Angel Progesterone USP

(In conjunction means on the same days.)

Not to be used during Pregnancy or Lactation.

Ask for Angel Food Products at your nearest health food store . . . Retailers call our TOLL FREE number, 1-800-200-1158 or

email info@angelfoodsinc.com