Total Pro-Jes
(Homeopathic)
By Dr. John Brimhall

A Homeopathic Synergistic Progesterone Remedy For Female/Male Hormone-related Conditions

**Hormone Balance:** As one of the most important endocrine systems, hormonal production determines much of what keeps our other systems in balance. When hormones are in balance we feel better, we sleep better, we are more productive, and we are less likely to suffer from the consequences of imbalance, which vary from uncomfortableness to disease.

**Indications:** Great for symptoms of amenorrhea, dysmenorrhea, irritability, liver problems, sleep complaints, hot flashes, menopausal hair loss, uterine fibroids, ovarian cysts, PMS, migraines/back ache, irregular cycles, breast pain, fibrocystic breasts, melancholy, tearful outbursts, unexplained weight gain, apathy, low libido, congestive mastitis, psychological and/or physical stress, vaginal dryness, oophorectomy (removal of one or both ovaries), infertility, nervous exhaustion, spasms, etc.

Homeopathy stimulates the natural hormonal balance without the side effects and risks of drugs. Many people have concerns about using HRT (hormone replacement therapy) drugs after menopause, especially in light of research revealing increased risks for certain diseases, especially breast cancer, after taking HRT. In the late 1700's, Samuel Hahnemann (1755-1843), a German physician, coined the term "homeopathy" - a word derived from the Greek words *homoios* (similar) and *pathos* (suffering or disease). Hahnemann, observing that most medical procedures intended to address the body's problems with "opposite effects," developed his "law of similars" - using extremely small amounts of substances to regulate control mechanisms, whereas large amounts might cause symptoms.

Hahnemann described diseases as representing a disturbance in the body's ability to heal itself, and reported that only a small stimulus is needed to begin the healing process. He noted that the smaller the dose, the more powerful the effect-commonly referred to as the "law of infinitesimals"; the body heals by reviving its "vital force." The homeopathic basis of remedies derived from tissue is one of specific organ similarity, which accounts for its energetic force.
**PROGESTERONIUM 6X:** Treats the symptoms associated with low or imbalanced progesterone. Many females (both pre- and post-menopausal) and males alike experience low progesterone levels in relation to estrogen levels, and this creates hormonal imbalance. This imbalance is responsible for the majority of hormonal problems, as a condition called “estrogen dominance” usually exists, and progesterone is the opposing hormone to estrogen.

**PULSATILLA 12C:** Pulsatilla is a well-known homeopathic remedy used historically for female problems, both pre-menstrual and menopausal, especially abnormal menstruation, amenorrhea, nervous exhaustion, spasms, breast pain, melancholy, and infertility. It is a Chinese medicinal herb known for its "blood-cooling" and detoxification effects. There is substantial scientific evidence explaining some of the properties of pulsatilla, ranging from an anti-inflammatory effect in inflammatory bowel disease (Zhongguo Ying Yong Sheng Li Xue Za Zhi. 2011 Feb;27(1):106-9) to being cell-protective and “suppressing neuronal loss” in animal studies (Brain Res. 2011 Jan 12;1368:299-307). The saponins in pulsatilla were described as exerting “potential anticancer activity in treating tumors” in mice (Phytomedicine. 2011 Oct 14). Pulsatilla was also reported to have a strong effect on the recovery of kidney cells damaged from chemo (Environ Toxicol Pharmacol. 2009 Sep;28(2):206-12.)

Pulsatilla has been noted to improve drug-induced impairments in memory (Brain Res. 2007 Dec 12;1184:254-9.) In a clinical trial with 38 thalassemic patients, where pulsatilla was one of three homeopathic remedies studied, there was noted “improvement in general health conditions along with an increased gap between transfusions in most patients” along with the observation that “homeopathic remedies being inexpensive and without any known side-effects seem to have great potential” (Evid Based Complement Alternat Med. 2010 Mar;7(1):129-36.)

A controlled trial in 12 cows demonstrated that a homeopathic treatment with a pulsatilla-containing formula was 100% effective in inducing cycles in anestrus cows and promoting conception (Rajkumar R et al. Effect of a Homeopathic complex on oestrous induction and hormonal profile in anoestrus cows. Homeopathy. 2006 Jun;95(3):131-5.) Pulsatilla reversed 3 years of infertility in a prize bull (Lobreiro J. Homeopathic treatment for infertility in a prize Nelore bull. Homeopathy. 2007 Jan; 96(1): 49-51.) Additionally, a patient with an E. coli bacterial infection showed a very slow response to conventional treatment, but a good response to homeopathic therapy, which included **Pulsatilla** (Teu

**ADRENAL 6C:** The adrenal glands make adrenalin (epinephrine), is associated with our energy and they also make some of our sex hormones; in fact they take over some slack in menopause when the ovaries are not producing as much estrogen or progesterone. The adrenal glands also make cortisol. Stress plays an important role in exhausting the adrenal glands and the ability to produce these regulatory hormones. Adrenal hormones play an essential role in many conditions such as blood sugar regulation, controlling pain and inflammation, asthma, fluid balance, blood pressure, bone health, insomnia, proper body weight, mood and much more.

**CHELIDONIUM 6C:** This homeopathic is particularly well-known for balancing menstrual cycles and helping an inflamed dysfunctional liver; the liver is where some hormones like estrogen are bound for removal and a sluggish liver contributes to hormonal imbalance. Chelidonium provides lung and kidney support as well, and is helpful for nausea and morning sickness.

**DIASCOREA VILLOSA 6C:** Otherwise known as “wild yam”, this ingredient is known as a remedy for female system problems, particularly during menstrual distress and menopause, as well as being used in treating infertility. It is also known as being helpful for painful affections, especially in the abdominal and pelvic/uterine regions. It is a very helpful digestive aid, being very supportive of the liver and endocrine systems. Dioscorea villosa contains steroid-like saponins such as diosgenin which are commercially converted to make progesterone products; even though these saponins are not converted in the body, they still exhibit many healthful properties. Dioscorea villosa is also known as support for headaches, insomnia, migraines, respiratory problems, and rheumatoid arthritis, in fact, it has even been called, “rheumatism root”. It contains many antioxidants that protect sperm and eggs from destruction.
**FOLLINCULINUM 6C:** (ovarian follicle): Folliculinum is widely used for a variety of female symptoms, including pre-menstrual as well as menopausal. It is known for regulating menstrual cycles and alleviating amenorrhea and the pain of dysmenorrheal. Homeopath Julian Winston (Board of Directors of the National Center for Homeopathy in 1982) notes that it is especially helpful for PMS, migraines, weight gain, backache, and congestive mastitis.

**BELLADONNA 6C:** Belladonna has many uses for hormone related problems, including help for menstrual cramps, sleeplessness, excessive sweating, spasms/pain, colic, hemorrhoids, motion or morning sickness, joint pain (rheumatism), headaches, inflammation, labor pain, urinary infections, hemorrhoids, irritated nipples (breast feeding), sciatica, and nerve pain (neuralgia).

**HYPOTHALAMUS 6C:** Despite the sound of its name, this homeopathic is not made from brain but instead refers to the action it has upon the brain. The hypothalamus is an organ that regulates much of our hormonal control. It also helps regulate many aspects of emotional behavior and plays a role in most of the endocrine functions in the body such as regulation of body temperature and body water (weight), and secretion of growth hormones, thyroid hormones and sex hormones. Interactions in the hypothalamus of the dopaminergic systems and estrogens increase sexual drive.

**L-ARGININE 6X:** L-Arginine is a precursor of nitric oxide, which functions to relax blood vessels and allow them to expand, aiding in the treatment of vascular diseases and erectile dysfunction. It also improves circulation to the reproductive organs, addressing infertility. L-Arginine is an essential part of the cell division process and the regulated release of hormones, the functionality of the immune system, and the healing of wounds. L-Arginine is also required for the synthesis of creatine, which is an energy substrate source.

**LILIUM TIGRINUM 12C:** Boericke's Materia Medica notes that lilium tigrinum has a powerful influence over the pelvic organs; it also notes the following specific uses: anxiety, decreased sex drive, lack of focus, short temper, depression, tearfulness, faintness, myopia/impaired vision, headache, dry eyes, urinary tract health, irritable bowel, menopausal symptoms, ovary pain/bloated, hemorrhoids, early/irregular periods, uterine congestion/prolapse, rapid pulse, oppressive feeling, heart/back/spine pain, restless leg, and sleeplessness.

**LIVER 6C:** Liver homeopathic is extremely useful for enhancing the functions of the liver to metabolize hormones. The liver determines whether hormones are inactivated or remain active, and a sluggish liver leads to hormonal imbalance when it is impaired.

**OVARINUM(OOPHORINUM) 6C:** Henry Clarke MD, in A Dictionary of Practical Materia Medica, reports that oophorinum has been used with much success in cases of suffering following removal of the ovaries, and for menopausal symptoms, ovarian cysts, nervousness, eczema, acne rosacea (and other skin disorders of menopause), and weight gain.

**PINEAL 6X:** The pineal gland is known as the “third eye”, regulating our body rhythms and secreting melatonin. Pinal homeopathic offers support for SAD (Seasonal Affected Disorder), sleep disorders, chronic fatigue, fibromyalgia, shift work, mononucleosis and jet-lag.

**PITUITARUM 6X:** Pituitarum provides potenitized nutrients for the pituitary, pineal and hypothalamus function; the pituitary is the master gland where most of the hormone-releasing factors are that travel to respective organs and increase the hormone production from that organ. Pituitarum especially helps with menorrhagia (heavy flow), menopause and dysmenorrhea.

**PLACENTANUM 6X:** Placentanum supports blood flow

**SEPIA 12C:** Sepia is indicated for most conditions linked to menstrual cycles, hormone imbalances, premenstrual stress and acute period pains, menopause, and pre- and post-pregnancy as well as pain during sexual intercourse.

**SULPHUR 12C:** Sulphur homeopathic is good for painful and irregular menstruation, erectile dysfunction, migraine headaches, fever (hot and cold sweats), bedwetting, boils, breastfeeding problems, and cystitis.

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**Suggested Dosage:** Orally- 6 Drops, 4 times per day

**Contraindications:** None

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