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8<sup>th</sup> March, 2021

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Dear Afua, Sophie and Katy,

### **Endometriosis – Some Hope**

I was taken aback to read the story on the BBC web site <https://www.bbc.co.uk/news/uk-scotland-56287913> regarding endometriosis I had a quick look in my John R. Lee M.D. books and came up with the attached from “Menopause” and “Breast Cancer.” The “Menopause” book is quite highly rated on the Amazon UK web site by women. Any book not available on Amazon is available from John R Lee’s website, don’t pay over the odds.

The page 26 attachment is from the “English-NPIS-Handbook-2010.pdf” ... note “this must be done under the supervision of a doctor.” NPIS, Natural Progesterone Information Service, <https://npis.info/> The “English-NPIS-Handbook-2010.pdf” can be downloaded from their home page.

The attachments may be more than you have been told already. I hope they at least give you some hope.

This is from page 3 of Lara’s book Period Repair Manual :-

Lara Briden is a naturopathic doctor with more than twenty years experience in women’s health. She runs a busy hormone clinic in Sydney, Australia where she treats women with PCOS, PMS, endometriosis, and many other period problems.

Follow Lara's Hormone Blog at [www.larabriden.com](http://www.larabriden.com)

Twitter, Instagram, and Facebook: @LaraBriden

At the cost of an “e-mail address” you can download the first two chapters of her book, “Period Repair Manual”. Endometriosis starts on page 239 and the next topic Period Pain on page 251. To me she looks to be a good contact.

<http://npan.com.au/articles.html> **Profile of an Endometriosis Woman**, at bottom of the web page, may be of interest. From [What is Natural Progesterone & How it Could Benefit You](#) "whatisprogesterone.pdf" page 1:-

"The NPAN roots grew as a result of demand from lay women seeking via my advisory line help with alternative information regarding their health and hormonal problems. It also resulted from my own passion and persistence in spreading the news on what I had learned or discovered by accident about natural progesterone in my own search for answers to my own health problems. For years I battled with endometrioses (which was one almighty roller-coaster), even following my hysterectomy and induced menopause at age 40. My story can be read on my website, [www.jennybirdsey.com](http://www.jennybirdsey.com) "

<http://npan.com.au/index.html> Jenny's Book 1 - **Natural Progesterone** the PDF is available for free download. The book is 430 pages, I have just down loaded the book so have not read it as yet.

From page 61 of the PDF :- Kelly, Australia

Main Symptoms: A young sufferer of polycystic ovarian syndrome and endometriosis.

"Since I started my period at the age of 13 I have had severe pain before and during my period. Heavy bleeding due to complex cysts on my right ovary, extreme fatigue and mood swings. After three years of blood tests, ultra sounds, doctors and gyno visits I found no solution.

At this time I was also under extreme stress due to bullying at school and found this made my problem even worse. I heard about NPAN through a friend of mum's. She had great results I had nothing to lose by trying one more avenue.

After spending two hours talking to Jenny Birdsey she pin-pointed my problem. She gave me heaps of information on Endometriosis & PCOS giving me a better understanding. I can call Jenny any time I need advice.

I have been using the progesterone cream for three months and have found the results fantastic! No longer am I getting period pain or heavy bleeding and now my periods are only lasting 3-5 days instead of 2-3 weeks as before. Along with the herbal medicine to boost my immune system the progesterone cream has been a God send for me."

Page 132 Progesterone and Endometriosis

Likewise, in women with Endometriosis, the goal is to increase progesterone levels to that found in women two months pregnant. This level may require that supplemental topical progesterone be in a range of 30 to 50 mg/day from day 8 to day 26 of the menstrual cycle. (See the July '98 issue of the The Late Dr. John Lee Medical Letter, for a more detailed article on the causes and treatment of Endometriosis.) Progesterone dosage is determined largely by response: the right dose is the amount that results in progressive decrease of Endometriosis pain. When pain is largely gone, levels can be decreased gradually over time to doses necessary to maintain the progesterone benefit.

I am reasonably certain that you may need some hormone balancing as a first try the online tests at:-

<https://www.johnleemd.com/hormone-balance-test-symptom-checker.html> or

<https://hormonelab.co.uk/pages/symptom-checklist-for-women> Hormone lab is David Zava's UK operation.

And see what the results are ... my guess is they will suggest you need **natural progesterone**.

**Natural progesterone** is produced at the the rate of 300 – 400 mg per day in the third trimester of pregnancy. It is the **pro gestation** hormone. Progesterone is the natural antidote to the oestrogens and vice-versa.

Getting pregnant to help with endometriosis would only be a temporary fix. In due course endometriosis would likely return. **Natural progesterone** is not a permanent fix, you are likely to be using it for the rest of your life. The “Pill” may no longer be a birth control option. That’s the bad news completed in this letter.

<https://www.zrtlab.com/test-specialties/hormone-balance/> This is David Zava’s US Operation. You may find information of interest.

<http://raypeat.com/articles/> Ray Peat was the person who asked the question during a lecture to doctors why they were not using **progesterone**, the start of John R Lee’s “journey.” For Ray’s background see his home page.

My web site is [www.willim1.com](http://www.willim1.com) I have three John R Lee transcripts and links to other transcripts amongst various other pieces of information. Of particular interest on page [www.willim1.com/09...](http://www.willim1.com/09...) is <http://www.keepsmilin.com/transcriptdrlee.htm> as it provides some “history” to John R Lee. There is a Ray Peat transcript also [www.willim1.com/23...](http://www.willim1.com/23...) . This transcript and the <https://npis.info> site explain why progesterone is NOT cancer causing. It suits “Big Drug” to “defame” progesterone.

I have enclosed my “Stress Diagram” at a guess you may also be suffering from some of the other conditions from Miriam Brazel’s list. Also enclosed is my “Steroid Genesis Diagram” developed from John R Lee’s books and the websites shown on it. **Progesterone** derives from cholesterol, cholesterol > pregnenolone > **progesterone** and then most of the other steroid hormones can be derived from **progesterone**. The diagram shows how the various steroid hormones are related note O or H<sub>2</sub> is the difference between most hormones. The source of these oxygen and hydrogen molecules would be water. Drink enough water so that your pee runs almost clear this may be important in the use of progesterone. Both diagrams are on [www.willim1.com/08.5...](http://www.willim1.com/08.5...) .

Have a browse through [www.willim1.com](http://www.willim1.com) pages 01... - 99... something may catch your eye. Some web site links no longer work as they were from perhaps 16 years ago.

John R Lee MD's web site is <http://www.johnleemd.com> John Lee’s women patients did NOT die of breast cancer and if they had weak bones they grew stronger.

John Lee’s work on **Progesterone** was built upon the work or Dr Katharina Dalton who investigated PMS / PMT during 1950’s ... [http://www.willim1.com/90\\_kdalt.html](http://www.willim1.com/90_kdalt.html) for part of her Obituary. There is more of a time line on my web site. Dr Katharina Dalton’s book Once A Month is available as a PDF online, I have the book.

[https://en.wikipedia.org/wiki/Katharina\\_Dalton](https://en.wikipedia.org/wiki/Katharina_Dalton) **Katharina Dalton** (11 November 1916 – 17 September 2004) was a [British physician](#) and pioneer in the research of [premenstrual stress syndrome](#). She also coined the term for the syndrome.[1]

The doctors on this link maybe able to point you to someone who can assist you <https://www.whatclinic.com/doctors/uk/bioidentical-hormone-therapy>. I would guess they prescribe/advise the use of **Natural Progesterone USP / BP**. NOTE If the label does not state **Progesterone USP** or **Progesterone BP** it is NOT **natural progesterone**. For other doctors that might help see <https://npis.info/consultadoctor.htm>.

You can try your own GP but some are “controlled” by the information supplied by “Big Drug” and do not think “out of the box.” I hope, however unlikely, your’s is one prepared to assist you. Under no circumstances let them fob you off with anything other than **Progesterone BP or Progesterone USP**, if it has any other name it is not **Natural Progesterone** and will NOT help you, most likely it will be of no

benefit whatsoever. Jenny Birdsey has a few pages suggesting how doctors should be approached so that they will supply **progesterone BP** or **USP**, see Book 1 PDF pages **116 – 117:-**

“Suggested guidelines on how you may wish to approach your Doctor:

YOUR REQUEST:

I am here today to seek your assistance and support and respect as my Doctor. I have been researching natural progesterone and bio identical hormone replacement therapy and I would like to try natural progesterone as an option first to see if this can assist me before I consider using synthetic HRT.

I have a history of ... “ and then add your own personal story.

Be very careful if attempting to buy via Amazon as they appear to be clueless nowadays. Last time I looked there was NO **progesterone USP** or **BP** only Black Cohosh, Wild Yam and the like. They are NOT **progesterone** and will do nothing any other placebo could do. Search on the web for “**natural progesterone USP BP**”

[holistichealthtools.com/10-things-kokoro.pdf](http://holistichealthtools.com/10-things-kokoro.pdf) Catherine had the best web site at one time but it has “disappeared.” The PDF gives usage tips.

Try “**natural progesterone** cream for endometriosis” in [www.duckduckgo.com](http://www.duckduckgo.com) or [www.Google.com](http://www.Google.com) and see what the results are.

John R Lee’s Book “Optimal Health Guidelines” cuts through much of the conflicting health advice we a faced with today. The book was based on a college class he taught. It may give a better foundation to build your health thoughts on in due course as you hopefully get better.

Should you have any queries/comments or want this letter as an e-mail to save you typing the links my e-mail is [willim.walker@aim.com](mailto:willim.walker@aim.com). Any correspondence will be treated with strict confidentiality, for my eyes only, which is quite easy being a 68 year old single pensioner.

Some of the foregoing may appear to be book adverts however I am only advising you of my information sources, don’t buy them all at once. Have a browse in Waterstones, your favourite bookshop or try getting a copy at your local library. The thought that I may have helped you is sufficient reward I am only in this to spread knowledge and avoid some of the mistreatment and misinformation given to you ladies.

Mistreatment e.g. the focus by “Big Drug” on breast cancer is how to treat it after happens NOT prevent it happening. John R Lee’s progesterone using patients did NOT get breast cancer and their osteoporosis bones improved. It is that simple. John R Lee was against things such as unnecessary hysterectomies and removal of the ovaries and other nasties.

Misinformation e.g. get pregnant to fix endometriosis or HRT as usually supplied is good for women. Natural Hormone Replacement Therapy, NHRT, is rather better for women but not pursued as “Big Drug” leads doctors towards their money making drugs rather than womens’ health.

The above will come as an information overload. Every time I read the “Menopause” and the other John R Lee books another link clicks into place. Lara Briden’s site was only discovered in the course of writing this letter. I hope something in the foregoing clicks for you and helps you see light at the end of the tunnel. It may be six months but there is a possibility you will get there.

I wish you all the best and regards,

Willim Walker