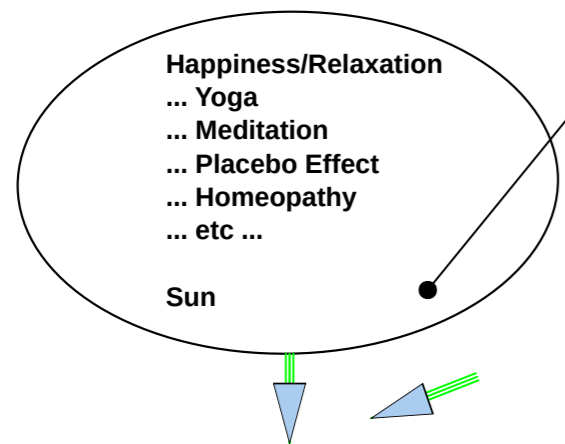


www.willim1.com Transcripts of John Lee's March 1996, December 2002 & June 2003 talks

www.johnleemd.com Full list of John Lee's books etc ...

http://npan.com.au/link.html Currently the best sites for reading suggestions, "faqs" and replies

https://www.larabriden.com



Any action or therapy where the practioner, partner or friend etc. listens to the sufferer and understands the problem is real.

By having someone else actually listen and believe them this alone may help the sufferer relax and so reduce the "amount of stress."

Normal Body Functionality
e.g. Normal Cell Replacement

Hormone Balance

Environmental

- Exposure to pollutants
- pesticides
- chemicals
- drugs
- alcohol
- caffeine
- nicotine

Physical

- Exercise
- Physical labour
- Childbirth

Mental

- anxiety
- worry
- long work hours
- lack of control
- perfectionism
- mental illness

Emotional

- anger
- fear frustration
- grief
- betrayal

Nutritional

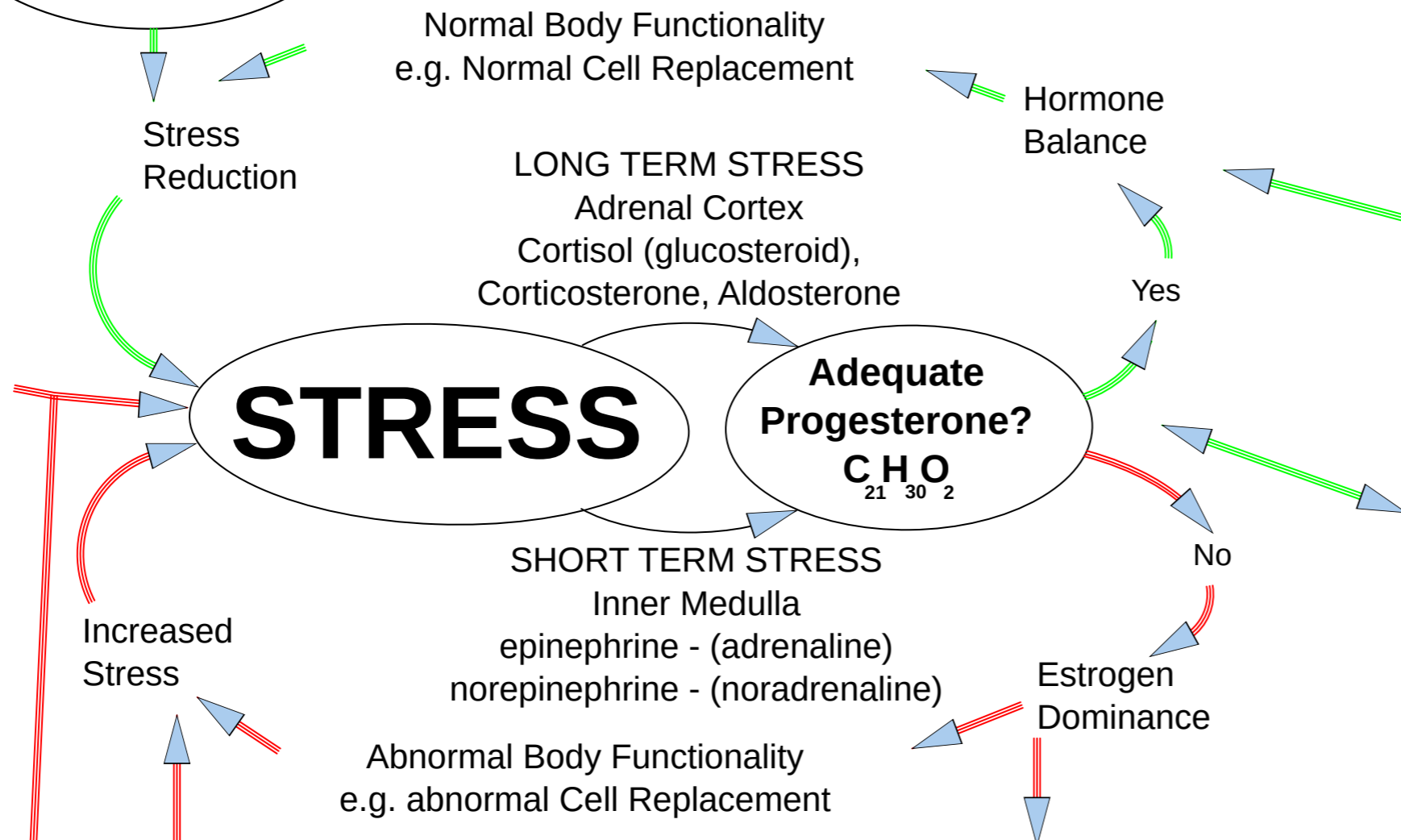
- vitamin and mineral deficiencies
- famine

Traumatic

- illness
- infection
- injury
- surgery

Psychological

- relationship problems
- financial pressures
- job challenges
- overall outlook on life



OBTAIN HORMONE(S) - Doctor - Utrogestan = Web Progest-E, Progestelle etc.
 NOT Amazon as do NOT want Wild Yam
 e.g.
<https://www.energeticnutrition.com/life-flo/progesta-care-cream.html>
<https://natpro-progesterone-cream.com/store/>
<https://www.longnaturalhealth.com/Dr-Peats-Progest-E-Complex-34-ml>

SALIVA TEST

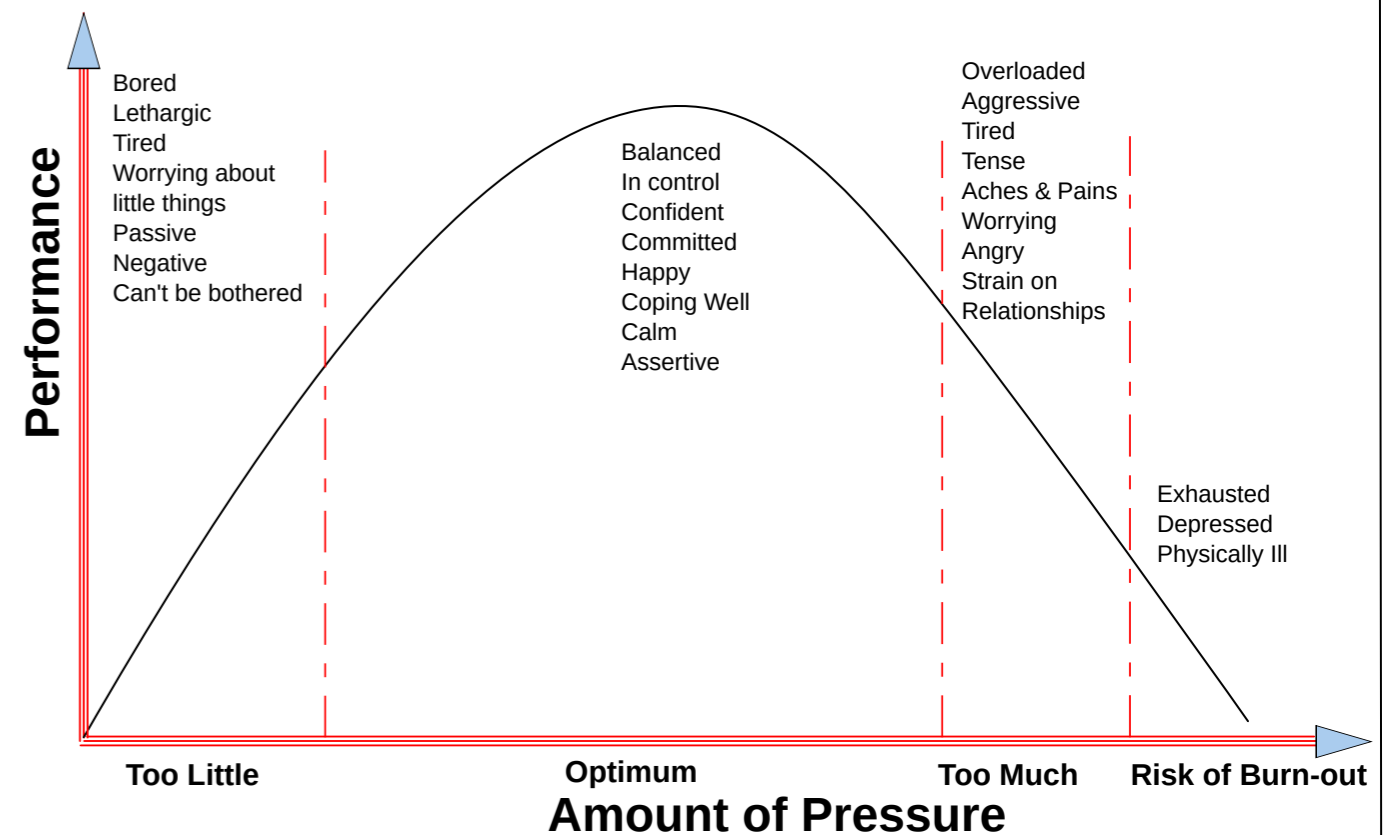
<https://hormonelab.co.uk> - UK ZRT Lab "division"
<https://www.zrtlab.com/sample-types/saliva/>
 David Zava of zrtlab - Dr. John Lee Co-Author

These are sample web sites. keywords for search engines i.e. Google, Yahoo, DuckDuckGo etc, are:
 natural progesterone USP John Lee or Ray Peat

ONLINE PRELIMINARY CHECK

www.johnleemd.com/store/resource_hormonetest.htm

CopyLeft - Willim 2007 - 2023
 stress_04.svg 07-Mar-2023



- | | | | | |
|-----------------------|--------------------------------------|----------------------|----------------------|--|
| acceleration of aging | defensive temper | galactorrhea | mastitis | rage |
| accident prone | delusions | gall bladder disease | migraines | remembers things they are trying to forget |
| acne | depression | glaucoma | miscarriages | salt cravings |
| aggressive | desperate need to be alone | Graves disease | mood swings | seizures |
| alcohol intolerance | diarrhea | guilt | murder | sense of urgency |
| allergies | difficulty concentrating | headaches | muscle spasms | shakiness |
| anger | difficulty with fine motor movements | heart palpitations | nausea | sinus |
| anxiousness | dizziness | heavy periods | night sweats | Sjorgrens disease |
| argumentative | elevated prolactin | herpes | nightmares | sore throat |
| asthma | energy outbursts | hives | noise sensitivity | styes |
| back ache | epilepsy | hoarseness | nymphomania | suicide |
| bloating | excitable | hot flashes | obsessive/compulsive | suspiciousness |
| blood clots | fainting | infertility | osteoporosis | swollen hands and feet |
| breast cancer | fatigue | insomnia | out of control | tension |
| breast pain | fatigued | irregular periods | outburst | thin, dry, brittle hair |
| burning eyes | fearful | irritability | ovarian cancer | thyroiditis |
| clumsiness | feels blocked at getting things done | joint pain | painful intercourse | urinary tract infections |
| cold hands and feet | fibrocystic breasts | low blood sugar | panic attacks | uterine cancer |
| confusion | fight or flight | low energy level | paranoia | uterine fibroids |
| constipation | food binges | low libido | pelvic pressure | vaginal dryness |
| cramps | food cravings | low self esteem | persistent hunger | vaginal infections |
| crying | forgetfulness | low thyroid | profanity | violence |
| | | lupus | psoriasis | water retention |

List by Miriam_Brazel formerly on <http://www.ylcf.org/hormone-imbalance/06.htm>.
 See [www.willim1.com/95_Miriam_Brazel ...](http://www.willim1.com/95_Miriam_Brazel...)

Miriam Brazel

Natural Progesterone
 Women need 20 - 30 mg/day
 Men need 10 - 15 mg/day

Any health issue where more women than men are troubled search on the web for - natural progesterone "health issue"

eg natural progesterone stroke
 natural progesterone heart attack
 natural progesterone headache
 natural progesterone migraine

This is a typical health issue where more women are affected than men
http://www.pdrhealth.com/patient_education/BHG01PS17.shtml

Specific Phobias

Diagnosis
 Basics
 Specific phobia is a persistent, irrational fear of particular objects or situations. Specific phobias are the most common of the anxiety disorders, affecting approximately 7.0% of women and 4.3% of men during any six-month period.

chronic fatigue syndrome
 Gulf War syndrome
 post natal depression
 post traumatic stress disorder
 SAD seasonal affective disorder
 shell shock

Willim - www.willim1.com