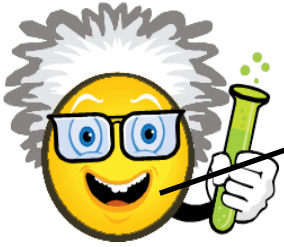




**MARCH, 2015
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Dr. Techy says, "Hormone receptors in cartilage mean they stimulate growth and healing."

HOW IT BEGAN: Several years ago I was giving a lecture in Palm Springs when a nurse practitioner and her pharmacist husband informed me they were almost "curing", with topical progesterone, knee arthritis in migrant farmworkers. Although I knew of no scientific reason for this claim, I returned to West Covina, and obtained some inexpensive 10 mg medroxyprogesterone tablets, crushed them, and mixed them in inexpensive cold cream. Much to my surprise, this concoction produced considerable pain relief when massaged into the skin over arthritic knees, spine, and other joints. I've now been using topical medroxyprogesterone for several years. My dosage: 10 to 20 mg in 1 ounce of cold cream.

Dr. Beak says, "Progesterone may convert to estrogen and testosterone."

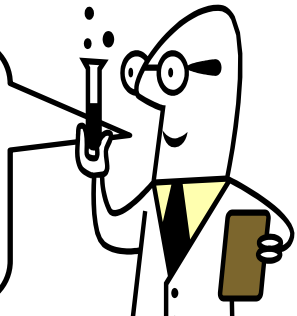


Meet Dr. Beak. A wise old buzzard that flies in once in a while to give us words of wisdom.

SUPPORTIVE SCIENCE: Some innovative researchers took cartilage removed during knee transplant surgery and discovered that the progenitor cells for cartilage growth contain receptors for testosterone and estrogen. Furthermore, in their studies they found that physiologic concentrations of testosterone and estrogen stimulated cartilage growth.

Reference: Koelling S, Miosge N. Sex differences of chondrogenic progenitor cells in late stages of osteoarthritis. Arth & Rheu 2010;62:1077-1087.

Dr. Hormone says, "The finding that hormone receptors are in cartilage is one more good reason to keep hormone serum levels in normal range as well as massage hormones into the skin over painful joints."



**Veractinc
Foundation**

Contact Information:
334 S. Glendora Ave., West Covina, CA 91740-3043
Ph: 626-919-7476 Fax: 626-919-7497
E-mail: veractinc@msn.com