

# DIOSGENIN

## Diosgenin, What is it?

- Diosgenin is a bioactive plant hormone that is found in a number of plants species. Its chemical structure is so close to human hormones, it can be easily converted in a lab into estrogen. Wild yam contains the highest levels of diosgenin of any plant and is therefore used by the pharmaceutical industry in the production of their bioidentical hormone products.
- The human body converts cholesterol into its many types of hormones through long chains of enzymatic conversions. Diosgenin is similar to these metabolic intermediates and is therefore believed to be a rich source of raw materials that can be utilized by the body in its own hormone production pathways.
- Wild yam extracts however, can dramatically differ in diosgenin content. To achieve consistent health results, Alovea uses a wild yam extract with a 16% standardized level of diosgenin. We then combine it into a unique blend of other plant hormone extracts, and super charge that blend with our proprietary Immune optimizing Acemannan.

## Diosgenin – Standardization and Usage

Here's a fact, your hormones either work for you or against you. When they are balanced, life is great, but when they get unbalanced, as a result of aging poor gut health or stress, life can become absolutely miserable. According to a mayo clinic publication, hormone therapy was once considered the easy solution to estrogen imbalance, and was routinely used to treat menopausal symptoms, mood swings, and night sweats. Then in the largest clinical trial to date hormone replacement therapy, taken as directed, was shown to increase the risk of certain serious conditions, including heart, disease, stroke, blood, clots, and cancer.

To help counter the perception that synthetically made estrogen was the culprit, some big Pharma companies began providing what they call bioidentical hormones. These products are made from plant hormones like diosgenin, that are bio-engineered (converted) into actual estrogen. And even though the marketing pitch sounds natural and healthy, the intake of bio-identical estrogen has to be monitored as rigorously as their synthetic look-alikes, and the reported side effects are about the same. This has led many integrative health practitioners to add standardized, wild yam supplements to their arsenal of recommended solutions. Wild yam contains a plant hormone called diosgenin, that's chemical structure is close to the structure of estrogen. Diosgenin can be utilized by the body as a metabolic precursor in its own natural production of all hormones, both male and female, but cannot force the body to produce anything that it doesn't need. The biggest challenge with wild yam, however, is that its diosgenin levels can vary dramatically depending on when, how, and where it's grown. Most wild yam supplements and creams make no attempt to label the levels of diosgenin in their products, which can lead to totally unpredictable results. But thanks to a new process, the standardization of diosgenin from wild yam sources can reach as high as 16%. When those levels are combined with immune optimizing Acemannan, there is simply no other product that can provide the level of endocrine system support and quality of life impact that is achieved with Alovea's product called Balance. So, ready to start experiencing happy hormones? It's as easy as bringing balance back into your life.