



Excerpts from “Resolve: The Key To Hormonal Balance”  
Dianne Farley-Jones, MD

### **Effects of Wild Yam Cream**

“Skin creams containing wild yam extracts have been in use for many years. The effects of wild yam have been noted and documented. Wild yam creams are a natural and nutritional source of the precursor chemistry of a women’s natural hormones. The best wild yam products are not based on synthetic drugs and consequently have no negative side-effects associated with progesterone-like drugs. The many positive effects of wild yam cream come about by providing the women with the natural building blocks she needs to regain her hormonal balance.”

#### **Application:**

“The application of Resolve is quite simple, and there are just a few things to keep in mind so that it will be most effective.”

“It is not a drug, and you cannot overdose on it. Wild yam is most usefully taken in a skin cream, where it can be readily absorbed by the body, and the important elements carried directly to the cells where they are needed.”

“The first month’s application should be the heaviest as the phytochemistry attempts to arrest the symptoms of estrogen dominance and raise the absorption rate of the cream.”

“The initial treatment is typically two jars in four weeks time. That is two weeks per jar, and approximately one half of the first jar should be used by the end of the first week. Each application will be about 1/4 to 1/2 teaspoon (two finger tips), and should be applied twice daily. In some instances a women might want to continue this rate of application until she has rid herself of a particular condition or symptom. When balance is achieved the women can begin cutting back the amount she is using until she knows how much it takes to keep her where she wants to be. The right dose is the one that works.”

“Resolve can be applied to any smooth skin area of the body. The upper legs and arms, or upper chest, neck and abdomen work fine. Many women enjoy smoothing it into the face, using the skin cream as a moisturizer.”

“It is essential that a women starting the use of the cream do so faithfully.”

### **How safe is Resolve?**

Remember that we are not dealing with a drug. Wild yam is a nutritional source of phyto-progesterone chemistry and is safe for women of all ages.”