

SIMPLE GUIDE TO USING PROGESTERONE CREAM

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Happy Hormones
H A P P Y L I F E

TABLE OF CONTENTS

.....	1
DISCLAIMER	3
THE DECLINE OF PROGESTERONE.....	4
THE BENEFITS OF NATURAL PROGESTERONE.....	4
Uses of natural progesterone include:.....	5
Additionally, the right balance of progesterone in the body can:.....	5
COMMON SIGNS OF LOW PROGESTERONE.....	5
THE DANGERS OF SYNTHETIC PROGESTINS.....	6
ARE THERE RISKS WITH NATURAL PROGESTERONE CREAM?	6
HOW TO USE NATURAL PROGESTERONE CREAM	7
TIMING AND DOSAGE FOR MENSUTRUATING WOMEN:.....	8
Ovulation tracking devices	8
DOSAGE FOR MENOPAUSE AND BEYOND	9
A FEW THINGS TO NOTE WHEN USING PROGESTERONE CREAM.....	9
NATURAL PROGESTERONE BRANDS I LIKE	10
STRUGGLING TO BALANCE YOUR HORMONES NATURALLY? LET US HELP MAKE YOUR HORMONES (AND LIFE!) HAPPY AGAIN.....	11

DISCLAIMER

All information contained within this manual is for informational purposes only. Health information changes rapidly. We do not assume any liability for the information contained within this manual, be it direct, indirect, consequential, special, exemplary, or other damages. The information provided is not intended to diagnose, treat, cure, or prevent any health problem – nor is it intended to replace the advice of a licensed medical practitioner. No action should be taken solely on the contents of this manual. Always consult your licensed medical professional on any matters regarding your health or on any opinions expressed within this manual.

Holistic nutrition and functional wellness philosophies work in a complimentary fashion to medical treatment, and does not diagnose, treat, cure or prevent any disease. Laboratory testing is used as a "guide" to identify nutritional deficiencies, hormone imbalances, vitamin needs and the best nutrition and lifestyle program for you. Lab testing is not meant to "diagnose, cure or treat" any medical condition.

Statements regarding essential oils, herbals or supplements have not been evaluated by the Food and Drug Administration. These products are not intended to treat, cure, or prevent disease, nor are they a replacement for drugs or medicines. We do not make any claim that they should be specifically prescribed for any specific ailment or medical condition.

Please see your physician before changing your diet, starting an exercise program, or taking any supplements of any kind.

THE DECLINE OF PROGESTERONE

During perimenopause, estrogen levels are erratic. Usually, a hormone called progesterone keeps estrogen in check. Sadly, during mid-life, progesterone sort of packs up and takes a vacation. The lack of progesterone lets estrogen party it up and common symptoms arise like insomnia, night sweats, menstrual migraines, heavy/painful periods, anxiety and weight gain. Progesterone helps calm the mood and alleviate depression and anxiety, while balancing estrogen.

THE BENEFITS OF NATURAL PROGESTERONE

Natural progesterone cream is identical to the type produced by a woman's ovaries. It is made from plant extracts, including naturally occurring plant steroids found in wild yams. But so are many hormone drugs. What makes body-identical progesterone different is that it is structurally identical to your own human hormones. One benefit of using body-identical progesterone is the fact that it effectively balances estrogen levels in the body. Excess estrogen creates unwanted symptoms and increases the risk of breast. Progesterone is also the bodies feel-good hormone. It plays an essential role in the normal functioning of the brain and has mood-enhancing effects. This is why women with anxiety, depression, and irritability issues often notice that when the level of progesterone in their bodies is correctly balanced, these feelings either get significantly reduced or eliminated. Additionally, natural progesterone provides the raw material needed to make other hormones, including adrenal hormones. And best of all – it's available without a prescription!

Uses of natural progesterone include:

- Relieving painful PMS symptoms, including cramps
- Normalizing your menstrual cycle and relieving menstrual- related allergies
- Relieving breast pain and tenderness
- Reducing hot flashes and other symptoms of menopause
- Aiding in restful sleep

Additionally, the right balance of progesterone in the body can:

- Reduce the risk of certain estrogen-related cancers
- Support bone health
- Prevent the overgrowth or thickening of the uterus lining
- Manage certain disorders such as anxiety and depressed states

COMMON SIGNS OF LOW PROGESTERONE

- Menstrual cycle headaches
- Mood swings, high emotions or anxiousness
- Hot flashes
- Low libido
- Migraines
- Insomnia
- Night sweats
- Weight gain

THE DANGERS OF SYNTHETIC PROGESTINS

Natural progesterone differs from the common synthetic progesterone that we mostly see in oral contraceptives and other progesterone prescriptions. Synthetic progesterone alternatives are called progestins. Since they differ sharply from the natural progesterone your body is used to, they can cause several troubling side effects. Some of these include abnormal menstruation, abnormal fluid retention, severe nausea, and depression. Synthetic progestins may also increase the risk of certain cancers, heart disease, and stroke.

ARE THERE RISKS WITH NATURAL PROGESTERONE CREAM?

Few side effects have been reported with the use of natural over the counter progesterone cream. When you read about the dangers of progesterone in the media, keep in mind that journalists and even some doctors use the word progesterone when they really mean synthetic progestin. According to research, the side effect of 2% progesterone cream may include a temporary alteration to your menstrual cycle (if you're still menstruating), allergic skin reactions, tender breasts, bloating, sleepiness, headache, and nausea. It's always important to test progesterone before taking it to know if you truly need it - if you take progesterone when it's not necessary - you may experience side effects. Speak to your doctor about other possible side effects regarding the use of natural progesterone before using it.

HOW TO USE NATURAL PROGESTERONE CREAM

When using body-identical progesterone cream, you need to make sure that you mimic your body's normal progesterone cycle as closely as possible.

Some experts recommend rubbing it directly into the epithelial mucous membranes that line your uterus and vagina. The cream is rubbed into the walls of the vagina as opposed to the skin for two main reasons. First, the level of absorption through the epithelial mucous membrane is much more efficient than through the skin. Second, the progesterone gets naturally distributed throughout your body as if your ovaries had produced it. If applying vaginally, you must use a brand without added chemicals as it may cause irritation.

It can also be applied to the skin but rotating application sites frequently is recommended – apply to areas where there is little body fat like the neck, back of knees, or inner elbow area. When progesterone cream is applied to the skin over the course of months, it may accumulate in the fatty tissues because it is highly fat-soluble. After a while, they saturate the fat tissue and stop working or make symptoms worse.

Be sure to use only the recommended dosage administered precisely according to your doctor's or the manufacturer's specifications.

TIMING AND DOSAGE FOR MENSUTRUATING WOMEN:

Progesterone is a cyclic hormone, meaning there are times when your body has more of it, and there are times when there is very little of it in your bloodstream. Progesterone naturally increases after ovulation, so progesterone cream is only used during the second half of the cycle between days 16 - 28. It's generally recommended to use approx. 20 to 40 mg per day for two weeks, then to discontinue use at the start of menses. The rule of thumb here is to start immediately after ovulation and stop just before menstruation begins. To mimic your body's natural rhythms, experts suggest dividing the dose in two, taking half in the morning and half in the evening.

The easiest way to determine when you ovulate is to track your ovulation with an ovulation predictor. Tracking your days will also help you figure out when to stop progesterone use. Right before menstruation, hormone levels naturally fall. This abrupt reduction in the level of hormones is what triggers bleeding. So, you need to track your cycle either manually or with a fertility tracking tool, such as an app so you don't disrupt your natural rhythms.

Ovulation tracking devices

<https://www.clearblue.com/ovulation-tests>

<https://premom.com/> - free ovulation and menstrual cycle predictor

<https://www.avawomen.com/>

<https://www.miracare.com/>

DOSAGE FOR MENOPAUSE AND BEYOND

For women no longer menstruating, the late, Dr. John Lee (leading progesterone specialist) recommended 15 mg of progesterone cream per day for 25 days out of the calendar month. You should, of course, discuss this with your doctor.

A FEW THINGS TO NOTE WHEN USING PROGESTERONE CREAM

- ✓ **Signs of estrogen dominance may temporarily increase:** Experts suggest when you first start using progesterone cream, estrogen dominance may become temporarily worse. It might take a few menstrual cycles before the progesterone levels regulate. Some common estrogen dominance symptoms include breast tenderness, breast swelling, spotting, fatigue, hot flushes and fluid retention.
- ✓ **Don't quit cold turkey:** It's advised not to quite progesterone use cold turkey. Experts suggest gradually weaning yourself off it by slightly reducing the amount every time you use it.
- ✓ **It May Take a While to Work:** The worse your progesterone deficiency is, the longer it will take to correct. This means that it might take quite a bit of time before your levels are well regulated if you had a severe progesterone deficiency. Women with extreme deficiency can take anywhere between 4 to 12 months before they can start to see any positive results.

- ✓ **Mimic your natural rhythms:** Make sure your dosage is accurately split between AM hours and PM hours. 8 to 12 hours of sustained delivery are important because it mimics how your body works.
- ✓ **Always consult your doctor:** It's suggested that you speak to your doctor about the use of natural progesterone cream – especially if you take medications, have a family history of breast cancer, or another serious medical condition.

NATURAL PROGESTERONE BRANDS I LIKE

Visit our online [dispensary](#) to purchase physician grade natural products at discounted prices. We recommend:

- Progest-Avail by Designs for Health
- Unscented Progesterone Cream by Protocol for Life Balance

STRUGGLING TO BALANCE YOUR HORMONES NATURALLY? LET US HELP MAKE YOUR HORMONES (AND LIFE!) HAPPY AGAIN....

Our Programs Help You:

- Understand your unique biochemistry
- Learn how and when to eat to reset your hormones
- Control portion sizes *and* cravings
- Feel more energetic
- Clear brain fog
- Have fewer PMS symptoms
- Have fewer hot flashes
- Get better looking skin
- Sleep deeper and more restfully
- Stabilize moods
- Address other nagging or long-term health concerns

We combine the best of both worlds – an integrative holistic nutrition and functional wellness approach with access to traditional medical care should you need more! Explore www.happyhormones.info and get started on your road to feeling your best after 40.

We can't wait to meet you! Here's to hormone bliss.....

A WOMAN'S SIMPLE GUIDE TO PROGESTERONE CREAM | 11

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