

## Progesterone Cream

In women, estrogen dominance (excess estradiol) is most pronounced during PMS, perimenopause and menopause. Estrogen dominance can include symptoms like hot flashes, tender breasts, weight gain and bloating, fatigue, increased uterine fibroids and ovarian cysts. Progesterone is the natural antidote to counter the effects of the excessive estradiol.

### What are Bioidentical Hormones?

Bioidentical hormones have become very popular since the World Health Initiative (WHI) halted their research revealing that without question, synthetic HRT (combination of medroxy progesterone and pregnant mare's urine conjugated estrogens; prempo), which women had used for decades, increased the risk of breast cancer, caused more heart disease and more osteoporosis (2002). Bioidentical (human identical) hormones are dramatically different from the synthetic HRT utilized in the WHI. Bioidentical hormones mimic in structure and action, the hormones your body makes, (same molecular composition). The body recognizes the molecular structure of hormones it produces, and thus these hormones fill the receptor sites efficiently and appropriately-(just like a key that is made for a specific lock). Bioidentical hormones have a directed and intentional action and then are broken down and detoxified cleanly and effectively.

### Progesterone Creams

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| ProgX     | Low dose progesterone cream (11.8 mg per pump) Estimated 80 per container.                       |
| 4 Balance | 29.8 mg of natural bio-identical Progesterone USP per pump. Estimated 60-70 pumps per container. |

### Suggested Use:

Gently massage 1 pump per day (or as directed by your healthcare provider) into areas of thinner skin where you blush such as the neck, face, chest, inner arms or thighs, back of knees, palms of the hands, or soles of the feet (unless your hands or feet are heavily callused). Rotate areas daily to avoid saturation.

Guidelines for Premenopausal Women. If you have an average 26- to 30-day menstrual cycle, you can begin between day 10 to 12 of your menstrual cycle, counting the first day of your period as day 1. Continue until a day or two before your expected period, which for most women is between 26 and 30 days. If your period starts before your chosen last day, stop using the cream and begin counting again to day 10, 11, or 12. The closer you can get to using the cream when you ovulate or just after, the more in tune with your own cycle you will be. It may take two or three cycles to find the synchrony your body desires.

Guidelines for Menopausal Women. The majority of menopausal women can apply for 24 to 26 days in a row of the calendar month. Many women prefer to take their hormone break for the first five to six days of the calendar month and then use the cream until the end of the month.