

Your Guide To *Natural Hormone* *Health*

with

Wellsprings Bioidentical Hormone Creams



Thank you for buying this Wellsprings Bioidentical Hormone product!

We recommend that you read this booklet to get the most from your purchase and to bring your symptoms under control in the shortest possible time.

Introduction

Wellsprings bioidentical hormone creams are used to treat symptoms of hormone imbalance from puberty to menopause and beyond. They work by rebalancing the hormone levels of progesterone and oestrogen in the body in the same way as HRT, the pill or a hormonal coil.

The hormones used in Wellsprings products are bioidentical to those produced naturally in the body of a healthy woman, whereas HRT commonly uses artificial hormones that mimic the effect of natural hormones but are in fact molecularly different.

A number of major studies published in recent years have linked these artificial hormones to a wide range of side-effects, leading women to look for alternative ways to help relieve their symptoms.

Doctors that specialise in hormone health recommend bioidentical hormone products for effective symptom relief without the risks associated with artificial hormone based treatments.

General Usage Instructions

A single dose of Wellsprings Serenity or Wellsprings 20-1 should be applied twice a day, once in the morning and once in the evening.

One dose is 0.5 grams which is roughly the size of a garden pea. To reliably apply this dosage simply dab the underside of your little finger halfway to the nail if using a jar, or gently press the pump halfway down if using our pump bottle.

Application should be rotated daily around the body to thin tissue areas, but not the chest area. (See the Recommended Application Routine on page 4)

You do not apply the cream every day. For pre-menopausal women with a regular menstrual cycle it will be two weeks off then two weeks on. For those with irregular periods and post-menopausal women it will be three weeks on then one week off. (See the Usage Schedules on page 5)

Women especially deficient in hormones may take up to 3 months to achieve optimum levels.

Just Getting Started?

If this is the first time you have used Wellsprings Bioidentical Creams a double dose is recommended, twice daily, for the first 4 weeks or until symptoms diminish. Afterwards return to the normal pea-sized amount twice daily on your particular application routine.

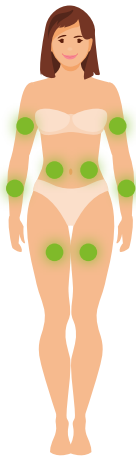
Individual hormone levels differ and the amount of hormone required varies from woman to woman. It is important to note that dosage

amounts are for guidance only and you are encouraged to experiment to find out what works best for your symptoms.

Recommended Application Routine

This routine is suggested for all women and used in rotation as below.

	Morning	Evening
Day 1	Left inner thigh	Right inner thigh
Day 2	Left half of abdomen	Right half of abdomen
Day 3	Left inner forearm	Right inner forearm
Day 4	Left inner upper arm	Right inner upper arm
Day 5	As for Day 1 then continue this rotation until that month's course of cream is completed	



Usage Schedules

Note: This is for Wellsprings Serenity and Twenty to One Creams. For usage guidance on Wellsprings Bioidentical Oestrogen Cream refer to our website at www.wellsprings-health.com

Doctors that prescribe bioidentical hormones have advised the following applications:

Pre-Menopause and still having regular periods

Counting day one of your period as the start of the four week application cycle, apply the cream twice daily in the 3rd and 4th weeks of the cycle only.



If you do not have a 4 week (28 day) cycle then you simply adjust the timings to allow for your period. You always need two full weeks of application so for example, on a 24 cycle you would have the period in week 1 and a 3 day break, then two weeks of application twice daily.

Peri-Menopause - if having irregular periods approaching menopause age

Follow guidance below for Menopause/post menopause but if a bleed occurs at any point within the three week cycle stop the cream for 1 week and then start a completely new 3 week cycle of application.

Menopause, Post-Menopause or Hysterectomy (no longer having periods)

Apply the cream twice daily for 3 weeks, stop application for 1 week and then repeat every month.



Migrating from HRT

To minimise the chance of menopause symptoms returning come off your existing HRT slowly, reducing dosage over a 1-2 week period, while simultaneously increasing your use of Wellsprings cream.

If you're using oestrogen only HRT, then start by cutting tablets in half, then spacing them out, and with patches you can put on a waterproof plaster between your skin and the patch to leave only a small part of the patch in direct contact with the skin so it is absorbing less hormone.

The important principle is to first add bioidentical hormones to support the body and reduce the withdrawal symptoms from the HRT and reduce the potential for side effects.

In month 1 of using Wellsprings Cream and oestrogen-only HRT together halve the dosage of HRT (to half of the normal HRT dosage).

In month 2 halve the HRT dosage again (to a quarter of the normal HRT dosage). In month 3 cease HRT altogether.

In the case of combined HRT, with both a synthetic progestin and oestrogen, you would gradually reduce the dose by spacing out the tablets or reducing the size of the patches. At the same time start your cream at a low dose and gradually increase to the full amount once the HRT is stopped.

If You've Had a Hysterectomy

Follow the post-menopause usage schedule as a hysterectomy is an immediate, surgically imposed menopause.

Treating or Protecting Against Osteoporosis

The use of Wellsprings Bioidentical Progesterone Cream in any of the above categories will stimulate osteoblast production which results in new bone tissue growth.

Most osteoporosis sufferers will be menopausal and should use 1/8th of a teaspoon (a pea-sized amount) mornings and the same at bedtime for 3 weeks each month and then discontinue for 1 week.

Infertility and loss of libido

Both libido and fertility are linked to progesterone levels so the use of Wellsprings Bioidentical Progesterone cream can be helpful where applicable.

Note for First Time Users

At the onset of using bioidentical hormone creams a few women may experience an increase in "oestrogen dominance" symptoms. This is temporary and due to the progesterone "waking up" the oestrogen receptor sites and making them more sensitive. If this occurs reduce dosage to a tiny dot then build up gradually in the following weeks or

until the symptoms subside, you may then resume normal application.

Because bioidentical progesterone has a normalising effect on the menstrual cycle it can initially promote the shedding of old blood causing a period. This shedding is desirable as old stored blood can increase the risk of endometrial cancer and endometriosis.

Frequently Asked Questions

How do I know which hormones I need?

All women are different, but generally your symptoms and their severity will indicate if you need more progesterone, or oestrogen or both hormones.

From puberty to perimenopause it is generally progesterone that is needed, but from menopause onwards both hormones can be deficient.

After a hysterectomy, which is a surgical Menopause, one or both hormones may be needed depending on your symptoms and their severity.

For further guidance email support@wellsprings-health.com for individual help.

What is the difference between Serenity and Twenty to One?

Both creams contain the same amount of Bioidentical Progesterone, but Twenty to One has a small amount of two natural oestrogens. It has

been specially formulated by Wellsprings to help those women who are also slightly deficient in oestrogen and whose symptoms may include vaginal dryness, night sweats and flushes not fully relieved with progesterone alone.

How do I measure a dose of cream?

Each dose of cream should be about the size of a garden pea. If you are using your cream from a jar then dab the underside of your little finger into the cream halfway to the nail (just as with a face cream). If you're using our pump bottle, then depress the pump until a pea-sized amount is dispensed

Do I have to observe the monthly break?

Doctors recommend a regular break from progesterone to stop cell receptor sites becoming desensitised and to mimic the normal cycle. In some cases women experience a return of symptoms during this period and if this is the case you can try using a reduced dosage during this period. You can skip the break altogether, but it is not recommended to do this for more than 3 months at a time.

My symptoms are persisting after following the usage guidance.

What can I do?

If symptoms persist after following the recommended routine, and after applying an increased dosage of 2 pea-sized amounts per application, there may well be an issue of absorption or application so please email support@wellsprings-health.com for additional assistance.

Will it help with libido and fertility?

Progesterone is the hormone behind libido and sex drive in women, and essential for help with fertility, conception, a reduced risk of miscarriage and a healthy pregnancy.

For guidance on specific usage for fertility email support@wellsprings-health.com for individual help.

How long will a jar or pump bottle of Wellsprings Bioidentical Creams last?

Women following the 2 weeks per month pre-menopause usage schedule should get around 4 months use from each 60ml jar and around 7 months from each 100ml pump bottle.

Women following the 3 weeks per month menopause schedule should get 2.5 months use from each 60ml jar and 4 months from each 100ml pump bottle.

If you have further usage queries please email support@wellsprings-health.com for individual help with your symptoms.

DISCLAIMER: The information contained in this booklet is intended to inform readers about Wellsprings natural hormone products. For formal medical advice you should consult with a healthcare professional.



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www.wellsprings-health.com

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