Your Guide To Natural Hormone Health

with Wellsprings Natural Progesterone Creams
Thank you for buying this Wellsprings Natural 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 Natural Progesterone Creams are bioidentical hormone creams used to treat symptoms of menopause and other conditions associated with hormone imbalance.

Wellsprings bioidentical hormone products work in the same way as common HRT treatments, by supplementing body progesterone levels to combat oestrogen dominance, the condition most often at the root of hormone related symptoms.

The key difference is that the hormones used in Wellsprings products are bioidentical to the hormones produced naturally in the body of a healthy woman whereas HRT treatments use 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 alleviate their symptoms.

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

General Usage Instructions

Wellsprings Serenity or Wellsprings 20-1 should be applied morning and bedtime to both thin skinned and fatty tissue areas. Rotate application daily - e.g. apply to left arm Monday, right arm Tuesday and on down through the stomach, thighs and buttocks, but not the chest area. (See Usage Schedule section)

Thin skinned areas: face, neck, palms, inside of upper arms, lower back, inner thighs. Fatty tissue areas: buttocks, lower arms, outer thighs, stomach. The fatty areas have slower absorption and stay longer in the body, but thin skinned areas are absorbed faster and are effective sites to use for flushes in particular. It is also possible to apply the cream internally as one of the rotation sites which women suffering from vaginal dryness find helpful.

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

Just Getting Started?
The standard dose for Wellsprings Natural Progesterone Creams is 1/8th of a teaspoon which is 0.5 millilitres (roughly a pea-sized amount). This dose should be taken twice a day, once in the morning and once at bed time.

If this is the first time you have used Wellsprings Natural Progesterone Cream 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.
Individual hormone levels differ and the amount of progesterone 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 body.

Usage Schedules

Doctors that prescribe natural progesterone have advised the following applications:

Pre-Menopause (Still having regular periods)
Apply 1/8th of a teaspoon (a pea-sized amount) in the mornings and the same at bedtime from day 14 of your cycle to day 28, then stop until day 14 of your next cycle. Count the first day of bleed as day one of the cycle. If your cycle is not the usual 28 day cycle, then use the cream as above from the mid-point of your cycle to the end (i.e. if your cycle is every 24 days use Wellsprings Natural Progesterone Cream from day 12 through to day 24, and then stop until day 12 of your next cycle).

Post-Menopause (No longer having periods)
Apply 1/8th of a teaspoon (a pea-sized amount) twice a day, mornings and bedtime for 24 days, discontinue for 6 days then repeat every month.

Peri-Menopause (Irregular periods approaching menopause age)
As above for post-menopause.
Migrating from HRT
To phase out HRT you must determine whether the HRT you are taking is an oestrogen and progestin combination and, if so, change to an oestrogen-only HRT treatment. (The combination of natural progesterone at the same time as a Synthetic Progestin is to be avoided). In month 1 of using Wellsprings Natural Progesterone 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.

I Have Had a Hysterectomy
Follow the post-menopause usage schedule.

Treating or Protecting Against Osteoporosis
The use of Wellsprings Natural 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 24 days of the month and then discontinue for 6 days, repeating every month.

Infertility and loss of libido
The use of Wellsprings Natural Progesterone Cream in any of the above schedules may increase fertility and restore libido.
**Note for First Time Users**

At the onset of using natural progesterone cream a few women may experience an increase in “oestrogen dominance” symptoms. This is temporary and due to the natural 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 natural 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.

**How do I measure a dose of cream?**

Each dose of cream should be about the size of a garden pea. If you’re 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 6 day break?
Doctors recommend a regular break from natural progesterone to stop hormone receptor sites becoming desensitised and to mimic the normal woman’s cycle. In some cases women experience a return of symptoms during this period. If this is the case you may experiment with using a reduced dosage during this period or you can skip the break altogether, however 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?
While many women experience symptom relief within the first few weeks of using Wellsprings Natural Progesterone Cream in a small minority of cases it can take up to 3 months before symptoms start to subside.

If after sustained use and after applying an increased dosage of a 1/4 teaspoon (or 2 pea-sized amounts) per application symptoms still persist this could be a sign that your body requires a little more help. Please read about Wellsprings Twenty to One cream on the following page.

How long will a jar or pump bottle of Wellsprings Natural Progesterone Creams last?
Women following the 14 days 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 24 days per month menopause schedule should get 2.5 months use from each 60ml jar and 4 months from each 100ml pump bottle.
Wellsprings Twenty to One - Bioidentical Progesterone

This cream has been specially formulated by Wellsprings to help those women who are also slightly deficient in oestrogen. A telltale sign of this (as well as the night sweats and flashes not abating with the progesterone cream) is vaginal dryness.

Twenty to One Cream application and usage schedules are the same as those for Serenity Cream.