

# Natural Progesterone & Your Health

A Guide to Understanding and Controlling  
PMS/PMT, Menopause, Osteoporosis, Fertility



This information is to help you make an informed choice regarding the use of Wellsprings Serenity Natural Progesterone Cream

Natural Progesterone Cream has consistently produced results over many years in the treatment of many ailments for women and men of all ages – with no reported side effects.

Wellsprings

<http://www.wellsprings-health.com>

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## Wellsprings Serenity Natural Progesterone Cream

Wellsprings Serenity Natural Progesterone Cream is a transdermal, liposome based hypoallergenic premium quality natural moisturising cream containing bio-identical Pharmaceutical Grade USP Natural Progesterone extracted from plant saponins. Of USA manufacture the cream is light, non-oily, free from common allergens, free from all animal products with no animal testing. It is easily absorbed into the skin and transported to the fat cells where stored until required by the body.

The Certified-Potency Natural Progesterone content (2.34%) has been carefully calculated so those who suffer with the symptoms resulting from unopposed estrogen (spelled oestrogen in the UK) can utilise the cream on a schedule which parallels their own body's natural cycles of progesterone production.

A 2.1oz (60g/60ml) jar of Serenity contains not less than 1,260 mgs of Natural Progesterone and lasts about three months depending on symptoms dosage regime and progesterone levels prior to use.

Women of all ages who reduce their intake of known environmental suppressors to natural progesterone production and use a premium high quality Natural Progesterone Cream, such as Serenity, can restore an optimum healthy balance of estrogen and progesterone and consequently enjoy a higher quality of life.



*Wellsprings Serenity – Natural Progesterone Cream*

## Why Progesterone?

In a woman's normal healthy monthly cycle estrogen is the dominant hormone for approximately the first two weeks, balanced by progesterone which is the dominant hormone for the latter two weeks. When foreign estrogens are introduced into this delicate balance primarily through food and water, prescription hormones, household and exterior pollutants, then progesterone production and utilisation are suppressed and have demonstrated to be the underlying cause of the estrogen dominant symptoms such as PMT and menopause and the conditions of infertility and osteoporosis.

Yam extract was at one time thought to be converted into progesterone by the body. There is no published research or clinical experience to support theories that wild yam extract or yam extract Cream does this, nor even that it increases progesterone levels as either stated or implied by some yam cream manufacturers or even in press articles.

Wellsprings Serenity Natural Progesterone Cream is not to be confused with yam creams or yam extract creams. Whilst yam (*dioscorea villosa*) contains substances that have been shown to be beneficial to women's health, the crucial issue is that of biological progesterone levels and progesterone's balancing effect on estrogen.

Only supplemental Natural Progesterone has been demonstrated over many years to increase serum and saliva progesterone levels in women, verified by ample clinical and published scientific research. As the liver intercepts about 90% of all progesterone taken orally or by suppository, informed women have chosen to use a premium transdermal cream almost 100% biologically available as shown by salivary hormone assays.

## What are Xeno-Estrogens?

Meat, poultry and dairy products that are not free-range or organically grown contain foreign estrogens called xeno-estrogens and are known to interfere with normal human hormone production and utilisation. Most prescription estrogens and progestins (*synthetic* progesterone) are *not* the same molecular structure as those produced by the body and are also referred to as xeno-estrogens. Many common petrochemical compounds, especially pesticides, are similar in molecular structure having estrogen characteristics that mimic women's hormones. These compounds also interfere with normal hormone production and utilisation.

Women who reduce or eliminate their exposure to the above antagonists of natural hormone function and supplement with a premium quality bio-identical natural progesterone cream are

the ones who enjoy optimum relief from the symptoms of PMT and menopause and the conditions of infertility, osteoporosis and many other ailments.

**When there is a sufficiency of natural progesterone the female body uses it to make proper levels of estrogen. A fact that leads one to question the necessity of estrogen supplementation especially when the increased risk of female specific cancers and many other side effects are considered - Dr Lee**

## Overview

In order to accurately evaluate the effects of estrogen and natural progesterone on PMT, fertility, menopause and osteoporosis, it is necessary to identify the sources of these important hormones. Distinguishing safe and natural hormones from those that are foreign and carcinogenic will allow women to make informed choices. This information will help avoid the unwanted effects of estrogen dominance; illustrated in a later section.

Under the normal, healthy circumstances of a menstrual cycle, estrogen is balanced by natural progesterone and is able to be metabolized by the liver. Problems arise when we introduce foreign estrogens that interfere with natural hormone production and function and when we lower progesterone levels with stress and/or synthetic hormones. Where do these foreign or "bad" estrogens come from? - our diet, most prescription hormones, petrochemical pollutants and stress are primary contributors to the underlying causes of hormone related health problems that women face today.

## Dietary Considerations

A large portion of meat, chicken and dairy products contain foreign estrogens that are used to add weight and monetary value to animals in our food chain and at the expense of our health. In addition, pesticide residues with estrogenic properties are consumed in the food given to these animals and are subsequently concentrated in the milk and fat of the meat. These exogenous estrogens are then deposited in our fatty tissues and on estrogen receptors where they have been implicated in promoting conditions from fibrocystic breast disease to breast cancer.

There are, however, “good” estrogens available in our food supply. By replacing animal proteins with saponin-rich plant foods such as soy products we can introduce phytoestrogens (genistein), which have a higher affinity for estrogen receptors than “bad” estrogens and have been demonstrated to have protective influences against breast and endometrial cancer. Other important dietary considerations:

- Reduce intake of simple sugars (they promote sharp blood sugar fluctuations).
- Eliminate or reduce consumption of caffeine, high fat, unfermented dairy products, chocolate and alcohol.
- Eliminate or severely restrict commercial animal meats and saturated fats.
- Avoid hydrogenated fats when possible.
- Eliminate artificial sweeteners, Monosodium Glutamate and tobacco.
- Increase cruciferous and dark green leafy vegetables, legumes and whole grains.
- Increase fibre and complex carbohydrates to 70% of daily calorific intake.
- Consume more cold water fish and legumes for protein (or protein power).
- Consume smaller more frequent meals or snacks.
- Avoid more than 4 hours during any day or 12 hours overnight without food.
- Drink plenty of water, 8 glasses daily. Fluid restriction can be harmful.

## Estrogen Dominance

Another commonality of industrialised societies is the prevalence of uterine fibroids, breast and/or uterine cancer, fibrocystic breast disease, pre-menopausal bone loss as well as a high incidence of postmenopausal osteoporosis. Significantly the common thread weaving its way through all of these conditions is estrogen dominance, secondary to a relative insufficiency of progesterone.

Estrogen and progesterone should be produced by the body in amounts that balance each other. When insufficient progesterone is made a situation of estrogen dominance exists - the ratio of estrogen to progesterone is changed. This can occur with high levels of estrogen in pre-menopausal women and when there are low levels of estrogen after the menopause. When progesterone levels fail to reach the normal daily production of 20-25mg during the final two weeks of a woman's monthly cycle then estrogen is unopposed for the entire month, a condition referred to as "estrogen dominance". The symptoms of PMT/PMS, menopause, osteoporosis and infertility have been shown to be the result of estrogen dominance relative to an insufficiency of progesterone.

Natural progesterone is produced by the corpus luteum after ovulation and balances the side effects of otherwise unopposed estrogen. Under the influence of anovulatory cycles, menopause, stress and dietary antagonists progesterone production ceases or is suppressed and the effects of estrogen dominance can be observed. Many women experience otherwise unexplained weight gain from the lack of progesterone that is required for proper thyroid function. It is important to distinguish natural progesterone from the drug industry counterpart - PROGESTINS. Whilst progestins are referred to as progesterone this is a misnomer. In some ways they mimic the effects of progesterone in the body but in other ways they gravely interfere with natural progesterone and can create hormone related health problems.

**Estrogen dominance is a phrase coined by Dr Lee describing a condition where a woman can have deficient, normal or excessive estrogen but has little or no progesterone to balance it's effect in the body. Even a woman with low estrogen levels can have estrogen dominance symptoms if she has less or no progesterone.**

## Symptoms and conditions associated with Estrogen Dominance

- Acceleration of the Aging Process
- Allergies (asthma, rashes, sinus etc)
- Anger / Irritability
- Breast Tenderness
- Breast Cancer
- Breast Swelling / Tenderness
- Cervical dysplasia
- Cold Hands and Feet
- Cravings for Sweets
- Decreased Sex Drive (Libido)
- Depression / Memory Loss
- Dry Eyes / Dry or Coarse Skin
- Early Onset of Menstruation
- Endometrial (Uterine) Cancer
- Endometriosis
- Fat Gain; firstly abdomen, hips, thighs
- Fatigue / Foggy Thinking
- Fibrocystic Breasts
- Gallbladder Disease
- Hair Loss / Poor Hair Condition
- Headaches / Acute Pain / Migraines
- Hypoglycaemia
- Impaired Blood Sugar Control
- Increased Blood Clotting
- Increased Risk - Autoimmune Disorders
- Infertility
- Insomnia / Restlessness / Panic Attacks
- Joint, Muscle Pain / Lethargy / Weakness
- Loss of Esteem / Anxiety
- Loss of Zinc / Copper Retention
- Magnesium Deficiency
- Miscarriage
- Mood Swings / Slurred or Slow Speech
- Osteoporosis/ Premenopausal Bone Loss
- PMT / PMS / Irregular Periods
- Polycystic Ovaries
- Prostate Cancer
- Reduced Oxygen in All Cells
- Reduced Vascular Tone
- Restraint of bone building function
- Salt and Fluid Retention / Bloating
- Sluggish Metabolism
- Thyroid Dysfunction
- Uterine Cancer
- Uterine Cramping
- Uterine Fibroids
- Vertigo
- Zinc Deficiency

**“Natural Progesterone Cream reverses Estrogen Dominance” - Dr John Lee**



## Natural Progesterone - Sources and Benefits

Natural progesterone is manufactured by the corpus luteum at ovulation, (20-25 mg/day), by the placenta during pregnancy (up to 300-400 mg/day) and by the adrenal glands. When progesterone production is suppressed however natural transdermal progesterone cream should be applied to the skin through which it is absorbed and stored in the fatty tissues for use as the body requires and has been shown to increase bio-available progesterone levels and thereby reverses the unpleasant effects of estrogen dominance - Dr John Lee.

## PMT / PMS

PMT encompasses about 150 different symptoms although no woman experiences them all. When considering how common the symptoms of PMT are in “technologically advanced” cultures, (somewhere between 60% and 80% of all menstruating women between the ages of 20 and 50 experience regular symptoms of PMT), the conclusion may be drawn that women, and their partners, are destined to suffer. However, because there are numerous cultures among whom this condition is non-existent and unknown; diet, stress and xeno-estrogens (foreign estrogens) often introduced in the form of contraceptives and in the food chain, are all major contributors to this disorder. Secondary consequences are impaired abilities and strained relationships.

Traditionally, treatments for PMT have included counselling, tranquillisers, diuretics, dietary changes, thyroid supplements, contraceptive pill, herbs, vitamins, exercise and acupuncture. While some of these may provide some easing of symptoms, the underlying cause remains.

Compare the symptoms of PMT with the effects of estrogen dominance and the correlation is striking. When we examine a normal, healthy monthly cycle, we find that estrogen is the dominate hormone during the first two weeks after menses. Then, in response to ovulation, estrogen levels fall, progesterone levels rise and assume dominance during the final two weeks prior to menstruation. However, if during this two week period there is a surplus of estrogen, a deficiency of progesterone or a blockage of progesterone receptor sites, estrogen dominance results and is most often followed by the many unpleasant symptoms of PMT.

In considerable years of clinical practice Dr Lee has observed the consistent benefits and safety of natural progesterone therapy and states: “PMS (PMT) most commonly represents an individual reaction to estrogen dominance, secondary to relative progesterone deficiency. Appropriate treatment requires correction of this hormone imbalance and the most effective technique, at

present, for achieving this is transdermal natural progesterone (cream)". Upon reviewing the Serenity Transdermal Natural Progesterone Cream formula Dr Lee stated "That's perfect". We supply this original Serenity formula.

## Menopause

When the menopause occurs naturally, estrogen and progesterone should balance each other. However, stress often leads to a deficiency of progesterone as it is converted to cortical steroid and estrogen dominance results. In cases where estrogen replacement therapy is used to control hot flushes, natural estriol is recommended for 1-3 months. In most cases, however, estriol is not needed when a sufficient amount of natural progesterone cream is used as it is the precursor (raw material) for other adrenal hormones including estrogen (oestriol) and cortisone. By establishing a balance of these hormones the resulting hot flushes and other symptoms of menopause are most often eliminated. However, in a very few cases of post-menopausal women where hot flushes, night sweats and vaginal dryness are not completely eliminated by natural progesterone, this indicates a deficiency of estrogen but relief has been found by supplementing with Wellsprings Red Clover/Black Cohosh capsules with half the usual application of natural progesterone; please see page 19.

## Weight Gain and Hypothyroidism

Interference with thyroid hormone activity is often one basic cause of hypothyroidism and is responsible for more than 100 different symptoms, not least of which is otherwise unexplained weight gain. Because estrogen and thyroid hormone have opposing actions, probably at the thyroid receptor level, unopposed estrogen will prevent the thyroid hormone from 'completing its mission' resulting in hypothyroid symptoms despite normal serum levels of thyroid hormone. Conversely, progesterone re-directs the activity of estrogen by increasing the sensitivity of estrogen receptors and, most importantly, inhibits many of estrogen's undesirable side effects, which includes interference with thyroid hormone activity.

## Fertility, Pregnancy & Post Natal Depression

Because progesterone is the pro-gestational hormone, it is the primary necessary hormone for conception and full-term pregnancy. Interestingly, progesterone is given its name because of its vital supportive role in gestation (Latin: gestare), shedding some insight into its importance in the reproductive process. Modern science confirms that insight as of all female hormones progesterone is the one most essential to the survival of the fertilized egg and the foetus throughout gestation.

At ovulation, progesterone levels rapidly rise from 2-3 mg per day to an average of 22-25 mg per day. If fertilization does not occur in ten or twelve days, progesterone levels fall dramatically, triggering the shedding of the secretory endometrium (the menses). If pregnancy does occur, however, progesterone production by the corpus luteum increases dramatically until production is taken over by the placenta which secretes an ever increasing supply, reaching 300-400 mg/day during the 3rd trimester.

Natural progesterone makes possible the survival of the fertilized egg, maintains the secretory endometrium which nourishes the ovum and resultant embryo. Progesterone surge at ovulation is the source of libido.

Because progesterone is essential to prevent the premature shedding of the supportive secretory endometrium, any drop in progesterone levels or blockade of progesterone receptor sites at this time will result in the loss of the embryo and early miscarriage.

Doctors have advised that supplementing with natural progesterone to week twelve of pregnancy is beneficial for the above reasons.

A major cause of post-natal depression is the shut down of progesterone immediately after birth. It may be associated with loss of adrenal and thyroid function.

## Osteoporosis

Osteoporosis is a disorder in which progressive bone mass loss and demineralization increases risk of fracture. This condition allows us to observe how prescription progestins and estrogens compare to natural progesterone. The standard medical protocol for osteoporosis is to use estrogen, (commonly from pregnant mare's urine), in spite of the fact that the most authoritative medical textbooks do not support it, as in this extract from Scientific American's Updated Medicine Text, 1991:

***"Estrogens decrease bone resorption" but "associated with the decrease in bone resorption is a decrease in bone formation."***

Bone tissues should be broken down and rebuilt continuously, like all cells in our body. This process takes place when osteoclasts help to dissolve old bone tissue, while osteoblasts stimulate new bone growth. Because estrogen has a rate limiting effect upon osteoclasts, estrogen dominance delays the breakdown of bone tissue. Natural progesterone, on the other hand, stimulates osteoblast production which results in new bone tissue growth. It is important to note

that strong bones depend on sufficient dietary calcium, exercise, stress management and normal progesterone levels.

This was verified by a three year study\* of 63 post-menopausal women with osteoporosis. Women who used transdermal progesterone cream experienced an average 7-8% bone mass density increase the first year, 4-5% in the second year and 3-4% the third year. Untreated women in this age category typically lose 0.7% to 2.0% bone mineral density per year. Significantly, these results have not been found with any other form of Hormone Replacement Therapy HRT or dietary supplementation.

\*Lee, Dr J.R., Osteoporosis Reversal: The Role of Progesterone. Internat.Clin.Nutr. Rev. 1990; 10:384-391

Maintaining proper natural progesterone levels, giving due attention to dietary choices, managing stress and regular exercise are vital components to strong healthy bones.

## Hysterectomy

A hysterectomy where the uterus and ovaries are removed causes the female body to become immediately menopausal. Because hormone production does not cease, although it will be reduced, it is still important to have an optimum balance between estrogen and progesterone especially considering progesterone's supportive role in bone building (by osteoblasts). So, for those women who are menopausal, whether surgically induced or not, Dr Lee states "Adding progesterone will actively increase bone mass and density and can reverse osteoporosis." Natural Progesterone will balance estrogen produced by fatty tissue of the body or estrogen artificially supplemented so addressing the underlying cause and deal with other unpleasant symptoms associated with menopause; some of which are hot flushes, night sweats and daily perspiration attacks, irritability, depression, headaches or migraine, anxiousness, panic attacks, unexplained weight gain, fluid retention, cramps, unexplained tiredness and lethargy, loss of libido, nausea, joint or muscle pain, sleeplessness and lack of concentration.

## Libido (Sex Drive)

The female body manufactures many types of estrogen but only one progesterone. Natural progesterone is the source of libido, or sex drive, in women.

## Some Regularly Asked Questions

### **“If natural progesterone is so wonderful, why isn’t it freely available everywhere?”**

To quote Dr Lee: *“Any given pharmaceutical company, like any other enterprise, must make a profit to stay alive. Profit comes from the sale of patented medicines. The system is not interested in natural (ie non-patentable) medicines - regardless of their health benefits. Thus the flow of research funding or the colossal expense of licensing does not extend to products (such as natural progesterone) which cannot be patented.”*

### **“What is progesterone and what is it’s relationship to estrogen?”**

Progesterone is one of two primary hormones produced by the female body. When a woman’s monthly cycle is functioning correctly, estrogen is the dominant hormone during the first two weeks after the start of the menstrual cycle. In response to ovulation, estrogen levels drop and progesterone levels rise and assume dominance for the final two weeks of the month. When progesterone levels drop the next menstrual cycle begins in about 48 hours. Progesterone is used by the body for the production of estrogen and cortisone.

### **“What are some antagonists to production and utilisation of natural progesterone?”**

Animals in industrialised countries are routinely fed synthetic hormones eat grasses and grain that are laden with pesticides. These synthetic compounds are concentrated in the fat of the meat and dairy products sold commercially. Additionally, synthetic hormones sold by prescription and a wide variety of common everyday petrochemical compounds are also consumed by women. These chemical compounds are referred to as xeno-estrogens or xeno-biotics and have been shown to interfere with the production and utilisation of Natural Progesterone.

### **“Do post-menopausal women still produce estrogen and progesterone?”**

After menopause, hormone production decreases by about 40%. As progesterone is the biological precursor for the production of estrogen, it is the natural choice for menopausal women as well as pre-menopausal women to enjoy optimum health.

## **“How long should I stay on natural progesterone?”**

*“Since progesterone has so many positive benefits and no known side effects, there is no reason to discontinue it - I tell women to continue until age 96 and then we will re-evaluate” - Dr John Lee.*

## **Serenity Natural Progesterone Cream - “What’s in the Jar ?”**

Each sealed Wellsprings Serenity Natural Progesterone Cream jar contains 2.1ozs (60gm/60ml) of the finest quality liposome moisturising cream with not less than 1,260 mgs of bioidentical USP Pharmaceutical grade natural progesterone extracted from plant saponins. The certified bioidentical natural progesterone content (2.34%) has been carefully calculated so those who suffer with the symptoms resulting from unopposed estrogen can utilise the cream on a schedule which parallels their own body’s natural cycles of progesterone production.

Manufactured in the USA, the cream is cruelty-free, light, non-oily, hypo-allergenic with a unique liposomal delivery system for swift maximum absorption, free from all common allergens and does not contain any animal products or derivatives. No animal testing.

Beware the many creams containing little or no natural progesterone. Establish their quality and true natural progesterone content and if you can’t find out, ask yourself why.

Some well known creams claim 800-900mg per 2ozs or 2,000mg per 4ozs and appear less expensive than Serenity but offer far worse value as they only provide two-thirds of the effective days treatment of Serenity which, with their poorer absorption, actually makes them very much more expensive. Many women using other creams say they changed to Serenity after finding Serenity a lot more effective (with the added bonus of a much better skin tone), far better quality, easier and more pleasant to use and more economic. Serenity lasts up to 3 months subject to regime and starting progesterone level.

Wellsprings Serenity Natural Progesterone Cream has been carefully formulated for women who suffer with any of the unpleasant symptoms of PMS / PMT, menopause, osteoporosis and infertility. Used in conjunction with known dietary lifestyle modifications, countless women around the world have regained their health and control of their lives.

On reviewing the Serenity Cream formula Dr Lee stated “That’s perfect”

## Men and Serenity Natural Progesterone Cream

Dr Lee advises that progesterone is the precursor of testosterone and cortico-steroids, meaning that the male body uses progesterone to make these other hormones. Like progesterone, testosterone can stimulate new bone formation so increase bone density, and a lack can cause osteoporosis. Progesterone is produced in the adrenals and testes with levels much higher in adult men throughout life than in postmenopausal women.

Levels remain fairly constant in men until about their fifties or early sixties when production of progesterone and testosterone fall and testosterone changes to di-hydrotestosterone with a rise in estrogen which appears in softer stubble, shaving less and developing fatty breasts. Baldness, benign prostatic hypertrophy (BPH), prostate enlargement and prostatic cancer also appear to correlate with di-hydro-testosterone. Significantly, Dr Lee reported in 1999 that progesterone blocks the conversion of testosterone to di-hydro-testosterone.

Further, a 1992 test found that men supplementing with natural progesterone cream also made remarkable improvements in the 'male menopause'; mood, libido (sex drive) and DHEA. Natural progesterone is the source of libido or sex drive in women and markedly increases libido or sex drive in men. Suggested use for men:- Apply an eighth-teaspoon (size of a pea) to the neck at bedtime for 14 days, discontinue for 1 day, then repeat.

## Red Clover and Black Cohosh Combination Capsules

Red Clover is a herb particularly rich in biologically active compounds that are recognized for their role in the support of healthy estrogen levels. Black Cohosh is a herb traditionally used by Native Americans to alleviate the symptoms of menopause and other female complaints.

Wellsprings synergistic combination provides natural relief for the very few post-menopausal women who have been unable to completely eliminate symptoms using natural progesterone alone. For suggested use please see page 19.



## Just a few of countless letters from those using Serenity Cream

**TA of London UK writes:** "...a friend suggested I try Serenity for my PMT and I'm glad I did. From my mid-teens until using Serenity at 23 I had dreadful and unsocial PMT problems for 2 weeks a month, an irregular cycle, flushes, sweating, skin problems, 'on edge' most of the time with an irrational fearsome temper - although it didn't seem irrational at the time! Serenity quickly sorted out all these problems and now I feel really great. I can't thank you enough for my new life."

**JR of Surrey UK writes:** "I really cannot praise your 'Serenity' cream enough, it's a miracle. I had a full hysterectomy 1 year ago. I was prescribed estrogen patches which still gave me hot flushes and night sweats, then Premarin which did not relieve but also made me nauseous with headaches. This was changed to Climoral which relieved the symptoms but did not stop them and my GP doubled the dose!! Symptoms stopped for 1 month and returned. Due to lack of sleep with night sweats and debilitating daily hot flushes I became depressed, anxious and began to suffer panic attacks. I was referred to a Metabolic Disorder Consultant. I had stopped taking HRT completely as I felt so ill plus I had such a build up in my system the flushes were getting less but my mental state was dreadful. Consultant prescribed Prozac for 3 months and no HRT. I took Prozac for 8 weeks and felt like a zombie. As my symptoms came back with a vengeance I was put back on estrogen patches. I asked my GP if I could come off Prozac and was told not to. By now I felt dreadful, I had time off work as I could not cope - crying, nervous, loss of all libido and joy of life - I would say the verge of a complete nervous breakdown. I then received your cream.. It really was put to the test. As I was so desperate to get off Prozac / Estrogen I would have tried anything to feel better (I could not have felt worse). I stopped Prozac, ripped off the patch and rubbed in a little Serenity cream. At the time I thought it was crazy - just a little dab of cream against all these horrendous symptoms. That night was the first full night's sleep I had in a year - No night sweats, no visits to the loo - I awoke refreshed and revived!! I dabbed a little more that morning and I can honestly say I have not suffered another flush or night sweat since. My anxiety has gone, all my womanly feelings have returned, I lost 7 pounds in weight in 10 days (no dieting) - no more bloating, my skin and hair looks great - I am successfully reducing my weight - I gained 21 pounds on estrogen. So many people have complimented me on how fantastic I now look (that's a boost in itself). I have copied your order form as I have to share my good fortune. To sum up I feel so well I am elated, I'm high on life and at 49 feel and look wonderful. If at any time myself or my colleagues can help in any way to bring this miracle in a jar into the Country I assure you we will - it's given me back my will to live.  
Yours very sincerely."

***JH of Northamptonshire UK writes:*** “I have been amazingly surprised at the almost disappearance of my PMT since starting Serenity in May this year. After so many attempts at trying to improve PMT, Serenity has been the only proper relief I have had. I don’t have to arrange anything around my cycle any more, every day of the month is the same and my periods are much lighter. No miseries, no tears, no breast tenderness, no spots, no tiredness. Lots of energy and not feeling stressed-out before my period. People comment how well I look and my family recognise the mood swings have gone. I was going to write to ‘Here’s Health’ magazine to say how Serenity has improved my life. The booklets you send with the cream I give to other people as I feel many other women who have been searching for help with PMT and hormone imbalances could get the help they have been looking for, for years, as I have found mine in Serenity.”

***MM of Gloucester UK writes:*** “My experience of Serenity is less than two weeks. However, despite the short time I can report it is proving to be more beneficial than I could ever have hoped. At 57, after experiencing the menopausal symptoms in the book for many years, despite several periods of relatively unsuccessful conventional HRT, I have recovered much of my interest in life, my head is much clearer and my husband is enjoying my improved temper! ... the improvement in my life in the few weeks since starting with Serenity for Women has been dramatic.”

***AS of Somerset UK writes:*** “What I’d heard about progesterone led me to discuss it with the medics; they were very happy to go down that road, but were only able to prescribe synthesised progesterone. By then I’d read your booklet and Lesley Kenton’s Passage to Power and knew that I wanted to try the natural product. With their blessing I sent off for my first jar from you. My periods have become less frequent; a great blessing since they were turning up every two and a half weeks, it drove me crazy. Pre-menstrual tension and woe, breast soreness and bloating have all reduced sometimes to the point where the onset of my period has caught me completely off guard. Because after applying the cream I treated my face with the tiny amount left on my hands, I have seen a complete end to the terrible dry, flaking, red and angry skin problem which had been be-devilling me for so many months ... My doctor, bless him, told me I looked wonderful. ... keep up the good work.”

***SG of Lancashire UK writes:*** “Prior to using Serenity Cream I was experiencing severe skin itching and thinning of the skin in the genital area. This has now completely cleared up. Also I am delighted to say that my previously non-existent sex drive is now very healthy for the first time.”

***AM of Kent writes:*** “I would like to let you know how pleased I am to feel so well after using Serenity Natural Progesterone Cream. I enjoy walking with my husband every day without having to say my legs are tired now and I feel more happy about life in general. I find my hair and

nails are growing and my skin is much more alive. Thank you for Serenity.”

***JS of Berkshire UK writes:*** “I have been using Serenity now for about four months and I’m very pleased with the result. Before using Serenity I had been on HRT for some time but that had side effects whereas Serenity has no side effects at all.”

***KH of Kent UK writes:*** (Extracts from a 6 page letter, excluding personal family details): I had hot flushes and perspiration (to the point where I looked as if someone was pouring water over me). I would get these normally at night and last all night long. My husband got used to getting out of bed at all hours to help change the covers, since the bed would be totally drenched. He was amazed how many mornings my clothes would be hanging loosely from me due to the loss of fluids with these attacks. These attacks would be accompanied by a tightness across the chest and a complete loss of energy. I would occasionally get the attacks during the day, but very rarely - to begin with. At the same time I was having severe stress/panic attacks and had not had a complete night’s sleep for over eighteen months. Every night/morning I woke a minimum once, maybe twice, sometimes more. I had to stop myself running from the house, the sense of fear was so bad, but I would have to get up, go downstairs and sit for a while. Even though by the end of 18 months I would hardly be able to lift my head from the pillows and would bounce off the walls getting myself downstairs because I was so tired. My husband always worried in case I fell down the stairs one night whilst in this state. But he also knew that if he tried to put his hand on me to guide or help or just to cuddle me and tell me I was safe I would feel trapped and the panic would increase, forcing me to lash out at anything in my path. It sounds rather stupid, but the fear and tightness in my chest, the feeling of not being able to breathe, plus the overwhelming desire/need to get out and run away (from what I do not know) was totally overpowering; and together with the hot flushes/drenching perspiration attacks as making life almost unbearable. ... The panic attacks and hot flushes got worse and worse as I kept going and going, all the time terrified that if I stopped I would breakdown completely never to stand again. ... I was totally drained, becoming more tired and tearful at the slightest thing. The constant feeling of being unable to cope was getting worse. I got up each morning terrified I could not face or cope with the day. When I first read your advertisement I decided there was nothing to lose in sending for your booklet. I could certainly say yes to most of the ‘symptoms’ list and a few of the letters from your customers seemed familiar in their symptoms/stories. I showed my husband and he agreed that as long as we knew what the cream contained, and my specialist had nothing against it, I should try. I sent for the cream and could not wait for it to arrive. However, the first night I opened the jar, I thought “you are crazy, this cream is not going to work” but I applied the cream and prayed that it would do something. The 2nd night I had my first sleep without any hot flushes/perspiration attack. I still had the panic attacks but ‘that was all’. Maybe I’m just so exhausted my body is too tired to have a hot flush I thought, I’ll wait and see. But two weeks later, no hot flushes and surprise, the panic attacks were almost every other night rather than every night and the urgency to get out of the house and run was getting less. I still had to get up, but it

was not sheer terror that now drove me. I felt better able to cope and would rise slowly, walk downstairs, sit for a few moments, let the chest tightness subside and go immediately back up to bed. After a few more weeks I would rise, go downstairs, walk around then return to my bedroom - no sitting for any length of time. Six weeks later there were no panic attacks, no hot flushes/soaking perspiration sessions - no changing bedclothes. And sleep, blissful sleep. No tearful sessions and no fear when I rise to face each day. My husband said he noticed the difference immediately I stopped getting the hot flushes and the attacks calmed down. He said I looked happier, and although the family all understood why I snapped at them (when I was getting the attacks) it had obviously made life difficult and upsetting for them at times; but now I hardly snapped at them at all - I hadn't even noticed this side of things getting so bad, although I had noticed that I was staying calmer with everything these days. I could look at every problem calmly and as usually happens when one stays calm, a solution is either found or you cope with the situation easily. I am sorry that this letter is so long but I felt that you should be aware of how your cream has helped me. A million and more thanks for your assistance. Please keep up the good work."

***MP of Cambridgeshire UK writes:*** "I write to let you know how delighted I am with your product. I have been using Serenity for six months to help with the symptoms of an early menopause. Not only have I found that all my symptoms have abated, but I have experienced a return to my former energy levels and, despite having had a number of life changes to deal with in recent months, I really do feel calm and even tempered."

***RJ of the West Midlands UK writes:*** "I had been taking HRT for 5 years (I am now 55) and had gained 2 stones in weight. When I stopped HRT I had a huge problem with flushing of my face and perspiration. This was a real problem, moisture used to drip from my face. Serenity Natural Progesterone Cream has solved the problem - thank you so much. I am now reducing my weight."

***MP of Oxfordshire UK writes:*** "I am 49 and suffered from mild to moderate PMT all my life, but in the past 10 years the symptoms have become more severe to the point where I was beginning to think I might be menopausal. Night sweats, insomnia, bloating, clumsiness, severe mood swings, anxiety attacks, vile temper - you name it, I've had it! What's more, I've taken it out on others; my husband used to wear a flak jacket at certain times of the month! (Irritatingly, those times became increasingly frequent, my cycle dropped from 31 days in my twenties to just 23.5 days). However, FSH tests over the years have shown that my estrogen levels are persistently - even annoyingly - 'normal'. I heard about Natural Progesterone this year. I happened upon a mention of Serenity in the Guardian and I looked up the Internet entry for the product; I was interested and decided to try do further research. During a visit to the USA in May I found and bought a copy of Dr Lee's book 'What Your Doctor May Not Tell You About Menopause'. This book described my symptoms back to me so vividly it was better than reading a thriller! I then rediscovered on my bookshelves a dusty copy of Dr Katharina Dalton's book on PMT, published

over two decades ago. It hit me that I might be suffering from estrogen dominance. I rushed off an order for Serenity, intending to give it a six month trial before discussing it with my GP, to whom I am copying this letter. Since using the cream, I can honestly say that my menstrual health and general outlook on life have taken a huge turn for the better. Night sweats and insomnia are no longer a problem. Cycle length has increased to 26.5 days. Bloating and clumsiness have gone. My husband has taken his flak jacket to the charity shop and is highly relieved that my sense of humour has come back! At a more 'cosmetic' level, friends and family remark on how much younger I look; I can certainly detect improvements in skin and hair condition. I apply the cream to abdomen, thighs and breasts and am amazed at the improvement in skin tone in those areas - breasts particularly. These things do matter! More generally I am gratified that these changes are coming about without any change in my sense of who and what I am. I have tried a variety of anti-depressants in the past; with Serenity there is no sense of that 'zapped' state which those other substances seemed to bring. I note public interest in and awareness of Natural Progesterone is increasing but am annoyed when Dr Dalton's work has been largely ignored. If the case is that women have been pumped full of artificial hormones for years in order to increase the profits of the pharmaceutical company barons, it is high time the balance was redressed."

***SJ of Dorset UK writes:*** "The main problems for which I decided to try Serenity was unexplained tiredness. Despite leaving a stressful job a year ago to live a quieter life in the country, a few months on I was still tired and falling asleep during the day. I began to feel much better soon after starting to use the Serenity cream on a daily basis. A very welcome bonus has been that assorted aches and pains have gone away. My knee joints were particularly stiff when going up stairs and I wondered if this was osteoarthritis; this problem quickly disappeared."

***GC of Kent UK writes:*** "Please find enclosed cheque for further order of Serenity Natural Progesterone Cream. I have used the product for eight weeks now and the effect that it has had, whilst I'm recovering from a depressive illness, is quite amazing. It seems to lift and balance my mood yet without the side effects of prescribed drugs. Thank you for your wonderful product."

***DJ of Avon UK writes:*** "Just a quick note to thank you for your prompt supply of Serenity. It's an absolutely wonderful product, I find it quite extraordinary that such a tiny amount of cream can be so easily absorbed into the body and arrest such severe menopausal symptoms - the most horrible of all were the night time sweats which now, thanks to Serenity, are gone. I also cannot believe how well I feel and so eventempered, stress-free and happy, no HRT for me thank you. Thanks to my dear friend who introduced me to your little miracle!"

***NJ of Northamptonshire UK writes:*** "I have recommended your product, Serenity, it has not only helped myself but the other friends after I recommended it. They too are now spreading the word of it's natural healing properties in a wide variety of ills."

**SM of Essex UK writes:** "I started using Serenity and stopped taking Premarin HRT at the same time. I was a bit nervous as I'd been on HRT for about 10 years and had a complete hysterectomy 4 years ago. I feel great and the only problem I have had is on a couple of days and nights I felt hot and flushed but put on a small amount of Serenity Cream and the feeling soon subsided. Many thanks and good wishes."

**JG of Gwent UK writes:** "I suffered from very severe PMT since commencing the contraceptive pill 27 years ago. Panic attacks, irritability, depression, low self-esteem, bloating, weight gain, fluid retention, tender breasts and worse of all paralytic migraine when I was unable to speak properly, flashing lights, nausea, sometimes vomiting, hearing disturbances, giddiness, pins and needles up my arm, over my face, in my mouth and nose. At the time my doctor assured me it was nothing to do with the pill and to keep using it. I was referred to a neurologist because of the paralytic migraine as they suspected MS and a host of other neurological problems. I also saw a psychiatrist at my GP's suggestion who said there was no major problem. I have been put on beta blockers, tranquillisers etc, which did not help. I tried acupuncture and homeopathy which did not help. Reflexology helped greatly but did not totally solve the problem. About five years ago I became menopausal and all my symptoms returned and flared up, plus a few others; spots which I had never had before, constipation, diarrhoea, hot flushes, sleep problems, breathing difficulties, weeping and memory blackouts. I tried herbs, these helped but were not the answer. Enter Serenity Natural Progesterone Cream in August 1997. At first I was very stirred up and for a couple of months I had fluid retention and swollen breasts. However, over the months I have improved: Breathing difficulties by 90%, Migraines eased 90%, Bloating improved 80%, Weeping gone, Hot Flushes 99%, Bowel problems 95%, Depression 99%, Spots 95%, Anxiety 80%, Memory Blackouts and Forgetfulness 80%. Generally I am much improved, it did take a while for Natural Progesterone to 'kick in' as my periods are so irregular. I would commence using the cream on day 14 but within a week the period would start so I was not able to use it for long enough. However, I upped the amount used after reading Lesley Kenton's book 'Passage to Power' and things have slowly but surely picked up. I am impressed with the cream and am hoping to soon be free of the remaining symptoms before long, after my years of suffering."

**GB of Doncaster UK writes:** "I have been using 'Serenity' cream for three months. I had suffered from bouts of depression since the birth of my second child fourteen years ago. As menopause approached my symptoms became worse with extra ones appearing: anxiety, nervousness, insomnia, lack of concentration, memory loss, panic attacks, loss of libido. I sometimes felt close to a nervous breakdown. During the 12 months before using 'Serenity' cream I tried 3 different anti-depressants and 2 types of HRT, those side effects made me feel ill and the depression was worse with HRT. I tried herbs but these were not enough. I was desperate for help which conventional medicine could not supply. A friend recommended Leslie Kenton's book 'Passage to Power' which I read avidly and decided my last option was Natural Progesterone Cream. I saw

your site on the Internet - [www.progesterone.co.uk](http://www.progesterone.co.uk) - and sent for a jar as the letters convinced me as I could relate to so many of the writers' problems. 3 months later I am much improved. The depression was one of the first control'. I feel healthy and energetic and symptoms are less severe each month. I am angry that my doctors (despite reading information on Natural Progesterone which I have lent to them) are so sceptical and refuse to prescribe the cream. There are women who could be saved years of suffering who are not living life to the full."

***JH of London writes:*** "I have been using my cream for one month, I must say it is a miracle, my depression has gone which was my main concern as I was always very weepy since the menopause. All my friends and relatives are amazed and I have been giving them photocopies of your booklet. Many thanks for your wonderful product."

***NR of Devon UK writes:*** "I am a woman of 61 and experiencing hormonal imbalance since 32 - over 30 years - I had a bad miscarriage at that time. At 38 I had my second daughter and in the following years I developed endometriosis and had fibroids on my breast which were surgically removed. I can identify with many of the symptoms described in your booklet including hypoglycaemia and migraine with vomiting and diarrhoea. I had vertigo so bad at times that I could not go out and my bowel problems got worse over the years from the stress of dealing with these symptoms. Tests showed I had low hormone levels. Over the past 15 years I have used herbs and vitamins which helped to control the symptoms but the imbalance remained. I have developed diverticulitis on my bowel being treated with antibiotics due to infection caused by food poisoning some months ago. Since using Serenity I have slept better, the vertigo has stopped and I look forward to improved health, Serenity has relieved me of the stress and full symptoms. I can't thank you enough for this wonderful product."

***CS of Hampshire UK writes:*** I have almost finished using the first jar of Serenity and I am very pleased with it. In July my Husband and I separated so I have had a very emotional and difficult time. Also, I began a new job in September. Despite all of this I have received many compliments about: how well I look, how much younger I look, how I have 'sparkle and light' all around me and how I've lost weight. In 1985 at the age of 31 I had a hysterectomy (ovaries still intact). During 1991 I began using HRT estrogen patches and continued until 1997 - I put on about 2 stones in weight. For some reason my intuition told me in May 1997 to stop using the patches. One month later - before my system was clear of the estrogen - I was admitted to hospital with a suspected thrombosis in my leg. I was rested and given blood thinning drugs. Within a few weeks of starting 'Serenity' I had more energy, felt more positive, was able to think more clearly and was generally a lot healthier. I have told my daughter, Mother and others about the benefits of Serenity."

***SM of Suffolk UK writes:*** "I have been using Serenity for 2 months and write to tell you what a

wonderful product you have. I am 49 years old and had menopausal symptoms for the past year. My PMT goes back for ever!" (2 pages of personal medical details of GP diagnosis, tests, treatment and continues..) "Since having children my periods have been a bit more regular until a year ago when all the symptoms of menopause seemed to happen at once. Bad migraines, hot flushes, terrible night sweats, horrendous PMT, bloating, very tender breasts. The Doctor did a blood test and said I was "firing on all cylinders!" My GP who really understands suggested Evening Primrose for breast pain and Pyroxidine for PMT. I felt better for a while but still not wonderful. A friend then told me about your cream. I must admit I was a bit skeptical at first as I did not believe a cream you rub in your skin could have such properties - but I do now! After a couple of weeks use I did feel a bit strange and wondered if I'd wasted my money. However, after 2 months of use I now feel a different person. I was going through a difficult patch at the time as 2 members of my family died quite suddenly, I lost my job and my husband's job was unsafe. Added to this my daughter just started her periods, which did not match with mine, so my husband was thinking of moving out. After a month of using the cream my libido made a comeback (much to my husband's delight). I now cope better with my daughter as I feel so much calmer she cannot wind me up so much (to her annoyance!). My son is pleased to have his Mum happy again. Serenity made a huge improvement in my life and I cannot thank you enough. I really did not think I could feel this well. I have told friends experiencing the same health problems as I think everyone should be aware there is a natural alternative to HRT and filling yourself with chemical substances."

***FL of Sussex UK writes:*** "I am three-quarters of the way through my first jar of Serenity which seems to have lasted very well. I am 47 and started to experience the usual effects of erratic periods, hot flushes and night sweats. I am also a migraine sufferer. My Doctor prescribed HRT and told me to return when I got a migraine but after reading the leaflet I was uneasy about taking it. I sent off for it to see if it would work. My periods are now more regular, no hot flushes, and only one night sweat (which I think was due to a large glass of sparkling wine)."

***WL of Dorset UK writes:*** "This is an excellent treatment curing all my menopausal symptoms."

***SM of London writes:*** "I am very, very, pleased with the effectiveness of Serenity after using about three-quarters of my first jar. I must admit to being very sceptical about it's claims. Having had a really difficult time on various brands of HRT for the past 8 years I was ready to give up and put up with the menopause symptoms instead of the dreadful HRT side effects. Since using Serenity I have cut my prescribed HRT to a quarter and hope to stop using it altogether before the month is over. Serenity has put an end to debilitating pain in my arm, wrist, hand and knee joints, much to my surprise. I am looking forward to further beneficial effects from this treatment."

***FG of Devon UK writes:*** "I started using Serenity 2 weeks ago on the recommendation of my



Homeopathic Doctor. In suffering from extreme dryness and Lichen Sclerosus ET Atrophicus my life has been pretty miserable to say the least. Since using Serenity I feel like a new woman. The dryness has gone and the Lichen has eased tremendously. It is a relief to find a natural product to help ease my problem. Thank you for this wonderful cream to help all women."

**BM of West Midlands UK writes:** "I have used your Serenity Cream for the first time as I have suffered with all the symptoms of PMT/PMS for a long time. I am pleased to be able to tell you that I have found it most beneficial as almost all of my symptoms have abated this month. Thank you for such a wonderful product."

**SB of Yorkshire UK writes:** "I have always suffered from extremely heavy, painful and prolonged periods. Treatment in 27 years has ranged from utterly mediaeval, cautery without anaesthesia, to the outrageous - one indifferent medical man suggested I should "have a couple of kids, that'll stop it". Finally, two years ago after several exploratory and perhaps unnecessary surgical procedures, I was diagnosed with menorrhagia, compounded by fibroids and advised to have a hysterectomy. Since the condition is not life-threatening (although given the amount of painkillers, clothing and bedding ruined, appointments and business meetings cancelled or postponed and iron taken to counteract anaemia, it has sometimes felt like it), I am reluctant to have radical surgery for a condition which should be treatable in other ways. One specialist suggested I might let nature take its course and swap one crisis for another via the menopause. Then the breakthrough! I had no period for two months, then a third failed to arrive. The doctor ruled out pregnancy but felt I was too young for the menopause. I had my doubts about his diagnosis as I had started to have night sweats, complete loss of libido, foul moods and fearsome tempers. My poor husband. I became so evil, rows every other day and suggested separating. I would wake regularly between 3 and 4am, clammy and depressed, filled with sadness and often tearful. Symptoms continued into the day and more than once I cut short a meeting or stopped the car to have a good cry for no obvious reason. In despair I read all I could find on alternative therapies for PMT, menopause and other conditions. Appalled at the lack of knowledge and information available I was relieved there was some hope and help. But where to get the recommended Natural Progesterone Cream? I saw your advert, received my package and information and after only three days I was beginning to feel human, sleeping through the night with only one hot flush since. Mood and temper fluctuations have settled and, although occasionally crabby, I regard this as quite natural, rather than the onset of a 'severe temper warning' or 'mega row imminent'. Since using Serenity I feel much more comfortable with myself for the first time in years. I am not yet perfect but I now have the energy to do something about it and can face the future without feeling I am hitting my head against a stone wall. Yes there are times when I still feel down - but this is more to do with lack of food or exercise than the deep and irrational despair that I was prey to, when suicide seemed the only way out of a situation that had become more pressurised and burdensome than I had thought possible. I have recommended Serenity to friends and cannot thank you enough for helping me put my life back

together. I wish I knew about it years ago.”

**JT of Hertfordshire UK writes:** “I wanted to express my appreciation for ‘Serenity’. A the age of 45 I have just started the menopause having irregular periods, mood swings and breast tenderness. Two months after using the cream this has all stopped. Although lighter my periods are more regular and my mood swings have stopped. It really works.”

**PS of Herts UK writes:** “Many thanks for Serenity. From immediate use panic attacks subsided, restless legs are better and my usual self restored. What can I say ! – Many many thanks.”

**CJ of Avon UK writes:** “I am most impressed. I have been using four tubes of Premarin a year for 15 years. In my early 50s I had severe problems with vaginal skin which caused urethritis among other discomforts. The Premarin eased the situation and I was told I would have to use it for the rest of my life. I then read about Natural Progesterone Cream in a health magazine and also in the Daily Telegraph years later of course! I have just finished my first pot of Serenity. For the first time in 15 years I feel normal, comfortable and cured. In three and a half months I have only used one gram of Premarin. I now realise the difference between a situation which has been controlled and eased and the feeling of feeling normal and cured. I am still amazed .”

**CS of Kent UK writes:** “Thank you for your efficient supplies of Serenity Progesterone Cream - the effects are every bit as described in your booklet. I am letting friends know about your product so that they can benefit.”

**KD of Cheshire UK writes:** “Just a few lines to say ‘what fantastic cream’. Our lives (myself, husband and children) are a lot calmer and more civilised because of it. A friend passed a jar on to me. ‘Wow’ is all I can say really. ... Thank you.”

**GP of Lancashire UK writes:** “After only three months of use of Serenity Cream my hot flushes have disappeared and, thankfully, a long-term sleep disorder has improved considerably. I have always been adverse to the use of HRT - what a wonderful alternative this is! Thank you.”

**FJ of Cornwall UK writes:** “At the age of 36 and having tried practically everything I did not believe for one minute that a tiny dab of cream could possibly affect any of my PMS symptoms from which I have suffered since I was fourteen. Two friends kept telling me to try Serenity but having been disappointed so many times with so called ‘cures’ I did not bother until I ran out of excuses not to try it when they gave me a jar. I have heard the words miraculous and incredible about lots of things over the years and never imagined I would be saying them myself about anything but I am. After just two days I felt as though a great weight was lifted from me. My mood lightened and I began to feel peaceful. Since then the cramps, headaches, tender breasts, painful joints and bloating have gone but the most important was my clarity of thought processes. No

longer angry, dithering or forgetting things I am clear, positive, writing fit to burst and very happy. Everything has changed for me completely. I now have something, life, to look forward to instead of unremitting health problems and am so very grateful to you. My sincere thanks to you all."

***PJ of Switzerland writes:*** "I have been pleased with the way this order was handled and will certainly order again and inform my friends of your cream. I am a strong exponent of Progesterone and have had a heightened bone intensity TWICE since using it. Do you need any more testimonials? Would be happy to oblige. And I would highlight the bone density which my doctor puts down solely to the use of natural progesterone. Many thanks and every good wish."

## Suggested Use of Serenity Natural Progesterone Cream

Progesterone is very well absorbed through the skin when it is in a properly formulated bio-identical natural progesterone cream and unlike orally taken progesterone it is not intercepted by the liver. For this reason cream dosage is quite small. Serenity should be applied morning and bedtime to the fatty tissue areas of the body where it is stored for use as needed: buttocks, thighs, hips, breasts or upper arms and lower abdomen. It is important to massage the cream into a different area each time.

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

A healthy woman will naturally manufacture 20-25mg of natural progesterone per day in the second half of her monthly cycle and the intention is to deliver this same amount of natural progesterone into the system with the cream. An eighth-teaspoon of Serenity contains 15mg of natural progesterone, so one application in the morning and one at bedtime will constitute a dosage of 30mg per day which, allowing for some wastage, will deliver the required net dose of 20-25mg per day; the same as should be produced naturally. If symptoms are severe you may use a quarter-teaspoon mornings and evenings, but all women are different and dosage should be assessed and modified by each individual through their own experience over a period of time - see 'Please Note' on page 19. Each jar contains over 90 eighth-teaspoon applications so a jar should last about 3 months for those having periods and 2 months for those on the 24 day regime.

**\* How to Measure and Eighth of a Teaspoon:-** Dab the underside of your little finger halfway to the nail (just as a face cream) the amount is about the size of a garden pea.

### **Informed women have advised the following applications:**

**1:** If you are still having periods: An eighth-teaspoon in the mornings and eighthteaspoon at bed time massaged on a rotational basis; as described above, 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 (ie if your cycle is every 24 days use Serenity from day 12 through to day 24, and then stop until day 12 of your next cycle).

**2:** If you are still having periods and are currently taking HRT: Serenity dosage as 1 above. You

may wish to try cutting out HRT immediately at the outset of using Serenity or you may prefer to phase out the HRT over two months. To phase out HRT you must determine whether the HRT you are taking is an estrogen and progestin combination and, if so, change to an estrogen-only HRT treatment. (The combination of natural progesterone at the same time as a Synthetic Progestin is to be avoided). In the 1st month of using Wellsprings Serenity Natural Progesterone Cream and estrogen-only HRT together:- Halve the dosage of HRT (to half of the normal HRT dosage). In the 2nd month halve the HRT dosage again (to a quarter of the normal HRT dosage). In month 3 cease HRT altogether. - If you are having irregular periods and are approaching menopausal age: An eighth-teaspoon twice a day, mornings and bedtime for 24 days then discontinue for 6 days then repeat every month. If symptoms are severe you may increase this dosage to a quarter-teaspoon twice a day, but monitor progress and increase or decrease as required. If at any time you start a period then stop using the cream immediately, count that day as day 1, and start using the cream again on day 7 for 24 days. Serenity will not bring on a period if your body does not naturally require it.

**3:** If you are menopausal and are not having periods: An eighth-teaspoon twice a day, mornings and bedtime for 24 days, discontinue for 6 days then repeat every month. If symptoms are severe you may increase this dosage to a quarter-teaspoon twice a day, but monitor progress and increase or decrease as required. Using Serenity will not make periods start again.

**4:** If you have had a hysterectomy: Dosage of Serenity as in 3 above.

**5:** If you are menopausal or have had a hysterectomy and are currently taking HRT: Dosage of Serenity as in 3. You may wish to try cutting out HRT immediately at the outset of using Serenity, or you may prefer to phase out the HRT over a 2 month period. To do this you must first determine if the HRT you are taking is an estrogen and progestin combination and if so, change to an estrogen only treatment (the combination of natural progesterone at the same time as a Synthetic Progestin is to be avoided). In the 1st month of using Wellsprings Serenity Natural Progesterone Cream and estrogen-only HRT together:- Halve the dosage of HRT (to half the normal HRT dosage). In the 2nd month halve the HRT dosage again (to a quarter of the normal HRT dosage) In month 3 cease HRT altogether.

**6:** If you have osteoporosis or wish to protect against osteoporosis: The use of Serenity 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 an eighth teaspoon mornings and an eighth teaspoon at bedtime for 24 days of the month and then discontinue for 6 days, repeating every month.

**7:** If you suffer from hot flushes or period related migraines: In addition to the above relevant dosage regime. For hot flushes, at the onset of a hot flush a dab of Wellsprings Serenity on the

inside of each wrist may prove to be beneficial. At the onset of a migraine or severe headache a dab behind each ear and on the temples have proved to be of great help.

**8: Infertility and loss of libido:** The use of Wellsprings Serenity in any of the above categories will increase fertility and restore libido.

**9:** If you cannot get rid of hot flushes and/or night sweats after using Wellsprings Serenity for a few weeks and after varying the dosage: This could be a sign that your body requires a little more help; please read the following section headed Red Clover and Black Cohosh Combination Capsules.

\* Tip: Rub any residue on the face and neck, you will be amazed at skin tone improvement.

**PLEASE NOTE:** At the onset of using natural progesterone Cream a few women may experience an increase in “estrogen dominance” symptoms. This is temporary and due to the natural progesterone “waking up” and making the estrogen receptor sites more sensitive. If experienced, reduce Serenity to a tiny dot then build up gradually in the following weeks or until the symptoms subside, you may then resume normal application. There are no reported long term side effects to using transdermal bio-identical natural progesterone cream. Estrogen dominance can cause irregular cycles and retention of old blood. Because Natural Progesterone has a normalising effect on the menstrual cycle it can initially promote the shedding of this old blood. This shedding is desirable as old stored blood can increase the risk of endometrial cancer and endometriosis.

## Doctors' Viewpoint

**Dame Dr Shirley Bond, MB BS LRCP MRCS FFARCS DcmdrSOStj. Harley Street, London.**

As a doctor who has for many years specialised in womens hormonal problems I was fascinated when I came across natural progesterone in the form of a transdermal cream some seven to eight years ago. When I started to look into its use I realised that it made sense to use it in the ways now described in this booklet. I had never been keen to give my patients traditional HRT and now I had a safe product to use to help them deal with their problems and balance their hormones from puberty to the postmenopause. Also I had a method of preventing osteoporosis that did not involve the risks associated with estrogens. It is good that products containing Natural Progesterone are available and that women are being given the information which will enable them to make informed choices about the use or not of HRT.

**Dr B. Peatfield, MB BS LRCP MRCS. Surrey.**

Much due to the work of Doctor John Lee, I have been using Natural Progesterone Cream for some years in my South London Practice. Patients and I have, without exception, been delighted with it's efficacy in menstrual symptoms, especially PMT / PMS, and in the menopause itself. Doctor Lee was right; and women the world over can now benefit without risk and without side effects. It represents a major advance in the management of these universal and worrying problems.

## Estrogen / Progesterone Effects Table \*

### **ESTROGEN**

- Creates Proliferative Endometrium
- Causes Breast Stimulation
- Increases Body Fat
- Salt & Fluid Retention
- Depression and Headaches
- Interferes with Thyroid Hormone
- Increases Blood Clotting
- Decreases Sex Drive
- Impairs Blood Sugar Control
- Loss of Zinc Retention of Copper
- Reduces Oxygen Levels in all Cells
- Increases Risk of Endometrial Cancer

### **PROGESTERONE**

- Maintains Secretory Endometrium
- Protects against Breast Fibro cysts
- Helps to Use Fat for Energy
- Natural Diuretic
- Natural Anti-Depressant
- Facilitates Thyroid Hormone Activity
- Normalises Blood Clotting
- Restores Normal Sex Drive
- Normalises Blood Sugar Level
- Normalises Zinc & Copper Levels
- Restores Proper Oxygen Cell Levels
- Helps Prevent Endometrial Cancer

\* Dr Lee's Book 'What Your Doctor May Not Tell You About Menopause' ISBN 0-446-67144-4



## How To Order Wellsprings Serenity Cream



**Web:** [www.wellsprings-health.com](http://www.wellsprings-health.com)

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