Frequently Asked Questions
for Hormone Support Creams

How do I apply the cream?
To apply the Pro Plus female or Soothe Stress adrenal support creams press the pump and dispense ¼ teaspoon (this is a dose). Apply the measured amount to the proper area(s); [inner arms, back of knees, upper chest (not breasts), and bottom of feet] using your fingertips. Apply a thin layer over the area(s), and continue to rub the cream into the skin until it disappears.

Can the cream be applied to more than one area?
You may divide the dose between more than one area and mix the creams together when applying both creams. By dividing the areas, you may get better absorption and faster penetration of the cream. You also do not need to rotate areas or put on “fatty” areas as some cheaper creams recommend.

Can I use more than the recommended amount of cream?
It is best to use the recommended amount based on your protocol (from the questionnaire). “More is not better”.

What if I feel anxious or nervous after applying the cream?
Feeling energized and anxious or nervous may occur when you first start your cream. If it causes any of these symptoms, simply reduce the amount to half of the recommendation on the label for a day or two. If symptoms continue for more than 48 hours after doing this, let us know.

Can I wipe off what’s left of the cream?
The cream is pre-designed to absorb thoroughly into the skin leaving only a fine residue. After applying, wait for at least 5 minutes before dressing if you feel you need to. We suggest a 15 minute wait prior to showering or wiping with a towel.

How critical are the times of applications?
The recommendations are for 1 dose am and pm with most creams (follow your assigned protocol according to your questionnaire). If you have forgotten, use the cream at the next appropriate time. We do not recommend a doubling of the cream on the next application in order to make up the difference. Note: do not skip too many intervals, we are trying to mimic the pulsatile secretion of your endocrine system with these times. It is not recommended to use the adrenal or male cream too late prior to bed. This may cause energy late and less rest. It is alright to apply female cream before bed.

How long will I be using the creams?
We are trying to normalize specific aspects of hormonal balance; many factors (diet, exercise and stress management) will influence the period of time necessary for the program to accomplish this goal. Most people observe a change and decrease in their symptoms within a few weeks and then the body can adjust and start to balance its own production of hormones. The average time for some normalization is 6 months. After this, you can cut dosage in half and see if you still have relief of all your symptoms, if so, continue like this for a few more months. Then your dosage may be adjusted according to symptoms. Remember you can’t overdo it as the body will only use what it needs and the rest of the creams will be cleared (like vitamin B or C - no toxic affects) from the body. Overuse will only waste the creams.

What if I experience a rash?
Although this is extremely rare, if you should experience a rash or skin irritation at the site of application, discontinue use on that area. Moving to another area may, in many cases, resolve the problem. If it occurs at the new sight, you may have an allergy to one of the ingredients in the cream. If the rash is not at the site of application and causes an observable reaction, discontinue usage.

What if I have a problem with the smell?
Although the scent is light, if you find you are sensitive to the smell you can work around that. Many clients solve this by applying the cream to the bottom of their feet and then covering it with a sock.