

# Suggested Routine for Applying Natural Progesterone Cream

For anyone using Natural Progesterone Cream, I found the following protocol offered by Anna Rushton worth reading:

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

## A simple application routine

All creams should be applied with a light hand, they do not need to be rubbed in vigorously, and the latest findings indicate that it is best to use both thin skinned and fatty tissue areas for maximum absorption.

*Suggested sites are:* face, neck, palms of the hands, inside of the upper arms, lower back or inner thighs for thin skinned areas and buttocks, lower arms, outer thighs and stomach for slower absorption. These areas are used as they vary in absorption rate. The fatty areas have slower absorption and therefore stay longer in the body, but the thin skinned areas are absorbed faster and are effective sites to use for flushes in particular. So if your flushes are mainly during the day, use the thin skinned area in the morning, but if at night then use the fatty tissue area in the morning.

You also need to apply to a different area each day so you rotate round the body and for maximum effectiveness you get the best coverage if you apply to a thin area in one application and a fatty area in the second one.

A possible application regime suggests for instance that you apply it twice to your left arm on Monday (upper arm is fatty tissue and lower inside arm is thin tissue) and then work down your body one side and back up the other as in the example below:

**Monday** left arm lower inside morning and upper arm evening

**Tuesday** left thigh outside morning and inside evening

**Wednesday** left side of stomach morning, left buttock in the evening

**Thursday** right thigh outside morning and inside evening

**Friday** right side of stomach and right buttock as before

**Saturday** right arm lower inside morning and upper arm evening

**Sunday** face and neck only, avoiding chest or breast area

An alternative method many women suffering from vaginal dryness, or who have skin absorption problems, find helpful is to apply the cream internally as either the only site to use or as part of the above regime. This method is particularly recommended by Dr Mercola of the USA and he commented below:

*"If you apply the cream to your mucous epithelial membranes that line your uterus and vagina you obtain a virtually ideal administration system. Not only is absorption through these membranes more complete than through your skin, but hormones absorbed through your vaginal membranes enter the very same pelvic plexus of veins that your ovaries normally empty into."*

You will find your own method, but I hope this proves helpful as a place to get started.