

These two companion books are unique in the market place because they inform and empower the reader in their journey to hormonal balance and health.

In book one, *“Natural Progesterone - the world’s best kept secret,”*© Jenny captures the foundations in the usage, understanding and effects of natural progesterone therapy. It is an excellent source of cross referencing, simply navigated and an easy read.

Jenny has then cleverly followed on into book two with specifics, explanations and strategies and all possible scenarios, incorporating solutions with programs and including the importance of good nutrition and the rational use of nutritional supplements.

In book two, *“Natural Progesterone - more secrets revealed,”*© you will learn to understand how to overcome a myriad of problems with direct strategies targeting libido problems, the usage of natural testosterone, nutrition, weight issues and the atypical hormonal circumstances.

These books bridge the missing gaps and marry hormones and health issues in a practical and holistic way.

Together these experiential books assist women in getting maximum benefits from natural hormone therapy.



Natural Progesterone IS the world's best kept secret ... if you can say "yes" to any of these ...

- Estrogen dominant symptoms
- Pre-menstrual syndrome (PMS)
- Menstual concerns
 - irregular, painful, or heavy
- Menopausal concerns
 - hot flushes, night sweats
- Uncontrollable mood swings or teariness
- Chronic stress & anxiety or panic attacks
- Post-natal depression
- Breast swelling & tenderness
- Lack of vitality & enthusiasm
- Sleep disturbance
- Cyclic headaches / migraines
- Reduced sex drive
- Vaginal atrophy, painful intercourse
- Bladder concerns - stress incontinence
- Persistent thrush (Candida)
- Cyclic episodes of dizziness
- Inability to shift weight (tummy, hips & thighs); Sugar cravings
- Cyclic acne, Sinusitus, Asthma
- Unable to tolerate synthetic HRT
- Depression
- Nutrition assistance in Hormonal Balancing
- Natural testosterone usage for libido problems
- Acknowledging Sexual Abuse and ramifications
- Coming off HRT (progestins/estrogen)
- Fluid retention & bloating
- Cold hands, feet and/or buttocks
- Thinning scalp hair, hair loss
- Unwanted facial & body hair
- Exhaustion & inconsistent energy levels
- Aching body (joint & muscle pain) - tender heels
- Dry, itchy or 'crawly' skin and other skin problems
- Dry, gritty, irritated eyes / itchy ears
- Allergy, and/or Auto-immune problems
- Loss of concentration (foggy thinking); Low self esteem
- Endometriosis
- Fibroids
- Endometrial Hyperplasia
- Fibromyalgia
- Chronic Fatigue Syndrome
- Osteoporosis
- Polycystic Ovarian Disease (PCOS)
- Fertility / Infertility concerns
- Fibrocystic breasts or had a mastectomy, hysterectomy, tubal ligation
- Gastro intestinal problems - Irritable bowel syndrome
- Old age ailments

Perhaps the **VITAL, MISSING LINK** lies within the pages of these books ...

... and as more and more women embrace the natural 'bio-identical' hormone, they are finding answers to their questions and, through the discovery of their 'essence' hormone, are returning back to health.

