



# HORMONE SOLUTIONS

with Karen Martel

HELLO, I'M KAREN MARTEL.

I'm your Certified Hormone Specialist and Transformational Nutrition Coach, on a mission to shake things up in the world of women's weight loss and hormonal health. As the proud host of "The Hormone Solution Podcast," I'm here to take you on a wild ride through the nitty-gritty of female fat loss and the unpredictable world of hormones. Consider me your go-to source for knowledge that empowers you to own your well-being.

Choosing to team up with me means unlocking the insider secrets to rev up those hormones, paving the way for a life filled with balance and vibrancy.

Let's flip the script on those age stereotypes. I'm all about celebrating every step of your incredible journey, because age is just a fancy word for wisdom and experience! Looking forward to sharing more with you!

*Karen Martel*





## RELIEF FROM YOUR PERI & POST MENOPAUSAL SYMPTOMS

We are excited to introduce Hormone Solutions with Karen Martel, our new line of clean, USP-grade hormone, cosmetic creams.

### Discover a Fresh Approach to Aging!

Molecular messengers known as HORMONES play a crucial role in transmitting countless messages that impact vital functions throughout the entire body.

Essential for maintaining a healthy heart, promoting bone density, preserving memory, warding off wrinkles, and fostering overall well-being, hormones are indispensable for numerous aspects of our health and happiness!

Our new skincare line includes a range of products to meet your hormonal needs.



# BRAND VALUES



## AFFORDABLE

We prioritize providing affordable care for women in peri and post menopause, ensuring that every woman has access to cost-effective relief and support for the symptoms during these life stages.



## CLEAN

Our product takes pride in being a clean solution, free from artificial scents and parabens. We provide women with a natural, body identical, hormone solution to peri and postmenopausal care.



## QUALITY

Manufactured in the USA within an FDA Registered and Kosher Inspected facility. Our formulation is non-GMO, and we adamantly refrain from animal testing, ensuring a product that aligns with the highest standards of excellence and compassion.



## UNDERSTANDING THE DECLINE OF HORMONES

Regrettably, Hormones Aren't Produced Indefinitely Perimenopause commences when the ovaries' production of sex hormones experiences fluctuations.

Initially, ovulation and hormone secretion begin to falter, and due to factors like stress and environmental toxins, this transition starts earlier and earlier for numerous women.

Menopause marks the permanent cessation of a woman's ovarian sex hormone system.

### Navigating Menopause:

Yes, menopause is a natural process, but it comes with a delightful array of unexpected events that can turn your life into a rollercoaster ride. Hold on tight!

### Heart Disease

Ten years post-menopause, the chances of women having heart attacks skyrocket. Because, you know, who doesn't love a surprise adrenaline rush to keep things interesting?

### Osteoporosis

Studies reveal that elderly women with the lowest estrogen levels not only win the "lowest bone density" award but also have a knack for collecting fractures.

### Diabetes

Lower estradiol levels in the early stages of menopause might grant you a 47% higher chance of winning the "Type 2 Diabetes Bingo." It's like a game show, but with significantly less exciting prizes.

### Low Libido

Thanks to the hormone plunge, especially testosterone and estradiol's grand exit, some women might experience what can only be described as a not-so-pleasant symphony during intimate moments. It's like a rock concert, but less enjoyable.

### Aging Factors Galore

How we age is influenced by genetics, environmental exposure, poor nutrition, and lifestyle habits. Depleted hormones? Well, they're like the mischievous troublemakers throwing a party in this aging extravaganza.

## Living Without Hormones – An Option?

In a world where women are living longer (hooray!), they're now asking more questions about how to gracefully navigate the aging process. Because why not demand control, balance, well-being, and a health span that's renewed and revitalized?

### Hormone Restoration: Your Superpower

Enter hormone restoration – the superhero cape that helps women reclaim control before the havoc of dwindling hormones turns their lives into a chaotic sitcom. It's like hitting the pause button on the rollercoaster and enjoying a stroll in the theme park.

### Formerly, MDs Were a Bit Confused

Historically, doctors believed all hormones were troublemakers with a penchant for causing chaos. But, surprise, surprise – data and science are always evolving! The latest research suggests that using bioidentical hormones, those sourced from plants and identical to what your body produces might be the ticket to a safer hormonal adventure. Because who doesn't love a plot twist?

Our creams are an easy, safe, and effective way to get your daily hormones. These powerful creams are essential in fighting the symptoms associated with aging.





# OUR PRODUCTS



# ESTRO VITALITY



Our Estro Vitality contains .25 mg of bioidentical estradiol per pump. Estradiol bioidentical hormone cream operates as a solution to pesky menopausal symptoms by seamlessly delivering estradiol through the skin directly into the bloodstream. This innovative method, known as 'transdermal delivery,' cleverly sidesteps the liver, mitigating potential clotting risks when compared to alternative delivery methods.

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ESTRADIOL .25MG

70 PUMPS PER BOTTLE

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Supplementing the estradiol with progesterone is recommended to ensure the maintenance of a healthy endometrial lining. Estradiol, a key component in this bioidentical hormone cream, boasts a spectrum of advantages. It contributes to maintaining bone density, supports cardiovascular health, aids in the alleviation of menopausal symptoms such as hot flashes and night sweats, and plays a pivotal role in preserving cognitive function and mood stability. Embracing estradiol, through this innovative delivery system, not only enhances its effectiveness but also provides a well-rounded approach to women's health and well-being.

### Who should use the Estro Vitality?

Our Estro Vitality can be used to help prevent symptoms of menopause and late perimenopause. It is advised to start with 1 pump a day and work your way up to 2x a day if needed. Menopausal women can take estradiol cream daily. Perimenopausal women can stop taking it during their menstrual cycles.

### Signs you may benefit from estradiol replacement:

- ☒ I am in menopause (one year without a menstrual cycle)
- ☒ My menstrual cycles are few and far between.
- ☒ My menstrual cycles are getting light and irregular.
- ☒ I have symptoms of low estrogen ex. hot flashes, night sweats, vaginal dryness, low libido, depression, sudden weight gain especially in the midsection.
- ☒ I have had my estradiol levels tested and they are in the menopausal range or low end of the range.

\*Estro Vitality is not recommended for individuals who experience regular menstrual cycles without any discernible symptoms of estradiol depletion. Similarly, if you have undergone estradiol testing and your levels are within the healthy range, the use of Estro Vitality may not be necessary.

### Indicators of Excessive Estradiol

Certain women may experience breast tenderness and mild bloating when initiating estradiol, particularly after a prolonged period without it. Typically, these symptoms resolve within 4-6 weeks. Side effects of excess are breakthrough bleeding, weight gain, and headaches. If the symptoms persist, it is advisable to seek personalized guidance from a hormone practitioner for individualized assistance with hormonal balance.

When estradiol cream is effectively working for you, you may notice several positive changes indicating hormonal balance and well-being. These can include:

1. **Menopausal Symptom Relief:** Reduction in menopausal symptoms such as hot flashes, night sweats, and mood swings can be a positive outcome of effective estradiol cream usage.
2. **Improved Energy Levels:** Balanced estradiol levels can contribute to increased energy and reduced fatigue, providing a boost to your overall vitality.
3. **Enhanced Mood Stability:** Estradiol plays a role in mood regulation, and successful hormone therapy may lead to improved emotional well-being, reducing feelings of irritability or anxiety.
4. **Better Sleep Quality:** Addressing hormonal imbalances with estradiol cream may positively impact sleep patterns, leading to improved sleep quality and overall restfulness.
5. **Bone Health:** Estradiol is crucial for maintaining bone density. If the cream is working effectively, you may experience benefits in preserving bone health.
6. **Healthy Skin:** Estradiol is known to contribute to collagen production, skin elasticity, and moisture retention. Improvement in skin texture a reduction in pore size, and dryness may be observed.
7. **Libido Enhancement:** Estradiol is linked to sexual health, and successful hormone therapy may contribute to an improvement in vaginal moisture, libido, and sexual satisfaction.
8. **Brain Function:** Estradiol is known to influence cognitive function, and successful hormone therapy may support better brain function, including improved memory and cognitive abilities.

### How to Use

1-2 Pumps a day AM/PM, rubbed into the inside of forearms and up the back of your arm.

\*It's important to note that individual responses to estradiol therapy can vary, and the timeline for experiencing these changes may differ from person to person. Regular communication with a healthcare provider is crucial to monitor progress and make any necessary adjustments to the treatment plan. Additionally, routine check-ups and hormone level assessments will help ensure the cream's ongoing effectiveness and suitability for your specific needs.

**Buy Estro Vitality**



# ESTRO2 REJUVENATE



This cream incorporates Bi-Est, a combination of two estrogens 80/20 – 4 mg Estriol and 1 mg Estradiol. Ovaries produce three types of estrogen: Estrone (E1), dominant in premenopausal women; Estradiol (E2), the primary estrogen; and Estriol (E3), the weakest among the three. Our Estro2, also known as "BIEST cream," is a hormone therapy designed to balance hormones for individuals experiencing menopausal symptoms, and to be used as an anti-aging face cream.

The term "BEST 80/20" specifies a particular ratio of the two estrogen hormones in BIEST hormone replacement therapy, where "80/20" denotes the ratio of estriol to estradiol. In this formulation, 80% comprises estriol, a weaker estrogen while 20% is estradiol, the most potent estrogen responsible for many beneficial effects in hormone replacement therapy.

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**BIEST 5MG**

**70 PUMPS PER BOTTLE**

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Supplementing the estradiol with progesterone is recommended to ensure the maintenance of a healthy endometrial lining.

### Who should use the Estro2 Rejuvenation?

Systemic use for menopausal symptoms:

Our Estro2 can be used to help prevent symptoms of menopause. It is advised to start with 1 pump a day. Menopausal women can take BIEST cream daily.

### Signs you may benefit from estradiol replacement:

I am in menopause (one year without a menstrual cycle)

☒ I have symptoms of low estrogen ex. hot flashes, night sweats, vaginal dryness,

☒ low libido, depression, and sudden weight gain especially in the mid section.

I have had my estradiol levels tested and they are in the menopausal range or

☒ low end of the range.

\*Estro Rejuvenate is not recommended for individuals who have a regular menstrual cycle. It contains a level of estradiol that is only suitable for women in menopause. Similarly, if you have undergone estradiol testing and your levels are within the healthy range, the use of Estro Rejuvenate is not recommended.

### Facial Cream:

Our Estro2 can be used for women in perimenopause or menopause as a facial cream.

### Indicators of Excessive Estradiol

Certain women may experience breast tenderness and mild bloating when initiating estradiol, particularly after a prolonged period without it. Typically, these symptoms resolve within 4-6 weeks. Side effects of excess are breakthrough bleeding, weight gain, and headaches. If the symptoms persist, it is advisable to seek personalized guidance from a hormone practitioner for individualized assistance with hormonal balance.



When BIEST cream is effectively working for you, you may notice several positive changes indicating hormonal balance and well-being. These can include:

- 1.Reduction in fine lines, and pore size.
- 2.Improved Energy Levels: Balanced estradiol levels can contribute to increased energy and reduced fatigue, providing a boost to your overall vitality.
- 3.Enhanced Mood Stability: Estradiol plays a role in mood regulation, and successful hormone therapy may lead to improved emotional well-being, reducing feelings of irritability or anxiety.
4. Better Sleep Quality: Addressing hormonal imbalances with estradiol cream may positively impact sleep patterns, leading to improved sleep quality and overall restfulness.
5. Bone Health: Estradiol is crucial for maintaining bone density. If the cream is working effectively, you may experience benefits in preserving bone health.
- 6.Healthy Skin: Estradiol is known to contribute to collagen production, skin elasticity, and moisture retention. Improvement in skin texture a reduction in pore size, and dryness may be observed.
- 7.Libido Enhancement: Estradiol is linked to sexual health, and successful hormone therapy may contribute to an improvement in vaginal moisture, libido, and sexual satisfaction.
8. Brain Function: Estradiol is known to influence cognitive function, and successful hormone therapy may support better brain function, including improved memory and cognitive abilities.

### How to Use

Systemic: 1-2 Pumps a day AM/PM, rubbed into the inside of forearms and up the back of your arm.

Face and neck: rub a pea size of cream into the face and neck 1-2 times per day.

\*It's important to note that individual responses to estradiol therapy can vary, and the timeline for experiencing these changes may differ from person to person. Regular communication with a healthcare provider is crucial to monitor progress and make any necessary adjustments to the treatment plan. Additionally, routine check-ups and hormone level assessments will help ensure the cream's ongoing effectiveness and suitability for your specific needs.

## In the Research

### Treatment of skin aging with topical estrogens

<https://pubmed.ncbi.nlm.nih.gov/8876303/>

#### Abstract

**Background:** The coincidence of climacteric symptoms and the beginning of skin aging suggests that estrogen deficiency may be a common and important factor in the perimenopausal woman. Often hormones have been considered important in endogenous aging of the skin, but their role has not been clearly defined. Therefore, we investigated, whether topical treatment of the skin with estrogen could reverse some of the changes in the aging skin.

**Material and methods:** The effects of 0.01% estradiol and 0.3% estriol compounds were compared in 59 preclimacteric women with skin aging symptoms. Monthly determinations of estradiol (E2), follicle-stimulating hormone (FSH), and prolactin (PRL) were done and the monthly clinical monitoring was supplemented by measurements of skin hydration by corneometry and profilometry. In 10 patients, skin biopsies were taken for immunohistochemical determination of collagen types I and III.

**Results:** After treatment for 6 months, elasticity and firmness of the skin had markedly improved and the wrinkle depth and pore sizes had decreased by 61 to 100% in both groups. Furthermore, skin moisture had increased and the measurement of wrinkles using skin profilometry, revealed significant, or even highly significant, decreases of wrinkle depth in the estradiol and the estriol groups, respectively. On immunohistochemistry, significant increases of Type III collagen labeling were combined with increased numbers of collagen fibers at the end of the treatment period. As to hormone levels, only those of PRL had increased significantly and no systemic hormonal side effects were noted. Supplementing the estradiol with progesterone is recommended to ensure the maintenance of a healthy endometrial lining.

# PROGEST CALM



Our Progest Calm contains 50 mg of bioidentical progesterone per pump. Progesterone is one of the hormones manufactured by the body that plays a pivotal role in a woman's reproductive system.

In addition to its crucial roles in preserving a woman's menstrual cycle and supporting pregnancy, progesterone plays a pivotal role in stabilizing blood sugar levels, regulating thyroid function, utilizing fat for energy, averting inflammation and swelling, enhancing libido, promoting improved sleep quality, and offering numerous other benefits.

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PROGESTERONE 50MG	70 PUMPS PER BOTTLE
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# PROGEST SLEEP



Our Progest Sleep contains 40 mg of bioidentical progesterone and 2.5 mg Melatonin per 5 drops of oil.

Melatonin and progesterone interact in various ways, particularly in reproductive physiology and sleep regulation. Melatonin enhances progesterone production in granulosa cells and increases progesterone receptor levels in the uterus.

Additionally, melatonin affects sleep by interacting with progesterone to reduce sleep disturbances, especially in postmenopausal women. This interplay can be important for treating menopause-related issues, potentially improving hormonal balance and sleep quality.

<b>PROGESTERONE 40MG MELATONIN 2.5 MG PER 5 DROPS OF OIL</b>	<b>2 OZ</b>
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Melatonin offers several potential benefits, especially for women going through menopause or experiencing hormonal changes. Some key benefits include:

- 1.Improved Sleep: Melatonin is most commonly used to help with sleep disorders, such as difficulty falling asleep and staying asleep, especially in perimenopausal and postmenopausal women who may experience sleep disturbances.
- 2.Hormonal Balance: It may help regulate hormones like follicle-stimulating hormone (FSH), luteinizing hormone (LH), and estradiol, which can fluctuate during menopause. Melatonin can also influence thyroid and pituitary gland function.
- 3.Mood and Psychological Well-being: Melatonin may improve mood and reduce depressive symptoms, especially in postmenopausal women, promoting overall mental health.
- 4.Bone Health: It has antioxidant properties that may help improve bone density and strength, potentially reducing bone turnover and the risk of osteoporosis in peri-menopausal women.
- 5.Reduction in Hot Flashes: While the evidence is mixed, melatonin may help alleviate vasomotor symptoms like hot flashes in menopausal women.
- 6.Antioxidant Effects: Melatonin acts as a strong antioxidant, reducing oxidative stress that can be elevated during menopause, thus potentially lowering the risk of certain chronic conditions.
- 7.Regulation of Growth Hormone: Melatonin helps modulate the secretion of growth hormone, thyroid-stimulating hormone, and other hormones related to sleep and overall balance.

It's important to note that melatonin production naturally decreases with age, contributing to sleep problems and other hormonal imbalances in older adults.

<div>PROGESTERONE 40MG</div> <div>MELATONIN 2.5 MG</div> <div>PER 5 DROPS OF OIL</div>	<div>2 OZ</div>
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Progesterone is recommended to ensure the maintenance of a healthy endometrial lining. As menopause heralds a decline in progesterone levels, it manifests in various physical and emotional symptoms. Progesterone cream or oil emerges as a potential remedy, enhancing health and overall well-being during this transitional phase. The cream addresses issues such as hot flashes, alleviates vaginal dryness, contributes to better sleep and mood, combats fatigue, prevents bone loss, mitigates the effects of wrinkles, thinning skin, and dryness, assists in weight management, and enhances sexual desire. By offering a multifaceted approach, progesterone cream becomes a valuable tool in navigating the challenges of menopause and promoting a more vibrant and balanced quality of life.

### Who should use the Progest Calm?

Our Progest Calm can be used to help prevent symptoms of perimenopause and menopause.

### Signs you may benefit from Progesterone replacement:

- ☒ I am in menopause (one year without a menstrual cycle)
- ☒ My menstrual cycles are few and far between.
- ☒ My menstrual cycles are getting light and irregular.
- ☒ I have symptoms of low progesterone ex. anxiety, insomnia, heavy bleeding, frequent bleeding, hot flashes, period cramping, menstrual migraines, night sweats, vaginal dryness, low libido, sudden weight gain.
- ☒ I have had my progesterone levels tested and they are in menopausal range or low end of the range.
- ☒ I have endometriosis, fibroids and or ovarian cysts.
- ☒ I have had a hysterectomy.
- ☒ I am over the age of 40



## Indicators of Excessive Progesterone

Symptoms of excess can include breast tenderness, frequent bleeding, water retention, depression, fatigue, weepiness, and weight gain.

When Progesterone cream is effectively working for you, you may notice several positive changes indicating hormonal balance and well-being. These can include:

1. Menopausal Symptom Relief: Reduction in menopausal symptoms such as hot flashes, night sweats, and mood swings can be a positive outcome of effective progesterone cream usage.
2. Inhibits endometrial growth,
3. Reduces uterine cancer.
4. Enhanced Mood Stability: Progesterone plays a role in mood regulation, and may lead to improved emotional well-being, reducing feelings of irritability or anxiety.
5. Reduction in PMS: combats painful periods, and can reduce blood flow and feelings of emotional distress.
6. Bone Health: increases osteoblastic stimulation (resulting in fewer fractures).
7. Libido Enhancement: Research has shown that progesterone levels can affect sexual function in both men and women.
8. Brain Function: Progesterone has been shown to regulate cognition, mood, inflammation, mitochondrial function, neurogenesis and regeneration, myelination and recovery from traumatic brain injury.
9. Reduces fibrocystic breast disease.
10. Breast protective.
11. Weight loss: increases the metabolism of fat for energy.
12. Improved thyroid function.
13. It acts as a natural diuretic.
14. Improved skin. Progesterone cream can deliver positive benefits on the skin. The British Journal of Dermatology published a study in 2005, which showed that progesterone cream was more effective than non-progesterone anti-aging creams in terms of improving skin elasticity and firmness in peri-menopausal and post-menopausal women. The study conducted over several months showed that progesterone cream use resulted in marked improvements on four key counts when compared to an average skin cream: Higher reduction in wrinkle and fine lines (29% vs. 16%). Higher increase in skin tightening (23% vs. 13%). Higher reduction in the depth of eye wrinkles (10% vs. 7%). Higher reduction in the depth of "laugh lines" (10% vs. 7%) <https://pubmed.ncbi.nlm.nih.gov/16120154/>
15. Better sleep quality!

## How to Use

Half to one full pump before bed rubbed into the inside of forearms and up the back of your arm. Perimenopausal women should use it on days 14-28 of their cycle (last 2 weeks). Menopausal women use 2-3 weeks on 1 week off.

\*It's important to note that individual responses to progesterone therapy can vary, and the timeline for experiencing these changes may differ from person to person. Regular communication with a healthcare provider is crucial to monitor progress and make any necessary adjustments to the treatment plan. Additionally, routine check-ups and hormone level assessments will help ensure the cream's ongoing effectiveness and suitability for your specific needs.





# Real Reviews from our Customers



Lucille S. Verified purchase  
★★★★★  
2024-12-19

From the start of using product help me  
Wright away hot flashes and night  
sweats improve greatly. I'm very  
thankful 🙏

karenmartel replied:  
You look great! Thank you for your  
review.

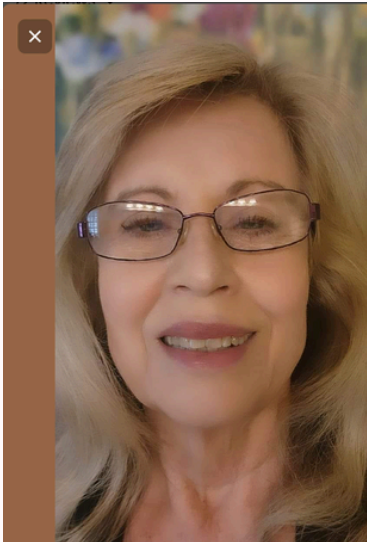
 ESTRADIOL: ESTRO VITALITY  
[View product](#)



Kristen U. Verified purchase  
★★★★★  
2025-03-13

I found that taking oral progesterone  
upset my stomach. After learning from  
Karen on her podcast, The Hormone  
Solution, that oral has to be processed  
through the liver, I decided to give this a  
try. Wow! No upset stomach and I'm  
sleeping great! I bought the Estrogen  
cream as well but haven't tried it yet as  
I'm currently using the patch until my  
prescription runs out.

 ESTRADIOL: ESTRO VITALITY  
[View product](#)



Mary H. Verified purchase  
★★★★★  
2025-03-09

I have used Biest Estro2 for 9 months, I  
love it. I'm 69 years old and it has really  
made a difference in my skin.  
Mary Holloway

 BIEST: ESTRO2 REJUVENATE  
[View product](#)



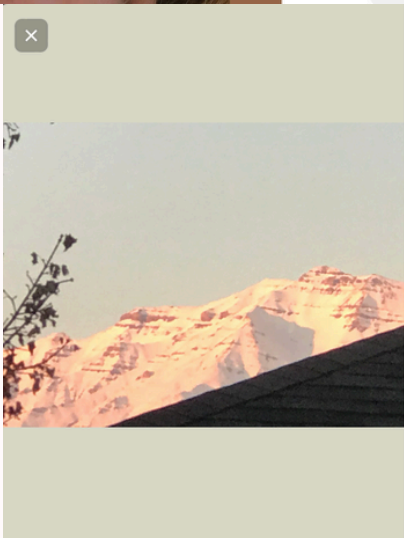
Zora B. Verified purchase  
★★★★★  
2025-01-25

OMG, I have been looking for a good  
safe and effective estradiol cream  
online and I don't trust anyone but Karen  
Martel. Her estradiol is super clean, goes  
on really easily and is nicely absorbed.

Night sweats. Gone!

Thank you Karen for coming up with  
such a great formula.

 ESTRADIOL: ESTRO VITALITY  
[View product](#)



Lara S. Verified purchase  
★★★★★  
2025-01-24

Look at this beautiful sunrise I get to  
experience today because I was able to  
sleep so beautifully as a result of the  
progesterone. I feel great and I've lost  
some weight thank you thank you. I  
highly recommend it.

 PROGESTERONE: PROGEST CALM  
[View product](#)



Rachael A. Verified purchase  
★★★★★  
2025-03-11

i am 51 years old, perimenopausal, and  
have been using this AMAZING cream  
for about 4 months now- just around  
the time I started on BHRT !! My 50 yo  
sister had not seen me for a few weeks  
prior to starting on this cream, and  
when she finally did, she said,  
"woahhhh sis! You look so good, your  
skin! You don't have those eye wrinkles  
going on. What are you doing? Using?" I  
do not do botox, or anything outside of  
my at simple at home skincare  
routine--while my sister is all about the  
regular bi-weekly esthetician visits  
(lasers, peels, etc). I am not opposed to  
other modalities of keeping the skin  
looking great. I just simply do not do it.


 BIEST: ESTRO2 REJUVENATE  
[View product](#)



Shelli O. Verified purchase  
★★★★★  
2024-12-24

Thank you so much for making an OTC  
estradiol cream! I've been using it for the  
last month along with the Progest Calm  
and my symptoms are already much  
better. Most notably my hormonal  
bloating is practically gone, and my  
mood has been much more stable and  
consistently happy throughout the  
month. I will definitely keep these  
products in my routine!

karenmartel replied:  
Be sure to select a subscription. You will  
get it delivered when you want and get  
it on a discount. Thank you for your  
review.

 ESTRADIOL: ESTRO VITALITY  
[View product](#)

## Resources

Purchase your Hormone Solution Products at <https://karenmartel.com/shop/>

Listen to top 100 iTunes women's health podcast, ["The Hormone Solution Podcast."](#)

The Hormone Solution Podcast with Karen Martel – your personal invitation to a world of hormone health, sustainable weight loss, holistic well-being, and embracing life's stages with a big old dose of vitality and confidence.

Top podcast episodes on women's hormone health:



[The Shocking TRUTH Behind The Safety Of Bioidentical Hormone Replacement](#)

[From Breast Cancer to Bone Health: The Uncharted Territory of HRT & Chronic Diseases in Menopause with Dr. Elizabeth Yurth](#)

[Beyond the Basics: Harnessing the Potential of Lesser Known Hormones with Dr. Thierry Hertoghe](#)

[Hormone Replacement Therapy Unpacked: Pills, Patches, Creams, Gels, Pellets, Injections and Birth Control Pills](#)

[The Progesterone Puzzle Unraveled: Understanding the Differences Between Natural, and Synthetic Progesterone and the Surprising Benefits of this Hormone in the Body, Recognizing Symptoms of Progesterone Loss and Excess](#)

[The Best Ways to Use Bioidentical Hormone Replacement Therapy with Dr. Felice Gersh](#)

[How Your Doctor Is Slowly Killing You: A Woman's Health Survival Guide with Dr. Hot Flash](#)



## Work with Us

Hormone and Weight Loss Coaching for Peri & Post Menopausal Women  
Every coaching partnership we create is different.

We do not coach from a book, a course, a script, a template, a coaching certificate program or a method.

We coach YOU. If you only want one conversation – that's what we'll have. If you want more support and more transformation, then work with our amazing team of specialists in one of our customized private or our group coaching programs!

We have something for everyone that wants help.

We are a team of dedicated professionals specializing in women's health and expertise in hormone care and optimization. Our focus revolves around providing top-notch guidance tailored to women's unique needs and well-being.

For more information please go to <https://karenmartel.com/coaching/>



# STAY CONNECTED




[www.karenmmartel.com](http://www.karenmmartel.com)

@karenmartelhormones




The Hormone Solution Podcast







Progesterone: ProgestCalm




Estradiol: Estro Vitality



Estradiol: Estro Vitality




Estradiol: Estro Vitality

**Meghan B.**  Verified

2025-03-09

★★★★★


I already use oral progesterone; however, this has been an excellent "extra" I use on nights that I experience the dreaded 3 a.m. wake-up. I just rub a few drops on, and I fall back asleep like magic! Thank you for making this awesome blend!

**Sandy Z.**  Verified

2025-03-08

★★★★★


Karen's progesterone cream is easy to use, in a nice convenient sized bottle.

**Mary H.**  Verified

2025-03-09

★★★★★


I've used Estradiol Vitality for only a few months but it has help me increase my estradiol, I'm on the patch but needed just a little extra and this has helped me feel better. Great product!

**Danielle M.**  Verified


2025-03-11

★★★★★


I've been using an estrogen cream from a different company. It is gritty and I hated it under my makeup. With your cream, my makeup goes on much smoother, i need no primer.... it just overall makes my face look better!




Progesterone: Progest Calm



Estradiol: Estro Vitality




Estradiol: Estro Vitality

**Lindsay B.**  Verified

2025-03-05

★★★★★


I have noticed a dramatic decrease in my PMS symptoms. Sore breasts and heavy cramping are dramatically better!

**Mary M.**  Verified

2025-03-08

★★★★★


I really love how it makes my face feel, my daughter's been using it a little bit longer than me and she's noticed quite an improvement in her overall skin texture and look.

**Kerry E.**  Verified

2025-03-05

★★★★★


Really smooth and rubs in nicely. I haven't retested my DUTCH yet, so I don't know if my hormones are changing from it per se. I am also using the progesterone cream, and compounded progesterone capsules only in my luteal phase. I was very very low in estradiol, especially in my

**Traci H.**  Verified


2025-03-08

★★★★★


Seems to work good.




Progesterone: Progest Sleep



Progesterone: Progest Sleep



Progesterone: Progest Sleep




Progesterone: Progest Sleep

**Katie G.**

2025-03-04


★★★★★

**Melissa H.**  Verified

2025-02-15

★★★★★


It works amazing!

**Cindy M.**  Verified


2025-02-13

★★★★★


I've been using Progest Calm for about six months now. I most definitely can see a difference in




Progesterone: Progest Sleep




Estradiol: Estro Vitality



Estradiol: Estro Vitality




Estradiol: Estro Vitality

**Monica Q.**  Verified

2025-02-13

★★★★★


I Love this cream!! It's amazing my skin looks great and my wrinkles are fading!!

**Brenda D.**  Verified

2025-02-07


★★★★★

Wonderful cream.


**Diane H.**  Verified

2025-02-06


★★★★★




Progesterone: Progest Sleep



Estradiol: Estro Vitality



Estradiol: Estro Vitality



Estradiol: Estro Vitality

# Disclaimer

THIS INFORMATION IS NOT INTENDED TO REPLACE A ONE ON ONE RELATIONSHIP WITH A QUALIFIED HEALTH CARE PROFESSIONAL AND IS NOT INTENDED AS MEDICAL ADVICE. KAREN MARTEL ENCOURAGES YOU TO MAKE YOUR OWN HEALTH CARE DECISIONS BASED UPON YOUR RESEARCH AND IN PARTNERSHIP WITH A QUALIFIED HEALTH CARE PROFESSIONAL. THE ENTIRE CONTENTS OF THIS DOCUMENT ARE BASED UPON THE OPINIONS OF KAREN MARTEL, UNLESS OTHERWISE NOTED.