



Young Hormones 
Bioidentical Hormones You Can Trust

How to Transition from Oral Contraception Pill to Young Hormones Organic Bioidentical Hormones

Healthier choice
of hormones
for your body!



Please Read this entire Guide before starting.

Be aware that Bioidentical Hormones are NOT a birth control method. Bioidentical Hormones will allow you to balance your Hormones without the use of synthetic hormones. They will not prevent a pregnancy.

The Oral Contraceptive Pill is a combination of strong hormones that prevent your body from ovulating. This is how they work in preventing pregnancy. If you have not fully completed menopause and can still get pregnant, bioidentical hormones will not change that.

However, if you are using the Oral Contraceptive Pill for reasons other than birth control, Bioidentical Hormones may be a better choice for you. Bioidentical Hormones are best for women who are using the Oral Contraceptive Pill to help alleviate heavy, irregular or painful periods, menstrual migraines, PMS, and other mood disorders related to hormone imbalance, among many other symptoms associated with hormone imbalance. Bioidentical Hormones are also a great help for acne which appears primarily during the first two weeks of a woman's cycle. In these circumstances, Bioidentical Hormones are equally effective as Oral Contraceptive Pills without the side-effects of synthetic hormones and ProgestINS which are known to increase the risk of breast cancer, blood clots and stroke.

Young Hormones is a line of Organic Bioidentical Hormones in a luxurious, smooth, fast absorbing cream that leaves no residue.

In this guide are the step by step directions on how to Transition from an Oral Contraceptive Pill to Hormone Heaven for a much healthier choice of hormones for your body.

Thank you for taking care of yourself! We are important to our families and the whole World!





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Week ONE

1. Start Hormone Heaven 1 pump before bed
2. Start OrthoMolecular PhytoCore 1 capsule twice daily
3. Continue your OCP as always
4. Do numbers 1-3 for 1 week only

THEN: Week TWO

1. Increase Hormone Heaven to 1 pump twice daily
2. Continue PhytoCore 1 capsule twice daily
3. Take your OCP pill 2 days on and 1 day off (meaning - skip every 3rd day)
4. Do 1-3 for 1 week only

THEN: Week THREE

1. Increase Hormone Heaven to 1 pump in the morning and 2 pumps in the evening
2. Continue PhytoCore 1 capsule twice daily
3. Take your OCP every other day
4. Do numbers 1-3 for 1 week only

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THEN: Week FOUR

1. Increase Hormone Heaven to 2 pumps in the morning and 2 pumps in the evening - (from here on out)
2. Continue PhytoCore - 1 capsule twice daily
3. Take your OCP OFF 2 days and on 1 day - (meaning take once every 3 days - which equates to twice in this one week's time)
4. Do numbers 1-3 for 1 week only

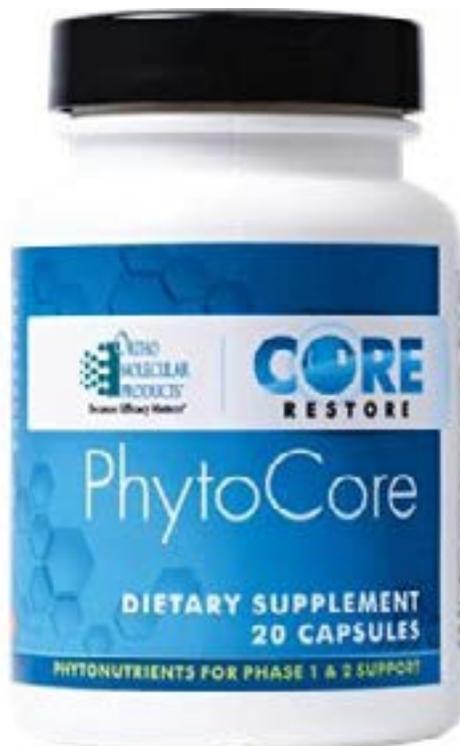
THEN: Week FIVE and thereafter

1. At the end of week 4 - quit OCP all together
2. Continue Hormone Heaven 2 pumps twice daily from here on out
3. Continue the PhytoCore for 1 additional month to continue clearing the synthetic ProgesTIN out of your body, then stop it.

TO ORDER

<https://drkarenleggett.com/pages/supplements>

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ACCOUNT



TO ORDER

<https://drkarenleggett.com/collections/young-hormones>





IF YOU HAVE A PERIOD WHILE YOU ARE TRANSITIONING:

If you start a period during this slow weaning process of the Oral Contraceptive Pill, and the flow is actually enough to call a period, Stop Hormone Heaven during this period for 7 days. After 7 days, restart Hormone Heaven where you left off and continue through the transition period 3 weeks on and 1 week off, just as you do with an Oral Contraceptive Pill. Continue to use Hormone Heaven cycling 3 weeks on and 1 week off, just as you would do with The Pill.

IF YOU HAVE A SMALL AMOUNT OF SPOTTING WHILE YOU ARE TRANSITIONING:

If you see some spotting during the weaning process of the Oral Contraceptive Pill, you do not need to stop Hormone Heaven. Continue as this Transition Guide defines.

AFTER YOU ARE OFF THE ORAL CONTRACEPTIVE PILL COMPLETELY AND ON HORMONE HEAVEN ALONE:

1. Continue taking the liver cleanser - very important for 2 months.
2. I highly recommend testing your hormones 3 months after starting this Transition Plan.
3. Be aware that some women need a little more Hormone Heaven than other women when they have used Oral Contraceptive Pills. Oral Contraceptive Pills are very strong and contain far more Estrogen and the very powerful ProgesTIN which can “mix up” the body’s need for lower doses of hormones.

For Menopause symptoms not controlled on 2 pumps twice daily, Hormone Heaven can be increased up to 5 pumps twice a day. 5 pumps twice daily are equivalent to the highest dose prescribed by doctors, but this does not mean you need this dose. If you do however, try lowering the number of pumps gradually after you have been stable and comfortable for about 3-6 months.

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*USP defined: The United States Pharmacopeial Convention, Incorporated, (USP) is a scientific nonprofit organization that sets standards for the identity, strength, quality, and purity of medicines, food ingredients, and dietary supplements. USP Grade means that a product meets all of the requirements as contained in the USP monograph for that product and is manufactured in a CGMP compliant facility. CGMP refers to the Current Good Manufacturing Practice regulations enforced by the US Food and Drug Administration (FDA). CGMPs provide for systems that assure proper design, monitoring, and control of manufacturing processes and facilities. If there is no USP monograph, a material cannot be labeled as USP Grade.

Here's some legal stuff you need to know: Dr. Leggett is a licensed physician. While she offers general advice on medical-related issues and medical-related subjects on this site (and other places), she is not your physician. The information on this website does not replace your relationship with a qualified health care professional, and is not intended as medical advice. Dr. Leggett bases her opinions on her experiences with many women over many years. Because everyone is different, Dr. Leggett does not express or imply that you as an individual will experience improvement in hormone-related symptoms by using Young Hormones products. Dr. Leggett urges you to make informed decisions about your health, and to always check with your physician before starting or stopping medications, supplements and/or topically-applied cosmetics that contain bioidentical hormones.

Always read the information and warnings on the labels of the products.



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