



Young Hormones 
Bioidentical Hormones You Can Trust

The Happy Hoo Hoo Guide

by Women's Midlife Specialist, Inc.



What is the Happy Hoo Hoo?



The Happy Hoo Hoo is a scientifically backed, bioidentical USP DHEA and USP Progesterone Vaginal *suppository* that helps restore dry Vaginal tissue to its healthy Youthful state.

The Happy Hoo Hoo is natural and organically derived from Yam, and contains no Soy products. It is Vegan and contains no preservatives, synthetics, parabens, phthalates or other endocrine-disrupting chemicals. It comes in a suppository form and is mess-FREE with no “need-to-clean” applicators. In fact, The Happy Hoo Hoo is so amazingly absorbed by the vaginal tissues, you can actually use it in the morning without leakage during the day!

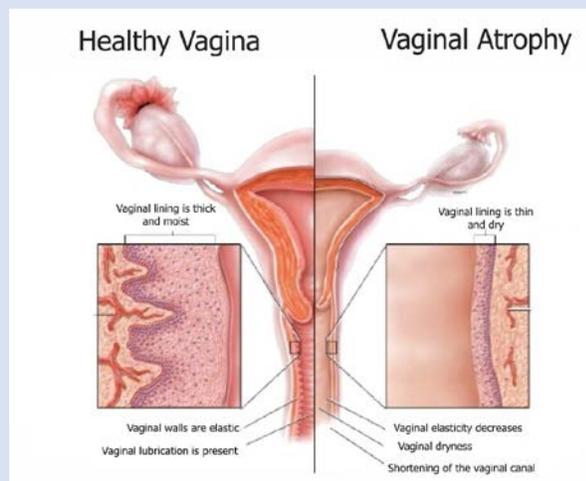
There is no other suppository available on the market with both USP DHEA and USP Progesterone that is available without a prescription!

What is Vaginal Atrophy?

Vaginal atrophy, simply put, is the thinning of the walls inside the vagina. It occurs with aging in up to 75% of all women, becoming more common as we age and enter menopause. However, Vaginal Atrophy can also start early, when a woman is in her 30's, because it is caused by the progressive decline of sex hormones. Because it is a slow and progressive condition, many women may not pay close attention to what is occurring until they are silently suffering with painful symptoms.

Symptoms of Vaginal Atrophy include:

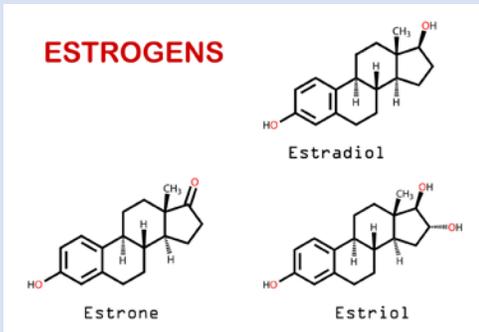
- * External and internal vaginal pain and irritation
- * Achiness in the vagina and vulva
- * Vaginal dryness, itching, and/or burning
- * Lack of normal healthy discharge
- * Urinary leakage
- * Painful intercourse (also called dyspareunia)
- * No Interest in Sexual Intimacy



Many women with Vaginal Atrophy suffer in silence, avoiding intercourse. Some women even avoid seeing their doctors for fear of pain associated with a physical exam. In fact, less than 25% of women with Vaginal Atrophy will talk to their doctors about this problem.

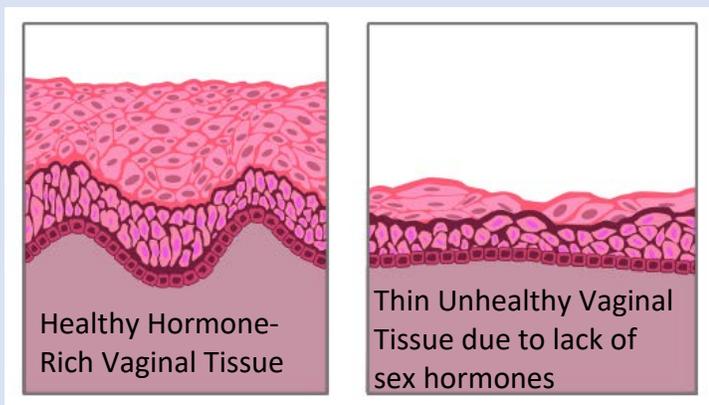
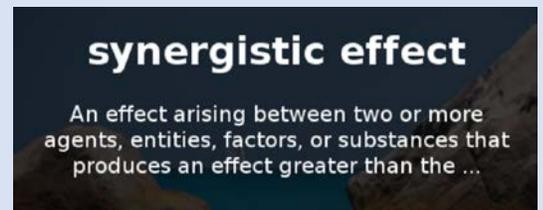
Treatment for Vaginal Dryness

Decades of research have led doctors to use Estrogen suppositories and creams to help women maintain healthy vaginal tissues throughout her life. Estradiol (E2) Vaginal creams such as Estrace are typically prescribed by Conventional Doctors and contain a form of Estrogen, called Estradiol or (E2). Research has shown that Estradiol introduced vaginally is even safe for women who have early stage breast cancer because very little Estradiol is absorbed into the blood stream from the vagina.



Anti-Aging / Functional Medical Doctors prefer to prescribe a different form of Estrogen, however, called Estriol (E3), because Estriol (E3) is equally effective in restoring vaginal tissue to its youthful state while being far less potent than Estradiol (E2). In fact, Estradiol (E2) is 80 times stronger than Estriol (E3), and since Vaginal Atrophy returns when treatment stops, long term need for vaginal hormone treatment is needed. Why use a stronger Estrogen when you don't need to?

Anti-Aging physicians may also recommend having a compounding pharmacist add Progesterone to the Estriol (E3) vaginal cream, or even add Testosterone and Progesterone BOTH with Estriol (E3), creating a comprehensive and synergistic sex hormone vaginal cream (or suppository.)



In my practice, I commonly added a low dose Progesterone and Testosterone to create a fully comprehensive suppository, because I was aware of the ongoing research which had already identified that Testosterone alone restores Vaginal Tissues to their Youthful moist, elastic state, and provides additional benefits of helping strengthen the Vaginal musculature! Testosterone adds this strengthening benefit because it penetrates the deeper layers of vaginal tissue thus decreasing urinary leakage and incontinence.

This is all well and good, but treatment still required a prescription leaving most women suffering from Vaginal Atrophy in the dark and without relief. And... I have always been a little shy about adding even Estriol (E3) to my prescribed creams and suppositories because many of us don't want to expose our partners to any Estrogen at all. (And sometimes you just never know when you are going to be intimate!)

Now Fast Forward to the past 12 months!

Pharmaceutical research started examining the effects of an Adrenal Hormone – DHEA – on Vaginal Health. This is exciting news because rarely do pharmaceutical companies look at anything that is bioidentical and available to us over the counter. And what they discovered is that DHEA *also* provides healing benefits to Vaginal tissue without increasing levels of DHEA, Testosterone or Estrogen in the blood stream by any significant amount. (One study showed increased levels of Estradiol at a less-than-significant level.)

The discovery that DHEA alone restores thin aging Vaginal walls to healthier, moist and flexible tissue led to a brand-new medication called Intrarosa, now being prescribed by Conventional Doctors. Intrarosa is a nightly suppository at the dose of 6.5mg of USP DHEA, and is available by Prescription only. The least expensive cost I can find through GoodRx is \$185.00 for one month's supply.



The cost doesn't sound attractive... BUT THERE IS STILL GREAT NEWS!

This research about DHEA's healing properties, opened up a wonderful opportunity for You!

DHEA is a bioidentical hormone available over the counter! Together with my knowledge and goal to reach women everywhere, I have created the perfect Vaginal Suppository that I believe beats everything on the market – AND is now available without the need for a prescription!

Introducing the Happy Hoo Hoo!

- No MESS
- Low Cost
- No Prescription Needed!



What Makes the Happy Hoo Hoo So Great?

It is most important to me to provide you with the highest quality products available anywhere on the market.

The Happy Hoo Hoo is made with **USP DHEA** and **USP Progesterone**, which stands for United States Pharmacopeia. This is the same quality of bioidentical hormones that compounding pharmacies use if you were to fill a bioidentical hormone prescription provided by an Anti-Aging / Functional Medicine physician.

The Happy Hoo Hoo is also made in a CGMP facility here in the United States. CGMP refers to the Current Good Manufacturing Practice regulations enforced by the US Food and Drug Administration (FDA). Facilities who are licensed CGMP facilities must follow strict regulations that help assure proper design, monitoring, and control of manufacturing processes and facilities in the United States.

The Happy Hoo Hoo contains 5mg of USP DHEA and 10mg of USP Progesterone, combined with fatty acids and not a single additional ingredient. These small suppositories are quickly absorbed into the vaginal walls, where they are needed to help restore the moisture and elasticity to the tissue, and do not leak out causing a mess.

This means that you can insert a Happy Hoo Hoo in the morning before you start your day instead of trying to remember to insert one before bed. Though I do try to remember mine before bed, there are many mornings that I have used the Happy Hoo Hoo without noticing anything other than the resolution of dryness! I have included a "Reminder Card" for you to put on your bed pillow so you remember to use your Happy Hoo Hoo before you get all snuggled under your covers! However, if you forget, no worries! Just use it the following morning to stay on a good healing schedule! The key is consistency!



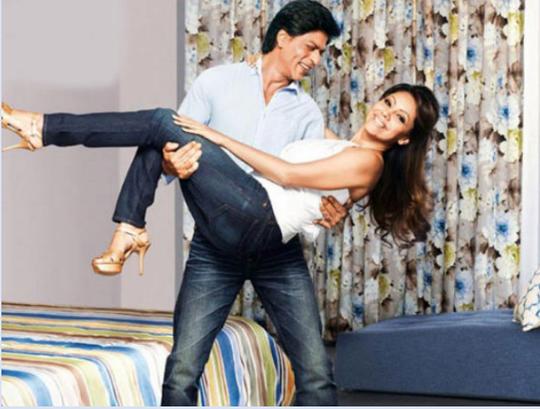
DHEA converts to Estrogens and Testosterone inside the tissues. And though research has not shown Vaginally-applied DHEA increases Estrogens and Testosterone to any significant levels in the blood, I am always considering what might be unknown five, ten or even twenty years down the road. If later, after a decade of use, vaginal DHEA shows to increase any Estrogen or Testosterone in the blood stream, the Happy Hoo Hoo has you covered with Progesterone, preventing any Estrogen Dominance.



My goal is to make a product for You that you could confidently use safely for decades – AND be safe for your partner too. I have always warned women who use Estrogen Vaginal creams or suppositories to try not to use it the day before intercourse, because Estrogen is not a hormone for men. The problem with that warning is that we don't always know when we are going to be intimate!

So, while the Happy Hoo Hoo restores your precious privates and provides a healthy, happy condition, it is also safe for your partner, too!

Is Happy Hoo Hoo Safe for My Partner?



First and foremost, DHEA is wonderful for men. DHEA is the “precursor” to Testosterone! In women, 50% of DHEA converts to Testosterone. But in men, much higher doses of DHEA is required before DHEA has any significant conversion to Testosterone. None the less, DHEA is a valuable “androgenic” strength and muscle forming hormone in both men and women.

Progesterone is an up-and-coming research topic for men. We know that as men age, their Testosterone levels commonly decline while their Estrogen levels increase. Men make very little Progesterone, so this results in men experiencing an Estrogen

Dominance just like women experience!

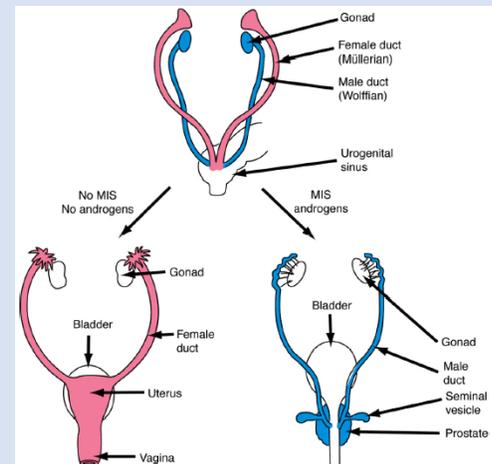
This Estrogen Dominance in men comes with several potential problems.

1. Sex drive and strength of erections diminish
2. Prostates enlarge causing urinary frequency (and many other additional problems related to an enlarged prostate.)
3. Risk of Prostate cancer may increase

It is interesting to examine how the sex organs develop during pregnancy to fully appreciate the value of low-dose Progesterone for men as they age.

Before a fetus is 3 months old, the sex organs have not fully developed. Initially, the sex organs start off the same, then become either “male” or “female” during the first 3 months of development in the mother’s womb.

- The penis is the same organ as the vagina.
- The testicles are the same organ as the ovaries.
- The scrotum is the same organ as the external Labia Majora (outer lips)
- The prostate is the same organ as the uterus



Just as Estrogen that goes unopposed without adequate Progesterone in a woman causes a thickening of the lining of the uterus, the same thing happens in men when they develop an Estrogen dominance, except a man’s problem effects his prostate, causing it to enlarge. We also know that Estrogen that is not balanced with Progesterone in women can cause uterine cancer. And though there has not been any research looking at elevated levels of Estrogen in men increasing a man’s risk of Prostate Cancer, Anti-Aging / Functional Medicine providers believe this is a good possibility in men since the anatomy is the same.

This is the reason Progesterone is so commonly used at low doses in men being treated by an Anti-Aging physician. And it is just another benefit of the Happy Hoo Hoo for your man!

How Frequently Should I use the Happy Hoo Hoo Suppositories?

When you first start off using the Happy Hoo Hoo, you should plan to use one suppository 4 times a week. Monday, Tuesday, Thursday and Friday are great days to plan to use your Happy Hoo Hoo. Another easy-to-remember schedule is Monday, Wednesday, Friday and Sunday!

Any days of the week are fine! The important thing is to BE CONSISTENT!

One package of Happy Hoo Hoo has 16 suppositories; therefore, one package will last one month when you are using four suppositories per week. This is the appropriate amount to use when you are first starting out and initially healing your vaginal tissues.

One of the key points to understand when it comes to frequency of Vaginal suppository usage is to understand that each woman has a different “degree” of Vaginal Dryness. The longer you wait to restore your Vaginal Tissues, the longer it takes to be FREE of vaginal dryness. The good news is that it is “fixable” AND you will notice improvement all along the way! Now is the best time to start!



The best way to find your exact need is to start by using the Happy Hoo Hoo four times per week for at least one or two months before reducing your frequency. You will feel an amazing difference. At that point, decrease your usage to three times per week for one month. Monday, Wednesday and Friday are good days to remember when you are on a “three days per week” program. If you are happy with how you feel with three days per week usage, it is reasonable to decrease your frequency to twice a week and then monitor how you feel. Mondays and Thursdays are good days to remember to use the Happy Hoo Hoo when you are on a “two days per week” program.

Many women prefer to stay on 3-4 suppositories per week because they notice an “almost immediate” improvement of how they feel “down there.” Going from dry to mildly moist feels great and you will want to feel this all day long! Other women feel they need only 2-3 suppositories per week. You will find the perfect frequency for You by following this guideline. Be patient with yourself. If dryness returns, increase back to the previous amount per week.

Here’s more good news! I am so confident that the Happy Hoo Hoo will help You that I am offering you a Money Back Guarantee (minus shipping expenses) if you find the Happy Hoo Hoo does not significantly improve your Vaginal Tissue health after using the full recommended dosage of 4 suppositories per week for 60 days! I only ask that you fill out a Customer Return Questionnaire.



Please also check out other Young Hormones Products! Each Young Hormones product has been carefully designed and made with love and consideration for the perfect hormonal balance for women.

Congratulations! You are about to regain your true spirit and youthfulness! Our Physical, Emotional and Sexual Health are all important aspects of our life and relationships!

I am so happy you found the Happy Hoo Hoo and the Women’s Midlife Specialist!



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