

Stay Balanced Protocols

PROTOCOL #1A (Pre-Menopausal)



Corti-Calm

AM: Apply 1 click topically every morning.

Note: It is NOT recommended to use Corti-Calm in the evening, as it can have an energetic effect.



Pro-PRX

PM: Apply 1-2 clicks* topically every evening on days 14-28 of your menstrual cycle (day 1 being the first day of your period, in a 28 day cycle).

*Begin with one click to start. If symptoms continue after 2 weeks, increase to two clicks.

NOTE: This schedule is based off of a 28 day cycle. If you have an irregular menstrual cycle, please discuss with your NHB Specialist.

PROTOCOL #1B (Peri-Menopausal)



Corti-Calm

AM: Apply 1 click topically every morning.

Note: It is NOT recommended to use Corti-Calm in the evening, as it can have an energetic effect.



Pro-PRX

PM: Apply 1-2 clicks* topically every evening for 21 days, skip for 7 days.

*Begin with one click to start. If symptoms continue after 2 weeks, increase to two clicks.

PROTOCOL #2 (Post-Menopausal)



Corti-Calm

AM: Apply 1-2 clicks* topically every morning.

Note: It is NOT recommended to use Corti-Calm in the evening, as it can have an energetic effect.

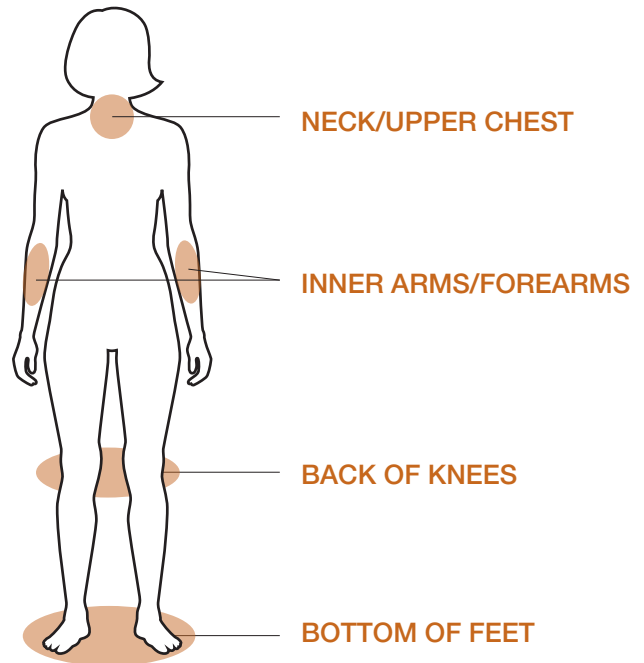


Pro-PRX

PM: Apply 2 clicks topically every evening for 28 days. After day 28, it is suggested to take a 3-day break, however if symptoms resume you may continue creams without a break.

*Begin with one click to start. If symptoms continue after 2 weeks, increase to two clicks.

Cream Application Sites



There are areas of the body where the skin allows for maximum absorption. These are the areas that you want to apply the creams (shown above).

It is best to apply the creams after a shower, but you are safe to get the area wet (and even shower) 30 minutes after application.