

Inner
Balance

Oestra™ Menopause

FAQ



I've heard that vaginal creams aren't systemic. How is Oestra™ Menopause different? Most vaginal creams use very low doses of estradiol meant only to treat vaginal dryness. Oestra™ Menopause uses higher dosing, and because the vaginal mucosa is highly absorbent, it delivers hormones throughout the whole body.

Will I receive a new bottle every month? No, you'll automatically receive a 3-month supply delivered every 3 months. Shipping information is available on your account page.

Will it raise my testosterone levels? Oestra™ Menopause doesn't contain testosterone. However, progesterone naturally converts to testosterone in the body, which can help bring low testosterone levels back to normal—without causing an excess.

How do you pick my dosage? We begin with a starting dose to ensure it's well-tolerated and properly metabolized, with minimal risk of side effects. From there, we adjust it based on how you feel. Most women choose to increase their dose after a few months to achieve optimal symptom relief.

What if my bottle isn't working? If no cream comes out after a few pumps, gently tap or shake the bottle. This helps redistribute the cream and release any air pockets that may be blocking it. If that doesn't work, contact us.

Why don't you give one hormone at a time? Oestra™ Menopause is uniquely balanced to raise estrogen, progesterone and testosterone together, preventing hormone dominance and reducing unwanted effects. Treating hormones separately often leads to new imbalances.

Will I start bleeding again if I'm postmenopausal? Possibly, especially in the first few months. This is normal as your uterine lining responds to hormones again. Bleeding usually is light and infrequent.

Should I apply Oestra™ Menopause while bleeding? No. It won't absorb well and may prolong bleeding. Wait until bleeding stops before resuming.

Can I take Oestra™ Menopause after a hysterectomy? Yes, but please consult with your provider. Progesterone is essential for more than just the uterus—it supports your brain, bones, mood, muscles, skin and more.

Are there side effects to taking iodine? Some may experience mild detox symptoms (fatigue, rash, headache) as iodine displaces fluoride/bromide. Start low and slow (e.g., 1500mcg once/week) and increase gradually. Iodine is essential for breast and uterine health, not just the thyroid.

Will I have withdrawal symptoms when I stop Oestra™ Menopause for 2–3 days? Possibly. You may feel PMS-like symptoms (headache, low energy, insomnia, anxiety) but these typically resolve once you resume. Bleeding during this time is expected.

When can I have intimacy after applying the cream? Wait at least 4 hours after application to ensure full absorption.

Is cramping normal when starting Oestra™ Menopause? Yes. Cramping is common due to increased blood flow and uterine tone as your hormones rebalance. It usually improves within 14 days. Try Epsom salt baths, iodine, magnesium, or ibuprofen to relieve discomfort.

I'm postmenopausal and having cramping—is that normal? Yes, though it can feel unsettling after years without periods. Cramping is a healthy uterine response and usually fades within 2 weeks. If it continues or feels too intense, please contact us.

Will Oestra™ Menopause help with mood right away? Yes, it can many women notice mood improvements—like reduced anxiety, irritability, and insomnia—within the first month. Vaginal dryness often improves early as well. Some mild unwanted effects (like cramping or breast tenderness) may occur but are manageable.

Why are my breasts sore or tender? Breast tenderness is common and often due to iodine deficiency. Supplementing with iodine typically improves symptoms within a few weeks and supports long-term breast health.

Is my Oestra™ Menopause dose custom to me? Your dose is carefully selected based on your symptoms and history. There's no perfect formula, but we adjust based on how your body responds. Some women need to go lower at first while others increase after a few months.

How do I transition from my current HRT? You can switch directly to Oestra™ Menopause the same day you stop your current regimen. If you're using hormone pellets, wait until they've nearly worn off before starting Oestra™ Menopause.

How do I use the applicator? Many women prefer to apply Oestra™ Menopause with their finger, inserting it into the vaginal canal and spreading any excess to the outer labia and surrounding tissue, which also absorbs well.

Can I fly with Oestra™ Menopause? Yes! Oestra™ Menopause meets TSA guidelines. It's a prescription cream—it's allowed in carry-on luggage.