

Pregnancy Simulation

So I got to thinking, why are transwomen's hormone doses recommended to be so low when cis women often have much higher hormone levels? I also wondered to what degree the experience of pregnancy can be simulated. I did a lot of research and I decided experimenting on myself was an acceptable risk. This is what I did over the last year and the results.

Total Cost: \$4,782

Raw Materials

Estradiol Valerate 5g

Progesterone 35g

Estriol 20g

r-hCG 1.5g

Relaxin variable based on body weight

hPL variable based on body weight

hGH, prescribed,

PCCA Versabase Gel 750g

Benzyl Benzoate 100ml

Benzyl Alcohol 10ml

Procedure

Week 1-2 (2 weeks)

IM Estradiol Valerate in castor oil, 2mg/day

IM Progesterone in oil, 25mg/day

SC r-hCG, 1 mg/day

SC hGH, .01 mg/kg/day

IM Relaxin 5 mcg/kg/day

IM hPL 2 mcg/kg/day

Week 3-8 (5 weeks)

IM Estradiol Valerate in oil, 4mg/day

IM Progesterone in oil, 25mg/day

SC r-hCG, week 3-6 3mg/day week 7 10mg/day

SC hGH, .02 mg/kg/day

IM Relaxin 5 mcg/kg/day

Domperidone 10mg 2x day

IM hPL 5 mcg/kg/day

Week 9-11 (4 weeks)

IM Estradiol Valerate in oil, 4mg/day

IM Progesterone in oil, 50mg/day

SC r-hCG, week 8-9 100mg/day week 10-11 150mg/day

SC hGH, .02 mg/kg/day

IM Relaxin 10 mcg/kg/day

Domperidone 10mg 3x day

IM hPL 10 mcg/kg/day

Week 12-16 (5 weeks)

IM Estradiol Valerate in oil, 8mg/day

IM Progesterone in oil, 100mg/day

Rectal Estriol, 10mg 3x day

SC r-hCG, week 12 250 mg/day week 13-16 100mg/day

SC hGH, .03 mg/kg/day
IM Relaxin 20 mcg/kg/day
Domperidone 10mg 4xday
IM hPL 10 mcg/kg/day
Week 17-18 (2 weeks)
IM Estradiol Valerate in oil, 12 mg/day
IM Progesterone in oil, 100mg/day
Rectal Progesterone 100mg 3xday
Rectal Estriol, 15mg 3xday
SC r-hCG, 70mg/day
SC hGH, .03 mg/kg/day
IM Relaxin 30 mcg/kg/day
Domperidone 20mg 3xday
IM hPL 10 mcg/kg/day
Week 19-24 (6 weeks)
IM Estradiol Valerate in oil, 20 mg/day
IM Progesterone in oil, 100mg/day
Rectal Progesterone 100mg 6xday
Rectal Estriol, 20mg 3xday
SC r-hCG, 50 mg/day
SC hGH, .04 mg/kg/day
IM Relaxin 10 mcg/kg/day
Domperidone 20mg 3xday
IM hPL 10 mcg/kg/day
Week 25-28 (4 weeks)
IM Estradiol Valerate in oil, 24 mg/day
IM Progesterone in oil, 200mg/day
Rectal Estriol, 25mg 3xday
SC r-hCG, 40mg/day
SC hGH, .04 mg/kg/day
IM Relaxin 10 mcg/kg/day
Domperidone 20mg 3xday
IM hPL 30 mcg/kg/day
Week 29-30 (2 weeks)
IM Estradiol Valerate in oil, 28 mg/day
IM Progesterone in oil, 200mg/day
Rectal Progesterone 100mg 6xday
Rectal Estriol, 25mg 3xday
SC r-hCG, 20mg/day
SC hGH, .05 mg/kg/day
IM Relaxin 10 mcg/kg/day
Domperidone 20mg 3xday
IM hPL 40 mcg/kg/day

Week 31-32 (2 weeks)
IM Estradiol Valerate in oil, 32 mg/day
IM Progesterone in oil, 200mg/day
Rectal Progesterone 100mg 6xday
Rectal Estriol, 25mg 4xday
SC r-hCG, 10mg/day
SC hGH, .05 mg/kg/day

IM Relaxin 10 mcg/kg/day
Domperidone 20mg 4xday
IM hPL 40 mcg/kg/day

Week 33-34 (2 weeks)

IM Estradiol Valerate in oil, 40 mg/day
IM Progesterone in oil, 200mg/day
Rectal Progesterone 200mg 4xday
Rectal Estriol, 25mg 5xday
SC r-hCG, 5mg/day
SC hGH, .06 mg/kg/day
IM Relaxin 10 mcg/kg/day
Domperidone 20mg 4xday
IM hPL 40 mcg/kg/day

Week 35-36 (2 weeks)

IM Estradiol Valerate in oil, 48 mg/day
IM Progesterone in oil, 200mg/day
Rectal Progesterone 200mg 5xday
Rectal Estriol, 25mg 6xday
SC r-hCG, 5mg/day
SC hGH, .07 mg/kg/day
IM Relaxin 20 mcg/kg/day
Domperidone 20mg 5xday
IM hPL 50 mcg/kg/day
Final Day Only: No r-hCG
Pitocin 1.0 mU/min 6pm-7pm 2.0 mU/min 7pm-8pm 4.0 mU/min 8pm-9pm 10pm-12am 6.0 mU/min

4 Channel TENS unit, Back, Legs, and Abdomen, Modulated 10am-12pm 1 per 15min 80Hz 20mA 300µs pulse width 60s duration 12pm-2pm 1 per 10min 80Hz 20mA 300µs pulse width 60s duration 2pm-6pm 1 per 10min 80Hz 30mA 300µs pulse width 60s duration 6pm-8pm 1 per 10min 80Hz 40mA 300µs pulse width 45s duration 8pm-10pm 1 per 10min 80Hz 60mA 300µs pulse width 45s 10pm-3am 1 per 5min 100Hz 60mA 300µs pulse width 45s duration 3am-4am 1 per 3min 120Hz 80mA 300µs pulse width 45s duration 4am-5am 1 per 3min 150Hz 100mA 350µs pulse width 45s duration

Weeks 37-38 (2 weeks)

Domperidone 20mg 4xday
Fenugreek 600mg 3xday
Blessed Thistle 500mg 3xday
Pump 10min every 2 hours
As needed: Oxytocin 48IU 30min prior to pumping

Weeks 39-40 (2 weeks)

Domperidone 20mg 5xday
Fenugreek 600mg 3xday
Blessed Thistle 500mg 3xday
Pump 20min every hour
As needed: Oxytocin 48IU 30min prior to pumping

Weeks 41-42 (2 weeks)

Domperidone 20mg 4xday
Fenugreek 600mg 3xday

Blessed Thistle 500mg 3xday
 Pump 30min every hour
 As needed: Oxytocin 48IU 30min prior to pumping

Weeks 43-44 (2 Weeks)
 Estradiol 50ug Patch 1xweek
 Domperidone 10mg 3xday
 Fenugreek 600mg 3xday
 Blessed Thistle 500mg 3xday
 Pump 30min every 2 hours
 As needed: Oxytocin 48IU 30min prior to pumping

Weeks 45-46 (2 weeks)
 Estradiol 50ug Patch 1xweek
 Domperidone 10mg 3xday
 Fenugreek 600mg 3xday
 Blessed Thistle 500mg 3xday
 Pump as needed
 As needed: Oxytocin 48IU 30min prior to pumping

Weeks 47-48 (2 weeks)
 Estradiol 50ug Patch 1xweek
 Domperidone 10mg 2xday
 Fenugreek 600mg 2xday
 Blessed Thistle 500mg 2xday
 Pump as needed
 As needed: Oxytocin 48IU 30min prior to pumping

Weeks 49-52 (4 weeks)
 Estradiol 50ug Patch 1xweek
 Domperidone 10mg 1xday
 Fenugreek 600mg 1xday
 Blessed Thistle 500mg 1xday
 Pump as needed
 As needed: Oxytocin 48IU 30min prior to pumping

Week 53
 Resumed normal HRT

Results

Hormone Levels

	pg/ml	ng/ml	pg/ml	ng/ml	ng/ml	ng/ml	μ/L	ng/ml	
<u>Week</u>	<u>Estradiol</u>	<u>Estriol</u>	<u>Estrone</u>	<u>Progest</u>	<u>Prolactin</u>	<u>Relaxin</u>	<u>hCG</u>	<u>GH</u>	<u>IGF-1</u>
1	<u>497</u>	<u>NT</u>	<u>201</u>	<u>12.2</u>	<u>9.4</u>	<u>0.5</u>	<u>391</u>	<u>3.1</u>	<u>151.1</u>
2	<u>710</u>	<u>NT</u>	<u>466</u>	<u>14.3</u>	<u>NT</u>	<u>NT</u>	<u>441</u>	<u>4.3</u>	<u>163.4</u>
3	<u>1197</u>	<u>NT</u>	<u>812</u>	<u>19.6</u>	<u>NT</u>	<u>NT</u>	<u>854</u>	<u>4.5</u>	<u>157.3</u>
4	<u>1412</u>	<u>NT</u>	<u>1098</u>	<u>20.4</u>	<u>NT</u>	<u>NT</u>	<u>912</u>	<u>4.1</u>	<u>161.9</u>
5	<u>1486</u>	<u>NT</u>	<u>1086</u>	<u>20.8</u>	<u>NT</u>	<u>0.7</u>	<u>1114</u>	<u>4.1</u>	<u>160.3</u>

<u>6</u>	<u>1523</u>	<u>NT</u>	<u>1101</u>	<u>21.3</u>	<u>NT</u>	<u>NT</u>	<u>1207</u>	<u>3.9</u>	<u>157.8</u>
<u>7</u>	<u>1566</u>	<u>NT</u>	<u>1087</u>	<u>22.9</u>	<u>NT</u>	<u>NT</u>	<u>3670</u>	<u>5.3</u>	<u>156.6</u>
<u>8</u>	<u>1533</u>	<u>NT</u>	<u>1120</u>	<u>26.1</u>	<u>NT</u>	<u>NT</u>	<u>4219</u>	<u>6.2</u>	<u>158.5</u>
<u>9</u>	<u>1591</u>	<u>NT</u>	<u>1329</u>	<u>23.3</u>	<u>NT</u>	<u>1.1</u>	<u>37737</u>	<u>6.8</u>	<u>157.8</u>
<u>10</u>	<u>1652</u>	<u>NT</u>	<u>1337</u>	<u>28.2</u>	<u>NT</u>	<u>NT</u>	<u>43489</u>	<u>6.5</u>	<u>149.9</u>
<u>11</u>	<u>1689</u>	<u>NT</u>	<u>1477</u>	<u>33.8</u>	<u>NT</u>	<u>NT</u>	<u>73126</u>	<u>6.7</u>	<u>152.1</u>
<u>12</u>	<u>2392</u>	<u>4</u>	<u>1791</u>	<u>52.1</u>	<u>97</u>	<u>NT</u>	<u>111473</u>	<u>6.3</u>	<u>181.2</u>
<u>13</u>	<u>2879</u>	<u>4.3</u>	<u>1788</u>	<u>51.3</u>	<u>113</u>	<u>1.6</u>	<u>52945</u>	<u>7.7</u>	<u>184.6</u>
<u>14</u>	<u>3159</u>	<u>4.2</u>	<u>2379</u>	<u>55.6</u>	<u>107</u>	<u>NT</u>	<u>44748</u>	<u>6.4</u>	<u>191.2</u>
<u>15</u>	<u>3201</u>	<u>4.4</u>	<u>2480</u>	<u>58.2</u>	<u>131</u>	<u>NT</u>	<u>41543</u>	<u>6.8</u>	<u>200.1</u>
<u>16</u>	<u>3243</u>	<u>4.1</u>	<u>2591</u>	<u>56.3</u>	<u>109</u>	<u>NT</u>	<u>41264</u>	<u>7.6</u>	<u>181.8</u>
<u>17</u>	<u>3774</u>	<u>4.5</u>	<u>2712</u>	<u>54.9</u>	<u>109</u>	<u>2.2</u>	<u>33937</u>	<u>7.9</u>	<u>187.4</u>
<u>18</u>	<u>4542</u>	<u>4.6</u>	<u>2892</u>	<u>60.1</u>	<u>114</u>	<u>NT</u>	<u>29125</u>	<u>7.1</u>	<u>183.9</u>
<u>19</u>	<u>5812</u>	<u>4.9</u>	<u>3766</u>	<u>61.9</u>	<u>120</u>	<u>NT</u>	<u>22745</u>	<u>8.3</u>	<u>229.1</u>
<u>20</u>	<u>6132</u>	<u>5.4</u>	<u>4510</u>	<u>58.4</u>	<u>116</u>	<u>NT</u>	<u>22387</u>	<u>10.1</u>	<u>233.6</u>
<u>21</u>	<u>6584</u>	<u>5.2</u>	<u>4877</u>	<u>60.5</u>	<u>118</u>	<u>1.8</u>		<u>10.5</u>	<u>235.1</u>
<u>22</u>	<u>6542</u>	<u>5.1</u>	<u>4912</u>	<u>61.3</u>	<u>121</u>	<u>NT</u>		<u>10.2</u>	<u>234.8</u>
<u>23</u>	<u>6609</u>	<u>5.4</u>	<u>5019</u>	<u>59.8</u>	<u>148</u>	<u>NT</u>		<u>10.8</u>	<u>238.1</u>
<u>24</u>	<u>6955</u>	<u>5.7</u>	<u>5212</u>	<u>62.3</u>	<u>121</u>	<u>NT</u>		<u>11</u>	<u>227.8</u>
<u>25</u>	<u>7523</u>	<u>5.8</u>	<u>5978</u>	<u>82.3</u>	<u>139</u>	<u>1.6</u>	<u>17529</u>	<u>10.7</u>	<u>241.5</u>
<u>26</u>	<u>8233</u>	<u>6.4</u>	<u>6522</u>	<u>84.1</u>	<u>132</u>	<u>NT</u>		<u>12.1</u>	<u>239.3</u>
<u>27</u>	<u>8758</u>	<u>6.9</u>	<u>7191</u>	<u>105.0</u>	<u>141</u>	<u>NT</u>		<u>12.3</u>	<u>256.2</u>
<u>28</u>	<u>9412</u>	<u>7.1</u>	<u>7472</u>	<u>121.8</u>	<u>154</u>	<u>NT</u>		<u>11.3</u>	<u>257.9</u>
<u>29</u>	<u>9912</u>	<u>7.4</u>	<u>7533</u>	<u>119.6</u>	<u>148</u>	<u>1.5</u>	<u>8019</u>	<u>14.1</u>	<u>251.0</u>
<u>30</u>	<u>10536</u>	<u>8.8</u>	<u>8823</u>	<u>123.2</u>	<u>159</u>	<u>NT</u>	<u>7893</u>	<u>16.2</u>	<u>269.6</u>
<u>31</u>	<u>10829</u>	<u>9.7</u>	<u>8991</u>	<u>148.1</u>	<u>201</u>	<u>NT</u>	<u>4382</u>	<u>18.1</u>	<u>289.1</u>
<u>32</u>	<u>11948</u>	<u>11.1</u>	<u>9156</u>	<u>161.9</u>	<u>199</u>	<u>NT</u>	<u>4401</u>	<u>18.5</u>	<u>303.8</u>

<u>33</u>	<u>12635</u>	<u>12.9</u>	<u>9297</u>	<u>187.4</u>	<u>230</u>	<u>2.4</u>	<u>1723</u>	<u>20.6</u>	<u>310.6</u>
<u>34</u>	<u>13297</u>	<u>13.2</u>	<u>9791</u>	<u>201.6</u>	<u>245</u>	<u>NT</u>	<u>1681</u>	<u>21.3</u>	<u>333.8</u>
<u>35</u>	<u>15881</u>	<u>13.4</u>	<u>9789</u>	<u>239.9</u>	<u>251</u>	<u>NT</u>	<u>1612</u>	<u>23.2</u>	<u>351.2</u>
<u>36</u>	<u>17605</u>	<u>14</u>	<u>9872</u>	<u>251.1</u>	<u>265</u>	<u>NT</u>	<u>1134</u>	<u>24.5</u>	<u>362.3</u>
<u>37</u>	<u>8822</u>	<u>STOP</u>		<u>148.2</u>	<u>321</u>	<u>2.6</u>	<u>STOP</u>	<u>STOP</u>	
<u>38</u>	<u>782</u>			<u>79.9</u>	<u>217</u>	<u>2.9</u>			
<u>39</u>	<u>159</u>			<u>33.3</u>	<u>231</u>	<u>STOP</u>			
<u>40</u>	<u>100</u>			<u>15.4</u>	<u>220</u>				
<u>41</u>	<u>36</u>			<u>1.2</u>	<u>181</u>				
<u>42</u>	<u>45</u>			<u>STOP</u>	<u>152</u>				
<u>43</u>	<u>56</u>				<u>151</u>				
<u>44</u>	<u>49</u>				<u>147</u>				
<u>45</u>	<u>59</u>				<u>139</u>				
<u>46</u>	<u>69</u>				<u>124</u>				
<u>47</u>	<u>74</u>				<u>119</u>				
<u>48</u>	<u>77</u>				<u>117</u>				
<u>49</u>	<u>81</u>				<u>114</u>				
<u>50</u>	<u>86</u>				<u>121</u>				
<u>51</u>	<u>99</u>				<u>103</u>				
<u>52</u>	<u>105</u>				<u>99</u>				
<u>56</u>	<u>354</u>	<u>.03</u>	<u>149</u>	<u>20.1</u>	<u>14.4</u>	<u>.2</u>	<u>ND</u>	<u>11.7</u>	<u>203.8</u>

Lactation Output

Week Avg oz/day

<u>39</u>	<u>12</u>	<u>46</u>	<u>28</u>
<u>40</u>	<u>16</u>	<u>47</u>	<u>30</u>
<u>41</u>	<u>18</u>	<u>48</u>	<u>24</u>
<u>42</u>	<u>22</u>	<u>49</u>	<u>26</u>
<u>43</u>	<u>28</u>	<u>50</u>	<u>22</u>

<u>44</u>	<u>24</u>	<u>51</u>	<u>18</u>
<u>45</u>	<u>32</u>	<u>52</u>	<u>13</u>

First Trimester Symptoms

Week 1-6 Sore breasts, mild fatigue, frequent urination, mild mood swings

Week 7-12 Breast tenderness, moderate fatigue, frequent urination, mild mood swings, morning sickness 1-3xdaily, super-smell, super-taste, mild food cravings. Food aversions, back aches, and once in a while lightheaded week 12+

Second Trimester Symptoms

Week 13-19 Breast tenderness, breast growth about 1/2 cup size, areola width 150% larger, darker areola, mild fatigue, super-smell, super-taste, serious food cravings, serious food aversions, stuffy nose on and off, aches around ligaments and tendons, more bendy, night-time leg cramps, mild brain fog, mild mood swings, constipation

Week 20-28 Breast tenderness, breast growth about 1/2 cup size, areola width 150% larger, darker areola, mild fatigue, super-smell, super-taste, serious food cravings, serious food aversions, stuffy nose on and off, aches around ligaments and tendons, more bendy, night-time leg cramps, moderate brain fog, moderate mood swings, constipation, clumsiness, occasional balance issues.

Third Trimester Symptoms

Breast tenderness, breast growth about 1 cup size, areola width 200% larger than second trimester, darker areola, mild melasma, fatigue, super-smell, super-taste, serious food cravings, serious food aversions, stuffy nose on and off, back aches, aches around ligaments and tendons, even more bendy, night-time leg cramps, mild to severe brain fog, moderate to severe mood swings, heartburn, breast leakage week 32+, insomnia 2-3 days/week, anxiety, crazy dreams, abdominal distention, frequent constipation, infrequent diarrhea, clumsiness, occasional balance issues.

	Week 1	Week 12	Week 28	Week 36	Week 46	Week 56
Height	5ft 8in	5ft 7.5in	5ft 7in	5ft 7in	5ft 7.5in	5ft 8in
Weight	135lbs.	140lbs.	146lbs.	160lbs.	148lbs.	140lbs.
Measurements	34DD-24-36	34E-24-36	34F-26-37	36G-30-38	36H-30-37	36G-28-37
Shoe Size	9	8.5	8	8.5	8.5	8
Areola Width	36mm	40mm	54mm	107mm	110mm	48mm
Nipple Width	13mm	15mm	20mm	24mm	24mm	19mm

Now: 5ft 8in, 138lbs. 36G-26-37. 48mm areola, 18mm nipple.

Permanent Changes

Larger breasts, nipples, and areola. Softer breasts, nothing crazy. Slightly wider hips. Hair color about a shade lighter. Fatter labia majora. Slightly more frequent urination than before. Slightly fuller cheeks. New contact prescription. Larger and slightly fatter glutes. More flexible especially knees, wrists, fingers, pelvic joints, groin, hamstrings, spine, and ankles. Clitoral sensitivity increase. No MS relapses during or since experiment.

Other outcome: I got to help a good friend of mine struggling with breastfeeding keep her baby fed.

This email message accurately rendered by Encryptomatic.com/Viewer

Manage your emails with [PstViewer Lite](#), our free Windows® app!

The screenshot displays the PSTViewer Lite application window. The title bar reads "A 36-Minute Full-Body, Fat-Torching Workout | The 7 Best Protein Bars & 3 to Avoid - PSTViewer Lite". The interface includes a menu bar (File, Mail, Export, View, Help), a toolbar with icons for folder operations and PDF export, and a search bar. On the left, an "Explorer tree" shows the file system structure, with "Msg Files" and "pdf" folders highlighted. The main area is a "Mail list" table with columns for From, To, Subject, Received..., and Size. The selected email is from LIVESTRONG.COM to "Friend" with the subject "A 36-Minute Full-Body, Fat-Torching Wor...". Below the list, the email content is displayed, including the title "A 36-Minute Full-Body, Fat-Torching Workout | The 7 Best Protein Bars & 3 to Avoid", the sender "LIVESTRONG.COM", and social media sharing options. The footer of the email content includes the text "Please DO NOT REPLY TO THIS EMAIL. This is an unmonitored email address. Read our privacy policy here." and "Items total: 12".

From	To	Subject	Received...	Size
LIVESTRONG.COM <members@...>	Friend	A 36-Minute Full-Body, Fat-Torching Wor...	1/13/2016 ...	88 KB
Caribou Coffee <whatsbrewing...>	dsleno@gmail.com	Caribou Perks: Beans and a Mug for only ...	1/5/2016 7:...	48 KB
Caribou Coffee <whatsbrewing...>	dsleno@gmail.com	Caribou Perks: Enjoy a \$3.50 Large Hand...	1/13/2016 ...	48 KB
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Greg Tehven (via Twitter) <notf...>	Darren Leno	Greg Tehven (@GregfromFargo) liked on...	1/13/2016 ...	43 KB
Elo <notifications@elo.co>	dsleno@gmail.com	I don't know where I'm going from here, ...	1/12/2016 ...	64 KB
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The Guardian <info@mail.thegu...>	dsleno@gmail.com	The Guardian today: Republicans react t...	1/13/2016 ...	56 KB
The Guardian <info@mail.thegu...>	dsleno@gmail.com	The Guardian today: Sean Penn reveals l...	1/10/2016 ...	56 KB
The Orpheus Centre (via Twitter)...	Darren Leno	The Orpheus Centre (@orpheuscentre) is...	1/7/2016 1:...	48 KB

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