

September 21, 2012

dbfk

Dear CC — Thank you for your recent comments and encouragement.

BTW, happy birthday! 🎂 To answer your questions concerning hormones, I started by acquiring Premarin and Spironolactone pills illegally because of gender discrimination and medical negligence in California state prisons. (I was desperate!). However, once I was under a physicians care, I started on a regimen of (estrogen) hormone therapy at very low dosages (approximately .1 - .3 mg). My dosage was gradually increased over the first two years, as I experienced noticeable changes and side-effects — My breasts began to grow bigger, my nipples were hypersensitive and painful, my skin became softer, my body hair grew thinner and slower, I had extreme mood swings such as being overemotional and crying for the slightest reasons, and feminization of my physical



2

dbfk

appearance/facial features.  
I also was prescribed spironolactone (a diuretic & testosterone blocker) at gradually increased dosages, and aspirin (81mg) to prevent blood clots. I was helped through my gender transition and hormonal side-effects by having weekly psychotherapy sessions, and by having a lover who supported me. My advice to you is never give up or surrender in your struggle for gender self-determination! I have fully transitioned into a full-fledged woman, I am a femme Lesbian and I love myself. I have been on estradiel 30mg per week, and spironolactone 150mg twice per day, for the past 4 years without serious side-effects or health concerns. Stay strong and seek the divinity within your true Self. May the Goddess bless you, and grant your deepest desire! 😊 Much lov from the West Coast, Queen Jennifer, a.k.a. BabyGirl.