

Therapeutic application of Natural Progesterone:

- necessary for the survival and growth of the fetus
- helps prevent osteoporosis
- needed for the proper production of adrenal hormones
- works to stabilize blood sugar
- has a natural diuretic action
- prevents sodium retention
- acts as an antidepressant
- helps prevent fibrocystic breasts
- enhances thermogenesis (fat burning)
- contributes to regulating the thyroid gland
- enhances libido
- help protect the uterus and breasts from cancer
- contributes to blood clotting mechanisms
- precursor of corticosterones
- normalizes zinc and copper levels
- maintains the secretory endometrium

FEMALE HORMONE FACT SHEET

Estrogen dominance (or progesterone deficiency) is the most common form of hormone imbalance in women. The balance of estrogen and progesterone is very delicate and when disturbed may lead to many unwanted symptoms.

Estrogen excess or Progesterone deficiency:

- increases body fat stores, especially on upper thighs
- promotes water and sodium retention in cells
- contributes to impaired blood sugar levels
- increases the risk of uterine and breast cancer
- contributes to mood swings
- thickens the bile increasing the risk of gallbladder disease
- causes headaches
- promotes the loss of zinc
- interferes with thyroid function
- contributes to excess and irregular menstrual bleeding
- decreases libido
- reduces cellular oxygenation

Symptoms: breast tenderness, water retention, heavy menstrual flow or irregular periods, carbohydrate cravings, weight gain, fibrocystic breasts, uterine fibroids, loss of libido, PMS, mood swings, depression, acne

These symptoms all can be eliminated by the use of natural progesterone if their cause is progesterone depletion.