

LOW PROGESTERONE

Progesterone is another steroid hormone that works hand in hand with estrogen as its counterbalance partner. It's important to balance out your progesterone levels. Progesterone's role is to regulate the uterine lining, (keep it from getting too thick), mood and sleep.

Low progesterone levels often cause infertility, miscarriages, night sweats, sleeplessness, PMS, and irregular menstrual cycles. It is also common for women to experience painful and/or swollen breast, heavy or painful periods, bloating or easily disrupted sleep, or itchy, restless legs. Healthy progesterone levels are needed to conceive and maintain a healthy pregnancy.

May be caused by

- Aging
- Stress
- Irregular ovulation
- Low thyroid

May cause

- Endometriosis
- Endometrial precancer or cancer
- Anxiety
- Disordered sleep

Targeted lifestyle changes

- Wean from caffeine
- Limit alcohol
- Decrease refined sugars
- Acupuncture
- Moderate exercise
- Guided visualization
- Light therapy

Nutraceuticals

- Vitamin C** 750 mg/day
- Magnesium** 200 mg/day
- Vitamin B6** 50-100 mg/day
- Calcium** 1,200 mg/day (ideally from milk or non-dairy milk, yogurt, dark leafy greens, and almonds)

The Hormone Cure. Sara Gottfried, MD