

## **What Does Progesterone Do For Women?**

***Bio Identical Hormone Therapy is the process of maintaining and restoring hormone balance***

Progesterone has so many job's to do in the body it is hard limiting to only a few on a list so we will delve into the most common issues associated with progesterone deficiency.

Progesterone's biggest role is it stimulates the uterus to create an environment favorable for the implantation of a fertilized egg and progesterone rises exponentially to sustain a fetus. If you are thinking I'm not entertaining the idea of having a baby please read on because progesterone has a lot to do with your everyday life.

When progesterone is at optimal levels the annoying symptoms of PMS are almost non-existent because our bodies are in balance and keeping the body in balance is one of progesterone's major roles. When our progesterone is balanced we may have a sense of calmness VS frenzied, we may sleep better VS sleepless nights, we may have regular periods VS numerous annoying symptoms.

When our progesterone is low we may experience symptoms of excess estrogen, known as estrogen dominance. Estrogen also plays a major role in our lives just like progesterone but when there isn't ample progesterone to balance it, that is when estrogen may rear its ugly head and is trying to tell you I need progesterone to calm me down and address the symptoms listed below and I'm (estrogen) going to make your life miserable until you give me progesterone. Isn't it interesting what happens when we listen to our body? We may feel better!

**Some of the common symptoms of estrogen dominance which is caused by low progesterone may include:**

- Irregular, painful or irregular periods, mid cycle spotting and short cycles
- Water retention
- Breast swelling and tenderness & fibrocystic breast changes
- Headaches, migraines
- Weight gain especially in the abdomen and hips
- Hair loss
- PMS
- Estrogen Dominance may be at the root of anxiety, mood swings & irritability
- Insomnia

If you can identify with the symptoms listed above or are in pre-menopause, menopause or are postmenopausal then bio-identical progesterone cream may be what your body is craving.

### **Natural Progesterone vs. Progestin**

Progestin is synthetic and is manufactured by altering a synthetic form of testosterone and is not the same as your bodies own natural progesterone. Bio-Identical progesterone is derived from wild yam, but don't confuse wild yam with progesterone. What you are looking for is bio-identical progesterone USP. Progestin is found in birth control pills, some IUD's & prescription HRT. There is so much miss-information on progesterone stating it is unsafe. When you look into the studies you realize they are talking about progestin not bio-identical progesterone. The body simply does not know what progestin is but it is very happy when bio-identical progesterone is introduced to the body. It's this kind of misinformation that confuses women and keeps them from getting the help they need.

As always, consult with a qualified healthcare professional. This information is for educational purposes only and is not intended to diagnose, treat or cure any disease. The FDA has not evaluated these statements.

