

ANTECEDENTS

Progesterone is produced by the ovaries, placenta, and adrenal glands.

In the ovaries, progesterone production comes from the corpus luteum in response to ovulation.

TRIGGERING EVENTS

Estrogen is a good thing, but too much (or too little Pg for balance) can create estrogen dominance.

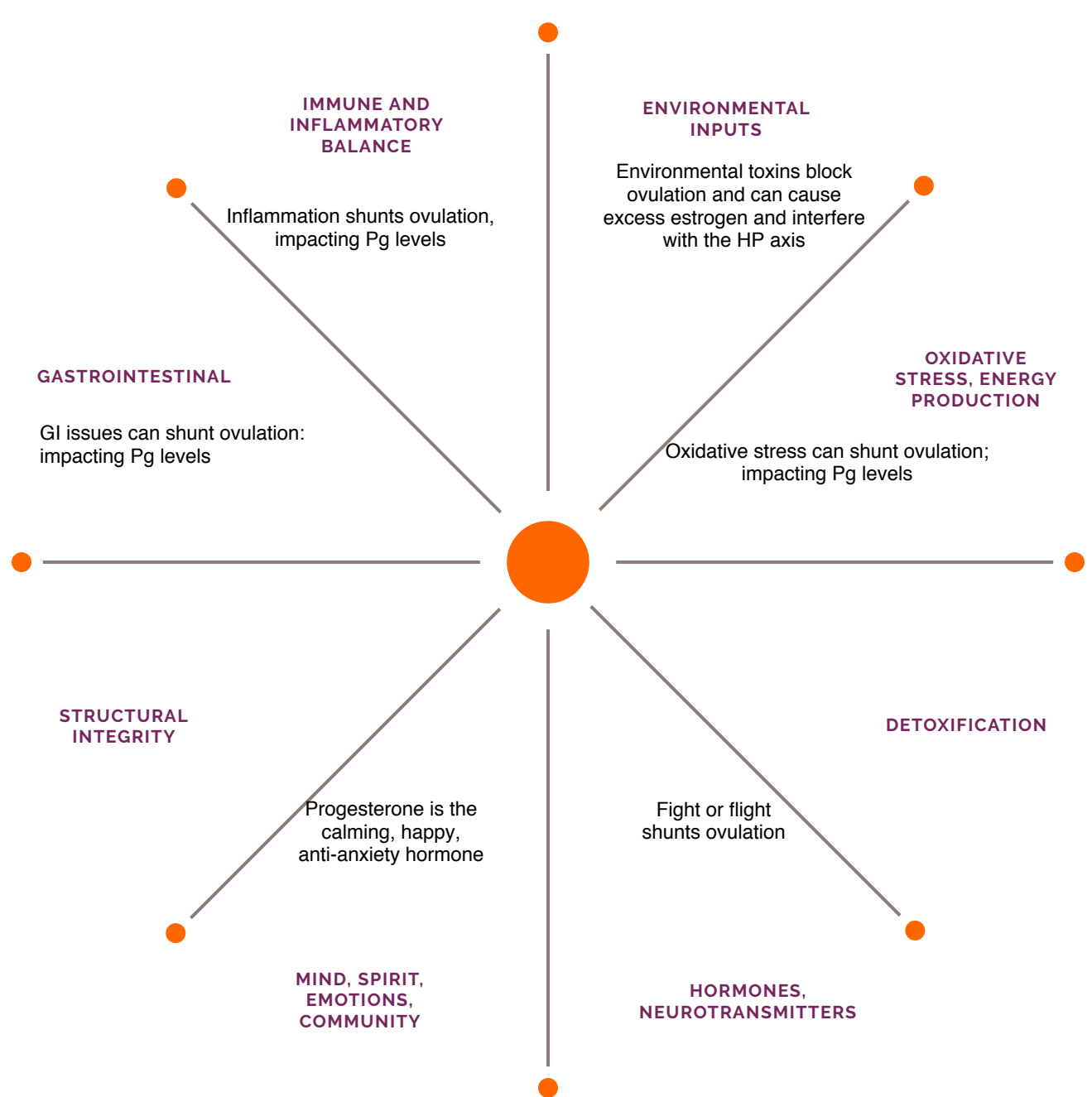
Removed ovaries and menopause decrease the amount of progesterone made (with reliance primarily on the adrenal glands.)

MEDIATORS

Too much progesterone can trigger headaches, make acne worse and cause water retention.

Oral and sublingual forms work best for sleep & anxiety.

When dosing progesterone, be sure it is give once the client has ovulated (when ovulation is still occurring.)



SLEEP/RELAXATION

A good circadian rhythm and good melatonin output contribute to a good menstrual cycle (and ample Pg production)

EXERCISE/MOVEMENT

Excessive exercise can shut down ovulation and the body has a hard time making hormones

NUTRITION/HYDRATION

A well rounded diet that nourishes the body is needed for good hormone production
Yams and B vitamins can help

STRESS/RESILIENCE

We need melatonin, a good diet and rest for good resilience

RELATIONSHIPS/NETWORKS

Relationships are important. Oxytocin is our love hormone which in turn lowers stress.

Hormones can be regulated in groups of women.