

Natural Help 4...

Progesterone



What is Progesterone?

Progesterone is one of the most important hormones produced by the female body. It plays a critical role in stimulating and regulating various functions within the body.

Progesterone is a fundamental hormone that is also responsible for the **production of additional hormones such as estrogen and cortisone.**

Not only does progesterone prepare your body for conception and pregnancy but it also regulates the monthly menstrual cycle. During the reproductive years, **progesterone is released from the ovaries** every month. It sends out a signal to the body to thicken the lining of the uterus, which enables the fertilized egg to attach and develop.

Progestins are often used to treat a variety of conditions such as amenorrhea, abnormal uterine bleeding, endometriosis, loss of appetite and weight-loss related to AIDS and cancer.

Progesterone also helps to induce bleeding in women with infrequent and irregular menstrual periods, most common in women with Polycystic Ovarian Syndrome (PCOS). It is important to note that while synthetic progestins may increase progesterone levels, there are numerous side effects.

Progesterone and estrogen levels decline as a woman ages, particularly when menopause occurs. Low progesterone levels affect the **menstrual cycle** and also contribute to aging. The skin loses its elasticity while the bones may become brittle and weak increasing the risk of conditions such as osteoporosis.

Functions of Progesterone

Progesterone has several other important functions within the body including:

- Regulates the thyroid gland and moderates the negative effects of estrogen dominance on the functioning of the thyroid, thereby preventing **symptoms of hypothyroidism**
- Helps with immunity
- Reduces swelling and inflammation
- Keeps blood clotting levels stable
- Stimulates collagen production which increases skin elasticity
- Keeps bones and skeletal muscles strong
- Helps to maintain nerve functioning and protect against deterioration



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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

More Information on Progesterone

More and more women are opting for a more natural approach to **increase progesterone levels**. Because synthetic progestins are not exact replicas of the body's natural progesterone, they have a long list of unwanted side effects. Natural treatments such as **herbal and homeopathic remedies**, on the other hand, are a natural and effective alternative.

Herbs such as Vitex agnus-castus (Chasteberry) improve progesterone levels as well as promoting hormonal balance and health. A traditional Chinese herb, Cimicifuga racemosa (Black Cohosh), also has a beneficial effect on hormone functioning and may help to prevent miscarriage.

In addition, Eleutherococcus senticosus (Siberian Ginseng) promotes overall systemic **functioning of the female reproductive system**, acting as a tonic for female health and fertility. There are a number of plant based natural progesterone creams which can also be very useful in women with low progesterone levels.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors.

While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines.

However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose.

In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself.



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions.

Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness.

It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs.

Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety.

Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth.

While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and

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cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs.

In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Fertile XX™: Supports hormone balance, healthy uterus, ovaries, fallopian tubes and reproductive function.

Herbal fertility tonics have been part of traditional medicine all over the world for many thousands of years. Fertile XX is a 100% safe, non-addictive, natural herbal tonic containing a selection of herbs to **promote and support fertile conditions**.

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The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

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