

Understanding Progesterone

Your calming, balancing, and protective hormone.

What Progesterone Does

Progesterone helps regulate cycles, calm the nervous system, and protect against hormone imbalances.

- ✓ Balances the effects of estrogen
- ✓ Supports healthy menstrual cycles
- ✓ Promotes relaxation and sleep
- ✓ Protects brain and mood
- ✓ Helps maintain bone density
- ✓ Supports a healthy pregnancy
- ✓ Contributes to thermoregulation (body temp)

Signs of Low Progesterone

When progesterone is low—especially in perimenopause or with HPA dysfunction—you may notice:

- Irregular or short cycles
- Spotting before your period
- Trouble falling or staying asleep
- Anxiety or irritability
- PMS or mood swings
- Breast tenderness
- Headaches or migraines
- Infertility or miscarriage

Functional Medicine Insight

Progesterone is key to **hormonal rhythm and nervous system regulation**. It balances estrogen's stimulating effects and supports the GABA system in the brain (your "calm" neurotransmitter). Chronic stress and poor ovulation can suppress progesterone—especially in perimenopause or younger women with HPA axis issues.

Supporting Healthy Progesterone

Lifestyle

- Reduce chronic stress and overexercising
- Prioritize sleep and blood sugar balance
- Track ovulation

Nutrition

- Eat foods rich in zinc, magnesium, and B6
- Include healthy fats (olive oil, avocado, nuts)

Supplement Support (under guidance)

- Chasteberry (Vitex)
- Magnesium glycinate
- B6 and adaptogens

Hormone Therapy

- Oral or vaginal bioidentical progesterone may be used to restore
- healthy levels, support sleep, and protect the uterus (especially with
- estrogen therapy).