

NATURAL PROGESTERONE

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CMG Archives

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Introduction

List of symptoms that natural progesterone can be used to help support women's health:

- Bloating
- Cramping
- Endometriosis
- Hot flashes
- Important for the survival and development of the embryo
- Incontinence
- Infertility
- Insomnia
- Irregular menstrual flow
- Irritability
- Is the primary precursor for adrenal corticosteroids, estrogens (estriol, estrone and estradiol) and testosterone produced by testes in males
- Migraine headaches
- Natural antidepressant
- Natural diuretic
- Night sweats
- Normalizes blood clotting
- Normalizes blood sugar levels
- Prevents migraines

- Protects against breast fibrocysts
- Restores sex drive
- Thyroid imbalance
- Uses fat for energy
- Vaginal dryness

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Sources of Natural Progesterone

Specific supplement preparations available from Health Stores

Mexican wild yam supplement

Food Sources

Soy
Apples
Alfalfa
Cherries
Potatoes
Rice
Wheat
Yams

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