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## Progesterone Information Sheet

Progesterone provides benefits to both men and women in three major areas. The first area is its well-known effect in women as the hormone that helps block the detrimental effects of estrogen. In this regard, it helps prevent menstrual cramps, breast tenderness, and PMS in those women who are menstruating, along with fibroids, endometriosis, PCOS, and fibrocystic disease of the breast. It also eliminates other problems caused by estrogen such as asthma, migraine headaches, and morning sickness. In addition, it helps to prevent all cancers caused by estrogen, such as cancers of the breast, uterus, ovaries, cervix, colon, and the prostate in men.

The second major area of benefit from using progesterone (which is my own personal observation) is the effect it has on insulin. Insulin is a hormone that is associated with the causation of obesity as well as type II diabetes and its many complications. It is a fact that insulin raises blood pressure and is felt to be a major influence in speeding up the aging process. I suspect that progesterone blocks insulin receptor sites on cells, thereby helping to eliminate drops in blood sugar (hypoglycemia). As a result, it prevents sleepiness after eating, between 3 and 4 PM, and while driving. This ability to block the effects of insulin also helps with weight loss.

The third major area of benefit of using progesterone is that it appears to block the action and over-production of adrenaline. Adrenaline is popularly known as “the-fight-or-flight” hormone, and excess levels can create anger, road rage, insomnia, restless leg syndrome, and teeth grinding. When anger is internalized, it can lead to depression, anxiety, fibromyalgia, IBS, plus other problems. As a neurotransmitter in the brain, adrenaline can cause the mind to race which can cause problems with focusing – i.e. ADHD, or “brain fog”. It also causes urinary urgency in adults as well as bed-wetting in children. Adrenaline is probably the number one cause of unexplained weight gain. Leg cramps at night are also caused by adrenaline, and can usually be relieved within 30-60 seconds when progesterone is applied to the area of cramping.

Other benefits: 1) it can have a significant effect on the lowering of blood pressure, 2) it can help infertile women get pregnant, 3) it can prevent or treat postpartum depression, and 4) it is extremely beneficial for relieving peripheral neuropathy.

For more detailed information on progesterone, please refer to my book, “The Miracle of Bio-identical Hormones”, or to my manual, “The Platt Protocol for Hormone Balancing” (which is only available at this time on my website: [www.plattwellness.com](http://www.plattwellness.com).)