

NATURAL PROGESTERONE

Compiled by

Campbell M Gold

(2010)

CMG Archives

<http://campbellmgold.com>

--()-

IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein.

--()-

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

--()--

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

End

--()--

<http://campbellmgold.com>

03092010/1