

C. Progesterone

1. Natural – from wild yam or soy (chemically produced)
2. Synthetic (progestin) – altered, not bio-identical
 - a. Lowers the body's production of natural progesterone.
 - b. Does not provide progesterone precursors that help to balance other hormones
 - c. Irritability, headaches, depression, blood clots

III. Natural Support

A. Foods

1. Phytoestrogenic
 - a. Legumes – Beans and peas
 - 1) Soy may contribute to thyroid disruption. Best sources are fermented.
 - a.) miso, tempeh, tamari
 - b.) Tofu, soy nuts, soy milk, edamame are okay in smaller amounts.
 - 2.) Isolates (textured vegetable protein, soy protein powder, genistein,) are extremely processed and not easily digested.
 - b. Alfalfa sprouts
 - c. Lignan containing: Flax seeds, sesame seeds
 - d. Oats
 - e. Pomegranate
2. Cancer protective
 - a. Cruciferous family (broccoli, cauliflower, kale, brussel sprouts) – see also information on DIM
 - b. Bioflavonoids (berries, grapes, citrus)
3. Essential Fatty Acids – anti-inflammatory
 - a. Omega 3: fish oil, flax oil, fresh nuts
 - b. Omega 6: Evening primrose oil, borage, black currant

B. Nutrients

1. Cardiovascular
 - a. Antioxidants (Vit. A, C, E, Zinc, Selenium)
 - b. Co-Q-10
 - c. Vit. B6/B12/Folic acid
 - d. Reduce use of supplemental iron unless required
2. Endocrine support
 - a. Adrenals: Vitamins B complex and C, Tyrosine, Glandulars, Licorice, Ashwangandha, Ginseng
 - b. Thyroid: Iodine (and iodide), Kelp and other sea vegetables, Tyrosine, Glandulars, Ashwangandha, Holy Basil, Rhodiola

C. Herbs

1. Black Cohosh – hot flashes, fatigue, night sweats, headaches, insomnia, blood pressure, heart palpitations
2. Vitex (Chaste Tree Berry) – hormonal balancer, supports progesterone, stabilizes mood, hot flashes
3. Dong Quai – hormonal balancer, hot flashes, insomnia, night sweats, headaches, irritability