When menopause begins, progesterone is one of the first hormones to plummet, often leading to symptoms such as anxiety, weepiness, irritability, and insomnia. However, this hormone has many roles other than its involvement in the menstrual cycle. In women, progesterone is made primarily by the ovaries. In men, it is made in the testes. In both genders, smaller amounts are made by the adrenal glands and the brain.

Interestingly, progesterone is made in the body from cholesterol. In fact, cholesterol is the precursor to all the major steroid hormones. First, your body turns cholesterol into pregnenolone, which is then turned into progesterone. From progesterone, your body makes a cascade of other hormones that it needs. Progesterone is an important precursor to testosterone, estrogen, and cortisol (the stress hormone). This makes it critical to many important functions in the body.

With progesterone being one of the body’s most important hormones, a deficiency can create a sub-optimal state of health. Thankfully, progesterone replacement therapy is an available remedy. When progesterone levels are naturally restored, you can safely obtain the feel good benefits and resume a good quality of life.

There’s a world of difference between synthetic progesterone (progestin) and natural progesterone. Progestins do not reproduce the same actions of natural progesterone. In fact, they do just the opposite and block progesterone’s beneficial effects.

A study of 80,000 women revealed that those who had used estrogen in combination with synthetic progestin had a 69 percent increased risk of breast cancer, whereas those who used natural progesterone in combination with estrogen had no increased risk, with a significant reduction in breast cancer risk compared with synthetic progestin use.

At the Anti-Aging Center, we strongly believe in bio-identical hormone replacement therapy (BHRT). BHRT can be defined as using hormones that are identical, on a molecular level, with endogenous hormones produced by the human body. Optimizing your hormonal levels according to your individual needs can make significant improvements to the quality of your life.

**FEEL GOOD WITH NATURAL PROGESTERONE**

By Joe Upton, MD, Anti-Aging Specialist

**SOME OF THE THINGS PROGESTERONE DOES:**

- Promotes better sleep
- Produces a calming effect by activating GABA receptor sites (GABA is a calming neurotransmitter)
- Increases metabolic rate
- Helps build bones
- Assists in brain activity
- Balances estrogen
- Protects against breast and uterine cancer
- Acts as a natural diuretic