



PROGESTERONE (INSUFFICIENCY OR DEFICIENCY)

Low progesterone impacts the menstrual cycle, fertility, and pregnancy, causing symptoms like irregular periods, mood swings, and challenges in achieving or maintaining pregnancy.



Possible Contributing Factors

- Anovulation which may be due to:
 - Birth control pill, IUD or emergency contraception
 - Age-related hormonal changes (being over 35 in perimenopause or menopause)
 - PCOS
 - Ovarian insufficiency
- Thyroid dysfunction (hypo- or hyperthyroidism)
- High stress (mental/emotional but also physical stress such as intense exercise or extreme dieting)
- Brain issues & inflammatory conditions that impede hormone signaling to the ovary (HPO axis)
- Exposure to environmental endocrine disrupters
- Higher insulin and blood sugar levels leading to PCOS, anovulation, and low progesterone
- Low cholesterol (possibly due to liver dysfunction, vegan diet, adrenal/thyroid hyperfunction)
- Nutrient insufficiencies: vitamin C, B6, zinc, omega-3 fatty acids, magnesium, selenium, vitamin A & E

Lifestyle & Dietary Recommendations

- Consume a whole foods VPF diet with quality animal proteins, vegetables & healthy fats
- If blood sugar is an issue, limit starchy carbs to ½ cup cooked grains and 1 cup root vegetables daily, and 1-2 whole fruits per day. Avoid sugar and anything made from flour.
- Increase foods rich in magnesium, B6, zinc, vitamin C, and selenium
- Consider seed cycling; 1-2 Tbsp crushed flax seeds & pumpkin seeds on day 1 to ovulation, then sesame & sunflower seeds from ovulation until day 1 of period.
- Eliminate caffeine, alcohol. Avoid inflammatory vegetable oils (corn, soy, canola, etc)
- Adrenal support: sole, stinging nettle tea, rosehip tea and other vitamin C rich foods
- Focus on stress reduction measures: grounding, spending more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often, Epsom salt baths for more magnesium
- Switch running and intense exercise with walking, yoga, Pilates, and body weight training
- Focus on sleep hygiene
- Reduce xenoestrogenic chemicals in personal hygiene and beauty products. Select brands with toxicity score of 2 or less on EWG.org for daily-use products
- Acupuncture & abdominal body work to help improve blood flow to the ovaries

Supplement Considerations

- Chaste tree berry (Vitex) (1000mg, 1-2x per day in the luteal phase)
- Vitamin B6, A and other carotenoids, vitamin D, vitamin E (tocopherols & tocotrienols)
- Adrenal adaptogens or glandular
- Blood sugar support formula
- Omega 3-6-9
- Bio-identical progesterone for late perimenopause/menopause