

## WHY SOME WOMEN FEEL WORSE WHEN STARTING NATURAL PROGESTERONE (and how to avoid it)

- Estrogen and progesterone are hormones that need each other to function properly.
  - Progesterone makes the estrogen receptors on the cell membranes more sensitive to estrogen. In lower doses progesterone up-regulates; in higher doses, it can down-regulate the estrogen receptors.
  - Progestins (commonly used synthetic, drug version of progesterone) do not up-regulate estrogen receptors.
  - Since most doctors are used to using synthetic progestins, they are often unaware of natural progesterone's effect on estrogen.
  - The bottom line is, the moment you begin taking natural progesterone, your estrogen works twice as effectively.
  - When women in Estrogen Dominance begin taking natural progesterone, their symptoms of Estrogen Dominance can increase for a few days to a few weeks because of this up-regulation.
  - This problem can be avoided by:
    1. Begin progesterone replacement very gradually (as outlined on the "Introducing Natural Hormones: Dosage Instructions" page).
    2. Cutting any estrogen replacement therapy in ½ when beginning progesterone and continue to wean down off the estrogen while increasing the progesterone (see "Switching to Natural Hormone Replacement from Conventional HRT" page).
    3. The above suggestions usually solve the problem. However, in some cases additional help is needed. Add the following:
      - a. \_\_\_\_\_ **Wild Yam Complex Dosage: 1 tablet 3 times a day**
        - This is a phytoestrogen that will displace some of the woman's stronger estrogen and lessen the effect of the up-regulation.
      - b. \_\_\_\_\_ **Gastrofiber Dosage: (work up to the following dosage gradually to avoid causing constipation) 3 capsules ½ hour before breakfast and 3 capsules ½ hour before bed**
        - Excellent source of various types of fiber.
        - Fiber binds to the estrogen so it is excreted and not reabsorbed and recycled. OR
- \_\_\_\_\_ **Flaxmeal Dosage: 2-4 tablespoons 2 times a day**