



The Informed Woman:

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Estrogen Dominance

Natural progesterone is produced by the corpus luteum after ovulation and balances the side effects of otherwise unopposed estrogen.

Under influences of anovulatory cycles, [menopause](#), stress and [dietary antagonists](#), progesterone production ceases or is suppressed and the effects of Estrogen Dominance, can be observed. Many women experience otherwise [unexplained weight gain](#) from the lack of progesterone that is required for proper [thyroid function](#).*

It is also important that we distinguish [Natural Progesterone](#) from [Yam](#) extract and from its counterparts in the drug industry - PROGESTINS. Although these drugs are commonly referred to as [progesterone](#), this is a misnomer. In some ways they mimic the effects of progesterone in the body, but in other important ways they gravely interfere with natural progesterone and can create and exacerbate hormone related health problems, and be a primary contributor to the condition referred to as Estrogen Dominance:

- Anger
- Headaches
- Irritability
- Increased Body Fat
- Interference with Thyroid Hormone Activity (hypo-thyroid)
- [Depression](#)
- Salt and Water Retention
- Blood Sugar Irregularities (Food Cravings)
- Reduced Oxygen in All Cells
- Decreased [Libido](#) (Sex Drive)
- Loss of Zinc and Retention of Copper
- Excessive Blood Clotting
- Irregular Cycles



Premature Birth



Osteoporosis



Infertility

- Increased Risk of [Breast Cancer](#)
- Reduced Vascular Tone
- Increased Risk of [Endometrial Cancer](#)
- Increased Risk of Ovarian Cancer
- [Endometriosis](#)
- Uterine Cramping
- [Infertility](#)
- Increased Risk of Uterine Cancer

When the above list of ill-effects is compared to the benefits of [Natural Progesterone](#), we see a nearly one-to-one correlation.

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