

# *Hormonal Happiness from A to Z*



*By raising Natural P4 Progesterone and Estrodiol levels many common ailments women complain about can be relieved...*

*Acne...sign of low progesterone...try 1-2 drops of Progessence Plus over the face and neck daily!*

*B...bloating...lack of progesterone causes bloating*

*C...Crabby...low progesterone causes lots of crabby women in the world...*

*D...Doepy...(okay spelling of the 7 dwarfs)Feeling like your brain isn't all there...common when progesterone is low.*

*Depression...can be sign of low progesterone...this should make us think twice*

*E....Eery...the world can feel scarry when progestone is low*

*F...Fatigue...Feeling fatigued is very common with low progesterone.*

*Fibromyalgia...just the sound of the word makes me hurt...but can be caused by low progesterone... Wow...more food for thought! This aging thing is no fun!*

*Fibrocystic Breast Tissue... Would have been nice to know that Fibrocystic Breast Tissue is caused by Low Progesterone! Using Natural P4 Progesterone will help make them light and fluffy instead of dense and SORE!*

*G...Grumpy....Yep...grumpy follows crabby and Doepy...*

*H...Huge...feeling huge like your weight is out of control!*

*Hot Flashes...a drop in Progesterone cause hot flashes contrary to popular belief... A hot flash is a sign of inflammation in the circulatory system! Eek!*

*I...Irritable...Okay...you got me...goes right along with crabby*

*J...Joints Aching...Arthritis and irritated joints are worse with low progesterone*

*Joy...loss of Joy very common when hormones out of whack...*

*K...Knowledge...lack of knowledge as how to correct hormonal balance can really hurt...in this case..."what you don't know may really hurt you"*

*L...Libido...What's that? Is your husband wondering where yours went? Mine is!*

*M...Moody...That is a new one the 8th Dwarf that your family may know all too well!*

*Menopause...the time when your ovaries shut down...and no more natural P4 Progesterone is being produced...Yikes!*

*Migraine Headaches...Low or No progesterone can be the cause – low Progesterone can create inflammation in the arterial system leading to the brain, causing massive headaches!*





*N...NO...Your first instinct now that you are in this Peri-Menopausal world is to say "NO" to everything...ever met anyone in that state! HmMMM....no comment!*

*O...Overweight...Wow where did all this weight come from...it just crept up on me! Yep...lack of hormone balance...not enough Progesterone...plumps us up!*

*Ovaries...These are the organs responsible for producing progesterone and when they shut down all '!@#^#@!' breaks loose!*

*O- osteoporosis or osteopenia...commonly caused by low progesterone...I don't want either one!*

*P...Peri-Menopause...a word that can describe women of all ages when we understand the many causes of hormone balance which may include injury to the Pituitary Gland from a Concussion (gymnastics, car accident, giving birth to a new baby) which then the pituitary being damaged no longer sends out enough FSH...to signal the ovaries to produce progesterone!*

*P- Post-Partum (okay you guess the spelling) Depression...could be caused by damage to the pituitary gland in labor which causes low FSH levels which then causes lowered amounts of progesterone from the ovaries.*

*Q...Questions...It is good to ask questions about what the safest way to balance your hormones. Don't forget to do the research to find your own answers!*

*R....Rashes and dry skin...common with hormone imbalance...and even dry private areas common after the ovaries shut down completely.*

*S...Sleep...Quality sleep can be achieved when enough Natural P4 Progesterone is in your system. Sleep quality can decline when this hormone declines.*

*T...Tight muscles and muscle aches and pains can be caused by you got it ...Low Progesterone!*

*Thinning hair...yes you lose your hair when Natural P4 Progesterone is low!*

*U...Uterine Fibroids and excess Uterine bleeding can be caused by Low Progesterone!*

*V...Vitality...Lack of Vitality for Life...Now that is a BIG One!*

*V...Vaginal dryness can be a lack of estrodiol*

*W...Wrinkles...Okay getting Wrinkles and acne at the same time now that is bad...trust me! Yes...excessive wrinkling can be caused by low progesterone or too much sun and not the right nutrients...*

*X...Syndrome XXXXXX...hmmm for women is it partially caused by a lack of progesterone???*

*Y...Yuk...I feel like Yuk after reading all this! You can do something about these symptoms: Progessence Plus!*

*Z...ZZZZ's and Zits...May be you like to call acne Zits...when I was a teenager it would have been nice to know that all my zits were a sign of low progesterone. Now that I am older I like to get my ZZZzzz's and natural P4 Progesterone has really helped!*