

Becoming Real: Harnessing the Power of Menopause for Health and Success by Rose Kumar, M.D.

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For most women, the initial effects of natural progesterone can be felt as early as two days after starting it. A woman will find that her sleep cycle becomes more regular and she will frequently begin to experience deeper and a more restful night's sleep. She awakens less often and when she does, she is able to fall back to sleep again. With the sleep cycle restored, her stress hormones decline, and she feels more rested and vital.

THE FEMALE BODY IN MIDLIFE

Women often begin to feel more grounded and emotionally balanced within a few days of taking natural progesterone. After taking it for a few months, symptoms of estrogen dominance are significantly reduced. Women find that it is easier to lose weight once hormone balance is attained, as the thyroid works more efficiently when the hormones are balanced. Estrogen dominance can lead to mild suppression of thyroid function that decreases metabolism and increases weight. In addition, estrogen increases the accumulation of body fat by reducing the body's ability to break down fat and increasing the body's production of fat. Progesterone counterbalances the fat stimulating effects of estrogen.

Natural progesterone:

- acts as a mild diuretic decreasing water retention
- relaxes the intestines decreasing bloating and constipation
- improves the integrity of hair, skin and muscles
- regulates the sleep cycle
- reduces anxiety and depression
- decreases heavy menstrual flow
- regulates the insulin receptor increasing the efficiency of sugar metabolism
- clears foggy thinking
- improves memory
- relaxes blood vessels lowering blood pressure
- reduces fatigue
- promotes weight loss
- improves thyroid function