

Guide to Progesterone in Perimenopause



@health_fluency



Hello there!

My name is Ally and I am your hormone and gut health gal. From metabolic hormones, blood sugar, thyroid, to perimenopause symptoms, stubborn weight gain, sleep issues, hot flashes and bloating- I got you!!!

If perimenopause is of interest to you, you are in the right place. I have designed this guide to help you understand what is happening to your hormones and what to do about it, starting with PROGESTERONE!

SO grab a cup of tea, or a glass of wine and let's get started!

Founder, Health Fluency

What is Progesterone and why we need it?

To understand progesterone during perimenopause, it's useful to start with a reminder about progesterone's role in your body.

Along with estrogen, progesterone is one of the central reproductive hormones. Progesterone regulates your menstrual cycle and is crucial to pregnancy. This hormone is mainly produced by the ovaries and the corpus luteum, a temporary gland created during ovulation.

However, progesterone is not just a reproductive hormone—it also regulates functions outside of the reproductive system. For example, progesterone affects your:

- Mood
- Energy level
- Thyroid function

Because progesterone affects various functions within your body, when progesterone levels change, you might experience symptoms in multiple areas.



"Think about progesterone as the girlfriend that keeps everyone calm and grounded, you have a problem, P has a solution type energy."

Progesterone during perimenopause

So, what happens with progesterone during perimenopause? With the onset of perimenopause, your progesterone levels start to decline. As you get older, your ovulation and menstrual cycle become less regular, and the number of eggs in your ovaries decreases. These changes in your ovaries and ovulation mean that your body produces less progesterone.

With less progesterone production, levels of this hormone decrease. The decline isn't necessarily steady: instead, your progesterone will likely fluctuate from cycle to cycle.

At the same time, your body is also producing less estrogen—though not necessarily in the same proportions. This means that the balance between your progesterone and estrogen gets thrown out of whack.

Taken together, the decline, fluctuation, and unstable balance with estrogen make it difficult for progesterone to continue regulating body functions as usual. This can lead to physical and emotional symptoms. Changes in progesterone levels are part of the totally normal biological process that leads you to the also-totally-normal menopausal phase of your life.

While the changes are natural, the physical symptoms they may cause can be, well, unwelcome by most.

MOST COMMON Symptoms of low progesterone

01 MOOD SWINGS

Low mood especially around your period, increased sense of anxiety and less tolerance to stress

02 IRREGULAR CYCLES

We often see our cycles become irregular with a tendency to be further apart- that is a classic sign of low progesterone

03 SLEEP ISSUES

Sleep disturbances, night sweats, racing thoughts in the middle of the night, hard time falling and staying asleep.

04 WEIGHT GAIN

Not only weight gain, but also the unflattering location of these newly acquired lbs- the midsection. This can also come accompanied by bloating and GI changes

LESS COMMON EQUALLY AS ANNOYING SYMPTOMS

SPOTTING

HEADACHES

WATER RETENTION

IRRITABILITY

BRAIN FOG

LOW LIBIDO

BREAST TENDERNESS

Low Progesterone— now what

1 **Test, don't guess**

Run the Dutch test to find out where your hormone levels are and create a strategic protocol customized to your individual needs. Let's chat, I can help!

2 **Reduce stress**

Yes, I am sure you've heard it before, and it is true—stress is a hormone thief and can lower their levels like no other.

3 **Herbs**

Herbs can be a great and easy way to support your hormones. I help my clients create custom tinctures based on their symptoms and needs and see great success with herbs like vitex, black cohosh, maca and more.



4

Address estrogen

Did you know that you can have low P symptoms based not only on its low level, but also based on your estrogen level! That is why I always look at both of these hormones together!

5

Progesterone cream

The magic of yams is real. These creams do not raise the actual level of progesterone, but they stimulate your progesterone receptors and often make things MUCH better.



6

Seed cycling

An easy way to support estrogen detox and progesterone production based on your cycle and what your body needs at that time.

7

Nutrients

There are some key nutrients involved in progesterone production and estrogen metabolism worth paying attention to: Zinc, B vitamins, Vit c, D, magnesium just to name a few.

FAQ's

How do I know I need to support my progesterone level

You are in your mid 40's, experiencing more mood swings, noticed less energy, trouble sleeping- if you said yes to any of these it's time to look at your P levels.

Can non rx cream help me?

YES, I see clients experiencing great relief of symptoms and feeling much better in as little as 2 weeks on a non rx cream/gel.

Does seed cycling really work?

YES, you have to be consistent with it and may have to trial it for up to 3 cycles before seeing its full benefits

Do I need to go on HRT to address low Progesterone?

You may. If you try the non HRT options with little to no success, you may need to consider HRT to feel relief of symptoms.

Can I have low P symptoms and normal level?

You bet, if your estrogen is too high, you may experience estrogen dominance and low P symptoms even with normal P level.

Need more support?

Not sure if you are in perimenopause or maybe you are in perimenopause “for sure” and need help sifting through the confusion... figuring out where to even start when it comes to hormone health...

I got you covered. My Thrive Through Perimenopause course is a great way to know all that you need to know from hot flashes to weight gain. I teach you all about the order in which our hormones get in and out of sync and guide you how to recreate the balance you are after.

Not sure perimenopause if what's is going on quite yet? Take my 2 minute quiz and find out!!!

[COURSE](#)

[QUIZ](#)

you are
the most important
project
you will ever
work on,
do it well

Ally

