



## **Bioidentical Progesterone Skin Cream**

**In Women**, Progesterone is a steroid hormone made by her ovaries when she ovulates and in smaller amounts by the adrenal glands. A menstruating woman will typically produce about 20 to 30 mg of progesterone a day during the luteal or last phase of her menstrual cycle.

While menopause doesn't typically occur until age 50 or later, many women can start going out of balance in their 30s or even earlier. This decline in progesterone is not trivial for as women age into their fourth, fifth, and sixth decade, their progesterone levels continue to fall. By the time they reach perimenopause as much as 75% or more of their youthful progesterone secretion may already be missing.

Natural progesterone is very useful to balance excess estrogen which can be a major risk fueling the growth of breast cancer. Natural progesterone is also different from estrogen in that your body can use it as a precursor or starting material to make other hormones such as adrenal hormones. It can even convert it into estrogen or testosterone if your body needs it.

Natural progesterone is made from a substance called diosgenin which is extracted from wild yam.

In women, Estrogens stimulate the development of the female sex organs, the breasts, and various secondary sexual characteristics.

Progesterone stimulates secretion of "uterine milk" by the uterine endometrial glands, and also helps promote development of the secretory apparatus of the breasts.

In the normal non-pregnant female, progesterone is secreted in significant amounts only during the latter half of each ovarian cycle, when it is secreted by the corpus luteum. Only minute amounts of progesterone appear in the plasma during the first half of the ovarian cycle, secreted approximately equally by the ovaries and the adrenal cortices. Yet, very large amounts of progesterone are also secreted by the placenta during pregnancy, especially after the fourth month of gestation.

**Synthesis of the Estrogens and Progestins.** Note that both estrogens and progesterone are made from cholesterol derived from the blood, but to a slight extent

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also from acetyl coenzyme A. In women, progesterone and testosterone are mainly synthesized first; then, during the follicular phase of the ovarian cycle, before these can leave the ovaries, almost all the testosterone and much of the progesterone are converted into estrogens by the granulosa cells. During the luteal phase of the cycle, far too much progesterone is formed for all of it to be converted, which accounts for the large progesterone secretion at this time. Even so, about one-fifteenth as much testosterone is secreted into the plasma of the female by the ovaries as is secreted into the plasma of the male by the testes.

## **Some Of The Functions of Progesterone In Women**

**Effect on the Uterus.** By far the most important function of progesterone is to promote secretory changes in the uterine endometrium during the latter half of the female sexual cycle, thus preparing the uterus of implantation of the fertilized ovum.

In addition to this effect on the endometrium, progesterone decreases the frequency of the uterine contractions, thereby helping to prevent expulsion of the implanted ovum.

**Effect on the Fallopian Tubes.** Progesterone also promotes secretory changes in the mucosal lining of the fallopian tubes. These secretions are necessary for nutrition of the fertilized, dividing ovum as it traverses the fallopian tube prior to implantation.

**Effect on the Breasts.** Progesterone promotes development of the lobules and alveoli of the breasts, causing the alveolar cells to proliferate, to enlarge, and become secretory in nature. However, progesterone does not cause the alveoli to secrete milk. Instead, milk is secreted only after the prepared breast is further stimulated by prolactin from the anterior pituitary.

Progesterone also causes the breasts to swell. Part of this swelling is due to the secretory development in the lobules and alveoli, but part also seems to result from increased fluid in the tissue itself.

**Effect on Electrolyte Balance.** Progesterone in very large quantity, like estrogens, testosterone, and adrenocortical hormones, can enhance sodium, chloride, and water reabsorption from the distal tubules of the kidneys. Yet, strangely enough, progesterone more often causes increased sodium and water excretion.

## **Hormone Balance**

The balance of progesterone and estrogen in a woman's body is very important. Progesterone acts to balance excess estrogen thus preventing estrogen from becoming harmful to health, a condition known as [estrogen dominance](#). At different times in the life of a women, hormonal imbalance can result in symptoms of PMS, perimenopause, menopause, and even fibromyalgia.

We offer [Progesterone Cream](#) derived from Wild Yam from the company *Protocol For Life Balance*. Bioidentical progesterone cream can be used by both men and women. We chose this high-quality product because it has no synthetic chemicals, known as

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[xenoestrogens](#). The chemicals in many progesterone "natural" products are xenoestrogens, which can contribute to [estrogen dominance](#).

### **Symptoms of progesterone imbalance include:**

- Moodiness
- Hot flashes
- Depression
- Weight gain
- Bloating
- Low libido
- Breast tenderness
- Premenstrual syndrome
- Menopausal symptoms

### **In the right amount, bioidentical progesterone can help:**

- Have a calming effect
- Enhance moods
- Normalize sleep
- Increase sex drive
- Use fat for energy
- Regulate fluid balance
- Reduce symptoms of fibrocystic breasts
- Decrease the risk of osteoporosis
- Stabilize blood sugar, thyroid function, and mineral balance

In addition, men too can suffer from estrogen dominance. Estrogens from environmental and food sources (xenoestrogens) can produce hormonal stimuli that can contribute to inappropriate growth of mammary tissue cells, resulting in a problem society is now calling "man boobs".

## **Progesterone For A Man's Health**

Progesterone is known as our calming, mood, sleep, libido, and bone-enhancing hormone. What a lot of men also don't realize is Progesterone functions as a precursor in the body to produce Testosterone while also acting as a balance to decrease estrogen. As men age the level of progesterone starts to decrease. Natural production by the testes and adrenals in men starts to decrease with aging and can lead to a deficiency, not only of progesterone, but also lead to decreased testosterone and an increase of estrogen. Progesterone production in men is one mechanism associated with sperm development. Balance between Testosterone, Progesterone and male Estrogen is one component to being healthy.

### **Symptoms of Progesterone Imbalance Look Very Similar to Testosterone Imbalance:**

- Decreased or lack of energy
- Decrease in libido or sex drive
- Difficulty in sexual arousal with weaker erections
- Erectile dysfunction
- Cognitive concerns
- Weight gain
- Thinning of bones or bone loss
- Thinning and dry hair

**Excess stress** (which can block progesterone synthesis and elevate estrogen) may bring on symptoms in someone who never had them. Spending a summer in Alaska, with an unusually long day, may relieve the symptoms of a chronic sufferer. Dark cloudy

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winters in England or the Pacific Northwest are powerful stressors, and cause lower production of progesterone in women, and testosterone in men. Toxins can produce similar symptoms, as can nutritional deficiencies. A very common cause of an estrogen excess is a dietary protein deficiency - the liver simply cannot detoxify estrogen when it is under-nourished.

**With a diet high in non-denatured protein** (e.g., at least 70-100 grams per day, including eggs) and vitamin A (not carotene), you will be supporting optimal liver, adrenal and thyroid functions, which lowers stress and optimizes your own progesterone production. Optimizing thyroid function with diet and supplementation with [LugoTab](#), [T-150](#) and [Synergy One](#), will reduce the amount of progesterone needed.

**Protein Nutrition:** When your body reaches past the age of 50 or 60 and sometimes when younger than this, there are two factors that play a causative role in losing your craving for and ability to digest animal proteins and fats. Those two factors are an excessively acidic body and a deficiency of digestive juices: consisting of stomach acid, pancreatic enzymes, and bile.

It is vital to restore your body's ideal systemic alkaline pH of 7 to 7.4 to restore your craving for and ability to digest animal proteins and fats. The first step to doing this is to test your morning saliva pH after 5 a.m. for 3 days in a row, to determine your body pH. The ideal saliva pH is 7 to 7.5. Due to multiple factors, your body pH will typically run excessively acidic, with saliva pH readings in the 6's or even as low as 5.5. To reverse this requires you to supplement with effective alkalization products. By taking the following alkalization supplements you can bring your body pH back to the 7 to 7.5 morning saliva pH range.

These supplements are called [Lime Water](#) and [Alkabase](#). Lime Water consists of calcium hydroxide and sulfur in liquid form and has a strong alkaline pH of 11. Alkabase consists of sodium and potassium bicarbonates and a few other alkaline minerals. The bicarbonates support the alkalization the stomach lining needs to produce stomach acid, as well as neutralization of carbonic and other acids in the body. By taking 1 to 3 Tbsp. Lime Water with 1/8<sup>th</sup> to 1/4 tsp. of Alkabase diluted into 8 to 14oz of water in the morning on an empty stomach, you will be strongly supporting the shift of your body pH, back to the neutral range of 7 to 7.4. On average this takes 3 to 5 days to accomplish. Once accomplished then your body will now have the ability to neutralize the acids produced from the metabolism of eating animal proteins and fats and thus gain back the ability to crave and process meats and fats.

The second component to gaining back the ability to crave and digest animal proteins and fats, requires you to have enough digestive juices, consisting of a combination of stomach acid, pepsin, pancreatic enzymes, and bile production. Since the production of these digestive juices declines with age, it is best to approach this with a combination of support for optimization of your own production and supplementation of digestive juices. Taking Alkabase and Lime Water will support, stomach acid, bile, and pancreatic

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enzyme production. However, you also need to take [Zinc Arginate with Aspartate](#) (1-2 tablets 2x per day, 5 days on and 2 days off per week) to support stomach acid production.

Additionally you will likely find a dramatic improvement in your craving for and ability to digest proteins and fats by taking supplemental, [Betaine HCL with Pepsin & Gentian](#) (1-3 caps with meals) and pancreatic enzymes with bile in the form of the supplement [DuoZyme](#) (2caps per meal). I have found it best to take these 5 days on and 2 days off per week, ongoing.

### **Testing For Progesterone Deficiency or Imbalance:**

At Synergistic Nutrition, we recognize the dominant role that progesterone and all hormones have on the body and work with *Great Plains Laboratory* to provide advanced testing to determine your hormone levels. This Saliva Hormone Profile Test reveals the levels of three forms of Estrogen, Progesterone, Testosterone, DHEA and Cortisol. Knowing this information can help us to determine, what type of support your body may need to optimize your steroid hormone production. The cost of this test is \$225.00. Please contact our office at 864-895-6250 or go to this link to order this test: <https://synergisticuniverse.com/hormones.html>.

To bring about the greatest degree of harmony and health in your body, you will also want to optimize the production of your Thyroid hormones as well as Growth Hormone.

**For Thyroid hormone optimization**, you may choose to begin supplementation with [LugoTab 12.5 to 25mg](#) per day and [T-150](#) (1-2 capsules per day). For optimization of your Growth Hormone production, Synergistic Nutrition carries the only product proven to increase Growth Hormone levels by 102% in women and 109% in men over six months' time, with all the consequent benefits this brings to one's health. This product is called [Synergy One](#). To learn more about these products you can obtain literature by contacting our office at 864-895-6250. We will email you the requested information.

### **Treating Progesterone Deficiency:**

Fortunately, Progesterone deficiency can be treated with bioidentical Liposomal Progesterone Cream. By optimizing your levels and balance between all your hormones such as Growth Hormone, Thyroid Hormones, Testosterone, Estrogen, Progesterone and Cortisol, health and quality of life can be dramatically improved or restored to 100% normal. Optimal progesterone levels also lower health concerns such as prostatitis, anxiety, inflammation, fat metabolism, libido, elevated blood sugar, osteoporosis, and insomnia.

### **Oral Progesterone vs Liposomal Progesterone Cream**

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Taking Progesterone orally is not recommended, because the liver will break down progesterone quickly, so less is available to the body. A person would have to take much more oral progesterone to achieve desired results, than you would if you used progesterone cream. Using Progesterone Cream topically, will by-pass the liver and ensure a much more effective absorption and response.

Liposomal Progesterone Cream is a version of progesterone that has put the progesterone into a fat package called a liposome. Since the cells of the body are mostly phospholipid membranes, the body can more efficiently absorb nutrients that are in a liposome.

### **What helps to support healthy hormonal balance?**

- [DIM](#) to metabolize excess estrogen
- Detoxification assistance with supplements such as [Calcium D-Glucarate](#)
- Hormonal support with a [natural progesterone cream](#)
- Nutritional supplements such as [ActivEssentials](#) and [Colloidal Minerals](#) to ensure your body has the nutrients it needs to make and balance its hormones
- Dietary and environmental changes to rid your-self of phytoestrogens and xenoestrogens (environmental estrogens)
- Lifestyle changes to manage the stresses in your life

**Dosage Recommendations for Women:** 1 full pump dispenses about 1.3 g of cream, providing 20 mg of USP progesterone. This container yields approximately 65 pumps. Massage 1 pump into smooth skin areas such as wrists, inner arms or thighs, throat, abdomen, or chest, once daily. Rotate applications to these areas. Premenopausal women, use 14 days prior to the first day of menstruation, discontinue and repeat. Menopausal women, use for 21 days, discontinue for 7 days, and repeat. These are general recommendations only and may need to be modified for individual needs. Using at bedtime will support deeper sleep.

**Dosage Recommendations for Men:** 1 full pump dispenses about 1.3 g of cream, providing 20 mg of USP progesterone. This container yields approximately 65 pumps. Massage 1 pump into smooth skin areas such as wrists, inner arms or thighs, throat, abdomen, or chest, once daily. Rotate applications to these areas. Using at bedtime will support deeper sleep.

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