

Two of the main reasons for using progesterone is to decrease the effect of insulin production and to block the effects of adrenaline. Progesterone provides many other benefits for the body. Although this protocol concentrates on its effect on insulin and adrenaline, all the other benefits are obtained as well. This includes its ability to block estrogen, thereby eliminating cramps, PMS, and migraine headaches. It prevents all cancers caused by estrogen, including breast and prostate. It helps heal the body of fibroids, endometriosis and cysts of the ovaries and breast. It is a natural antidepressant and it can help eliminate asthma.

Insulin is the hormone that creates fat around the middle. It is the primary hormone that raises blood pressure. It is the number one hormone that causes diabetes, and it speeds up the aging process.

Progesterone only lasts for about 5-6 minutes in the bloodstream because it is so readily picked up by receptor sites. As soon as a person puts food in their mouth, the body produces insulin. Because it is so short-acting, the best time to use progesterone is 1-3 minutes before eating. The most important time of day to use progesterone is before lunch. This is because insulin levels are the highest in the afternoon, which, of course, is why many people get sleepy between 3-4PM. When sugar levels drop, the body will be releasing adrenaline to raise them.

Recommended Dose

Strength: 50 mg (one pump)

Apply to inside of one forearm and rub forearms together

Do this 3 times a day, 1-3 minutes before meals

If you have trouble sleeping at night, eat a low-glycemic carbohydrate just before going to bed, and apply the cream again just before eating.

Please note: Hormones affect people on an individual basis, so that it is common to have to adjust dosages. In this regard, if the issues you had originally seem to be improved, such as your hypoglycemia or PMS is gone, or your anger issues are resolved by a decrease in adrenaline, then you can cut back on the amount or strength of the progesterone and reevaluate.

In addition, people with excess adrenaline often carry tension in the back of the neck which might be associated with headaches or tinnitus. Accordingly, the back of the neck is an excellent alternative place to put the progesterone cream.

If you have RLS, massage the cream into the anterior area of your thighs. If you have cramps in your calves or feet, massage into the area of the cramp. If you have neuropathy in your feet, massage your feet with the cream.

If you have a baby with colic, rub the cream on their abdomen.