

# Progesterone boosting foods

When progesterone drops too low you can experience a range of unpleasant symptoms of hormone imbalance. These may include:

Estrogen dominance, Spotting throughout the month, Fertility issues, High anxiety, Low mood, Insomnia, Fluid retention, Brain fog, Sagging skin, Thyroid issues, Brittle bone, Hot flashes and night sweats.

The following nutrients and foods have been shown to protect and promote the production of progesterone. Your goal is to incorporate them or at least the ones you like, into your daily diet as much as possible.

- Vitamin C - Camu camu, sweet potato, kiwi, strawberries, oranges, apples, pomegranate, pumpkin, spinach, broccoli, mustard greens, tomatoes, Brussels sprouts, limes and lemons.
- Zinc - Oysters, shrimp (prawns), beef, lamb, liver, shellfish, red meat, Raw pumpkin seeds, Brazil nuts and cashew nuts.
- Magnesium - Avocado, raspberries, leafy greens, Raw nuts and seeds, black beans, cacao and dark chocolate, mackerel, salmon, tuna, red and black rice.
- L-Arginine - Maca, chickpeas, fish, salmon, tuna and trout, turkey, chicken, pork, pumpkin seeds, walnuts, grass fed meats and organic dairy (if well tolerated).
- Sulphur - Broccoli, cabbage brussels sprouts, leafy greens, sprouts and micro greens, pasture raised eggs, organ meats from grass fed animals, cheddar and parmesan cheese, peaches and apricots, nuts such as peanuts, brazil nuts, almonds, and walnuts.
- Vitamin B6 - Russet potatoes, seafood including salmon, lean meats, grass fed organ meats pasture raised eggs, organic dairy - especially ricotta cheese, spinach, walnuts, pistachios, sweet potato, avocados and prunes.
- Good fats (as cholesterol is essential for building sex hormones) - Coconut oil and all coconut products, dark chocolate, grass fed turkey and red meat, pasture raised egg, organic yogurt, fatty fish, ghee, macadamia nuts, avocado, olives and extra virgin olive oil, pomegranate, nuts and seeds,

**PS; Cortisol (stress) Steals Progesterone:** Both these hormones are produced from pregnenolone. When you are in chronic stress, the body will always divert the available pregnenolone to produce higher amounts of cortisol to help you get through stress. This means there might not be enough to produce sufficient levels of progesterone. This is called “pregnenolone steal” and it’s the leading cause of low progesterone problems.