

Signs of low progesterone; *complete list.

Note; Low progesterone when compared to estrogen, whether the estrogen is high or normal, will put someone in a category of “estrogen dominance”. Because its the ratio of progesterone to estrogen that matters, not necessarily the “levels”.

- Anxiety
- Adrenaline dominance
- Agitation and irritability
- Anhedonia (the inability to experience joy or pleasure)
- Irrational thoughts (feeling sadness and weepiness)
- Feeling insecure and lonely
- Sleep issues and insomnia
- Hot flashes
- PMS and PMDD (Premenstrual dysphoric disorder)
- Irregular periods (more frequent or completely absent)
- Mid cycle spotting
- Heavy painful periods
- PCOS
- Ovarian cysts or fibroids
- Endometriosis
- Estrogen dominance
- Infertility and miscarriage
- Low libido
- Cyclical headaches (including migraine and occipital neuritis)
- ADD and ADHD
- Painful swollen breasts (including nipples)
- Slow thyroid
- Slow metabolism
- Constipation and bloating (especially bloating randomly like after drinking water for example)
- Sore joints - aches and pains
- Itchy and restless legs
- Clumsiness and poor coordination
- Jaw clenching and teeth grinding
- Increased cravings
- Weight gain
- *Estrogen dominant cancers have been connected to low progesterone too as progesterone opposes estrogen
- *There is a connection to low progesterone and other neurological issues like Syncope
- *Progesterone also blocks insulin so can be helpful with blood sugar issues

If you feel low progesterone is an issues for you, I recommend you speak to your health practitioner. Start addressing stress, add progesterone boosting foods and supplements into your diet (there is a free PDF list in my Facebook biohacking group), address inflammation, and consider bio identical progesterone cream.

