



## ESTROGEN/PROGESTERONE ASSESSMENT

Use the following list to assess whether you have an estrogen imbalance or dominance problem. The progesterone column shows how progesterone can balance the effects of estrogen overload.

### Symptoms of Estrogen Overload

### Benefits of Progesterone Supplementation

Weight gain  
Insomnia; Hot flashes; Night sweats  
Breast, uterine, and ovarian cancer  
Fibrocystic breasts  
Endometriosis; Cervical hyperplasia  
Depression  
Fluid retention (bloating)  
Thyroid imbalance  
Blood clots; Heart problems  
Elevated blood pressure  
Migraine headaches  
Infertility  
Risk of miscarriage  
Irregular menstrual flow; PMS  
Cramping  
Acne; Psoriasis; Keratoses, etc.  
Inflammation  
Slows bone loss  
Loss of libido  
Vaginal atrophy and infection

Utilizes fat for energy  
Calming effect  
Stops cells from multiplying  
Protects against fibrocysts in breast  
Reverses cellular growth syndromes  
Natural antidepressant  
Natural diuretic  
Assists in normalizing thyroid action  
Normalizes blood clotting  
Regulates blood pressure  
Restores oxygen to cells  
Promotes conception  
Prevents premature contractions  
Relieves cramping: antispasmodic  
Normalizes periods  
Heals skin irritations  
Precursor to cortisone  
Stimulates bone growth  
Restores energy  
Fights infections: Relieves dryness

From page 48 Natural Hormone Replacement from God's Garden

