

Table 3

# Beneficial Effects of Natural Progesterone

- › **BALANCES** estrogen
- › **MAINTAINS** secretory endometrium
- › **PROTECTS** against endometrial cancer
- › **PROTECTS** against breast fibrocysts
- › **ANTIDEPRESSANT** and antianxiety effects
- › **IMPROVES** sleep
- › **IMPROVES** concentration and memory, helping to alleviate the “mental fog” of menopause
- › **PROMOTES** bone growth
- › **HELPS** lower blood pressure
- › **IMPROVES** libido
- › **PROMOTES** diuretic effects
- › **INCREASES** metabolic rate and helps the body use and eliminate fats
- › **INCREASES** the beneficial effects of estrogen on blood vessels
- › **OFFERS** some protection against breast cancer