



Acupuncture Center of Ann Arbor

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How to Use Progesterone

(DO NOT REFRIGERATE THIS FORMULA)

PROGESTERONE (10% natural from Dioscorea in natural vitamin E): The usual dose for a woman with is 3 -4 drops daily or from midcycle to menses but some women need more than this depending upon the severity of their symptoms. Let 3 drops or more fall off onto tip of finger and lick it or rub it on your gums. Hold the oil in your mouth until the bitter taste of progesterone goes away. Then swallow. Note, if you have a goiter, progesterone can cause a transient hyperthyroid reaction that will gradually disappear. If this happens, then shrink the goiter with thyroid first, then add the progesterone. However, remember that if your pulse races and your temperatures are low, this is not hyperthyroidism but adrenalin sensitivity. This will also go away as your adrenal glands calm down. You should take 3-4 drops daily from midcycle to menses.